

#3~July 29, 2025

12 Steps On The PATH To Freedom

Assignment 3 - Understanding the Practice of Meditation, Step 11

1. Look up "prayer", "meditation", and "contemplation" in the dictionary, and perhaps in more than one dictionary, and write out the definitions.
2. Read and highlight Big Book instructions on Step Eleven Prayer and Meditation - pages 85-88.

LISTEN/WATCH:

Unpacking the Big Book - Instructions for Working each step, presented by Herb 2021 - YOU TUBE

03 PODCAST STEP ELEVEN: Prayer & Meditation

CLICK HERE <https://www.youtube.com/watch?v=cDENYdskksQ>



OPTIONAL reading, listening, and/or viewing:

WORKSHOP facilitated by Herb 2020 - with participant shares.

03 PODCAST Centering Prayer, Practice of Conscious

<https://www.youtube.com/watch?v=4VVQ3dDgGvU>

Contact Herb K's Books: • Twelve Steps to Spiritual Awakening -
Enlightenment for Everyone : Chapter Eleven