



CD#

1 A Day In The Steps (4)
Discussion of all Twelve Steps
In depth discussion of all Twelve Steps:
Instructions, Process, Experience, Promises

2 Twelve Steps (2)
Purposes, Process & Promises
Overview of Steps

3 Forgiveness (2)
Of Others & Myself
Description of the process of forgiveness

4 Step Eleven (2)
Prayer, Meditation, Contemplation
A daily practice as suggested in the
Big Book and Twelve & Twelve

5 Steps Eleven & Twelve (4)
• Prayer and Meditation
• Sponsorship

6 Meditation Workshop (5)
• Herb's Story
• 12 Step Overview
• In Depth Discussion of Step Eleven

CD#

7 Step Eleven Meditations (2)
Discussion and actual Meditation practice:
1. Spiritual Journey (with 5-minute silence)
2. Forgiveness (with 10-minute silence)

8 Sponsorship (2)
• What It Is and Isn't
• How to Sponsor
• How to Be Sponsored

9 Step Eleven (2)
A Contemplative Practice Review
of Centering Prayer as part of our
daily Step Eleven practice

10 Emotional & Spiritual Sobriety (2)
• Step 10 - Inventory
• Step 11 - Prayer & Meditation
• Step 12 - Sponsorship/Principles

11 Twelve Step Spirituality (6)
Our Way of Life
An in-depth review of the 12-Step Process
and my personal experience

12 Our Way of Life (6)
• Staying conscious (Steps 4, 10, 11)
• Improving consciousness (Steps 2,3, 11)
• Enlarging consciousness (Steps 1,7,9, 12)

CONTINUED ON NEXT PAGE

13

Intentional Consciousness A
Daily Practice
Prayer • Meditation
Mindfulness •
Contemplation Centering
Prayer

17

Step 3 Is NOT Surrender;
It Is A Decision TO TURN!
Step 3 is a ferocious act of my FREE WILL;
my active commitment to "the program of
recovery" - the completion of Steps 4 thru 9

14

Twelve Traditions Workshops
Orientation & Overview
Traditions Workshops - 1 thru 12

18

Herb's Story
Sobriety Date: February 21, 1984

15

Twelfth Step & Twelfth Tradition
A Discussion/Commentary

19

Is God Necessary?
An Extended Meditation
Is God Necessary?" "The
Reality?", or "My
Belief in?", or
"My Action as if?"

16

Emotional & Spiritual Sobriety
Our Way of Life (2015)
In-depth review of Steps 10, 11, & 12
From the Big Book and 12 & 12 (2015)

Order CDs: Encore 1.800.878.1308 www.12steptapes.com

Herb K., PO Box 4268, Palos Verdes Peninsula, CA 90274 herbk12@hotmail.com

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