

NOVEMBER IS WA MEDITATION MONTH THE STEP ELEVEN SEARCH THROUGH MEDITATION

As newcomers, we came to understand and accept that we simply can't master some of our characteristics. One is the way we relate with work and activity. Quite often we are unable to even have a clear perspective of what is a balanced way of doing things. It is completely and desperately outside our scope. We used every method to try to control our ways, but inevitably found that in the end there was only pain and despair. We began to accept that we need another method in order not to kill ourselves.

The WA program goes further than this. The program teaches us a process that allows us not only to survive, but also to live a happy and productive life. What once seemed impossible can be a reality in our lives and a kind of miracle.

Part of this process is learning to meditate. Meditation is one of our Principles and a part of our Step Eleven. It is indeed very important, but for many of us very difficult.

Meditation opens up a connection to that part of us where serenity, peace and wisdom are waiting to be known. For many of us there is no better way to access it. It seems to come from deep inside, and if we ever want to have this in our lives we need to find how to make the path available. The experience of getting out of the way and letting God lead us while accessing that Power to carry out what's in life for us, is a very different way from how we used to act. This way saves us from our disease and from our former selves.

That is why our Committee came up with a Meditation Month. It is the time when all together, we can give particular attention to our efforts to develop our awareness and our methods. Doing it together adds synergy and positive energy to this task. All of us will participate and all of us will be receiving the benefit of it. It will ease the process for each of us. We do together what we can't do alone. We are moving together on our next path.

Aligning this with our 11th Step - "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" - **November** is the chosen **WA Meditation Month**.

We invite you to imagine a circle of WA members around the world, centred, meditating and creating a chain of Light, Calm and Peace. We can give this calm energy to the frenetic world we are living in. We know the destructive power of rushing.

We invite you to be part of this circle. Choose the best time for you, sit or lie down and feel how good it is to just be. Breathe. Be. Focus on your breathing noticing the air inside and out, deeply and slowly. Then, after some time, make the intention to give the world some of the quiet and peace you have inside you. See others doing the same; see the circle embracing the world with serenity and love. Be grateful for the joy of recovery.

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DAILY QUOTE

Each day in November the WA Meditation Book Committee will send a quote from our Book of Recovery to everyone who subscribes to it.

This quote can be used for your daily meditation, and you can keep it in mind as you go through your day. It will be inspiring and a connection to WA and to your recovery.

Hope you will join.

For this, send your e-mail to meditationbook@workaholics-anonymous.org indicating you want to subscribe to the **November Daily Quote**, inserting "November Daily Quote" on the subject line.