

SPIRITUAL RATHER THAN RELIGIOUS

A Simple Way of Living

People who are recovering from alcoholism or other addictions through Twelve Step programs hear phrases such as "the spiritual part of the program" or "this is a spiritual program." Twelve Step programs clearly separate themselves from religions and, yet, are equally clear in claiming to be spiritual programs. What does it mean to be "spiritual rather than religious"?

One simple way of understanding spirituality is to see that it is concerned with our ability, through our attitudes and actions, to relate to others, to ourselves, and to the God of our own understanding. All of us, addicted or not, have a way of relating to our lives, other people, and God which tends either to be positive, healthy, fulfilling and life-giving, or tends toward the negative, self-defeating, and destructive. The question is not whether we will be spiritual, but whether we are moving in the direction of a negative or positive spirituality.

Spirituality is a simple way of living. It seems there are four basic movements that recovering people need to make to put their lives on a positive spiritual basis. The first of these is a movement from fear to trust; the second, from self-pity to gratitude; the third, from resentment to acceptance; and the fourth, from dishonesty to honesty.

Unknown Source