

STEP 11 : Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.

Prayer = Talking = Sending

Meditation = Listening = Receiving

"God-conscious" = "sixth sense" (p85:2)

The five existing senses:

1. See
2. Hear
3. Taste
4. Touch
5. Smell

"Everything I know ...I learned from those. But, what little bit I've learned through my five senses is just a small amount of knowledge. Now, if God has all knowledge and all power -- and if I can tap into him, then I can handle any situation in the future with God's help. Whatever it might be. And you develop this sixth sense through prayer and meditation."

--- Charlie Parmley, August 1998, Laughlin, NV

"Here we ask God for inspiration, an intuitive thought or a decision. We relax and take it easy. We don't struggle. We are often surprised how the right answers come after we have tried this for a while." (p86:3)

"What used to be the hunch or the occasional inspiration gradually becomes a working part of the mind." (p87:0)

FOOD FOR THOUGHT: *"We improve our conscious contact with God when we forgive and help others." – The Little Red Book*

a/k/a The Twelve Steps : An Interpretation of the Alcoholics Anonymous Program (p129) by Ed Webster

STEP 11 : Our start and end the day, and everything in between, while developing a SIXTH SENSE, step.