

Progress, Not Perfection

“...we almost all go through times during which we simply cannot, or will not, pray or meditate (for whatever reason). They are usually quite short in duration, and we do not criticize ourselves for such lapses when they happen. We simply resume as soon as we can. We are human; we are not perfect. We adhere to the Twelve Step concept of spiritual progress, not perfection.”

Life with Hope, 3rd Ed. p. 55

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Seeking Serenity

Meditation is a personal practice, but it does not have to be a solitary one.

There are countless meditation resources available, many of them for free, and we encourage you to explore them. There are meditation classes and retreats, and even Step 11 meetings.

Talking with MA members about how meditation helps their recovery may inspire you.

Beginning Meditation: An approach to Step 11



MARIJUANA ANONYMOUS

A Twelve Step Program of Recovery
for Marijuana Addicts

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Step 11

*“Sought through prayer
and meditation to improve
our conscious contact with
God, as we understood God,
praying only for knowledge
of God’s will for us
and the power
to carry that out.”*

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Why Meditate?

Meditation can develop our coping skills and increase our serenity. Many MA members have found meditation to be an important part of their recovery.

It does a better job of calming us down than any substance we can put in our bodies. It can reduce stress and promote peace of mind. It can relax us and is good for the body as well as the soul.

Meditation allows us to access our inner quiet selves. We can, with this tool, improve our conscious contact with our Higher Power.

How do I Meditate?

There are many different ways to meditate. You cannot do it wrong. Here are some suggestions:

- Find a quiet space.
Anywhere will work.
- Sit comfortably,
so you can be still.
- Notice your breath
as you inhale and exhale.
- As thoughts come up,
notice them.
You do not have to follow
them. Let them pass,
like clouds in the sky.
- If you get distracted,
simply return your focus
to your breath.
- You can do this
for as long as you like.

Meditation and Step 11

*“Step Eleven gives us the
emotional sobriety to
practice the principles of our
program in all aspects of
our lives.”*

Life with Hope, 3rd Ed. p. 55

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It has been said that if prayer is talking to our higher power, meditation is listening to our higher power.

When we quiet our minds and learn to listen, we are better able to be of service to ourselves and others.