

Step 10: Watch Your Thoughts

The 12x12 says the more depended you become upon God the more independent you become. What that means to me is, that if I can keep the channels clean which lead from that place within me which is my inner guidance source (BB says on page 55:3: "We found the great reality deep down within us"), if I'm quiet and still and listen carefully, it will tell me exactly what to do and exactly when it needs to be done. When this place speaks to me or guides me it's always clear on what needs to be done, there is never any debate from it but if I don't act promptly when this Spirit signals me to move, it almost always retreats and generally the other place that is within me called ego takes over. This ego is under the illusion that it's in control of my life and therefore runs a continuous commentary of what it thinks is going on. Most of the ego's information is not reliable and it's always creating some type of problem that might be coming my way in the future. It's very cunning, it will then start to look for solutions for the problem it has created. This is where anxiety, fear, worry, and resentment can originate from, but it can be prevented. This is where the 10th Step of our program is so important. If I start to observe my mind and make this one of my spiritual practices, I will start to see how the ego works its illusory craft. What started to happen with me was these stories and thoughts that were going on in my mind started to dissolve and I started to experience much more peace and quiet and less of fear and anxiety (freedom). The BB says on page 84:3 - "We continue to watch for selfishness, dishonesty, resentment and fear"; could it be that it's asking us to watch out for these things happening in our minds so we can act or not act before it manifests in our lives and causes trouble? If so, are you aware that you are watching from a place other than your mind? That was a life changing moment for me when I found that out. Here's an exercise - Try to watch your thoughts and see what happens, try it and keep trying it. If you are like me you will get lost in thought many times but when you become aware of this you can start all over again. Remember the 10th Step is not just something we wait to do at the end of the day when it's too late and everything has already happened.

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