

Twelve Step Spirituality



Our Way of Life

Prayers

The Serenity Prayer

God, grant me the serenity to accept
the things I cannot change,
the courage to change the things I can,
and
the wisdom to know the difference.

Set Aside Prayer

God, please set aside everything that I think
I know about myself, my brokenness, my spiritual path
and You, for an open mind and a new
experience of myself, my brokenness, my spiritual path
and especially You!

The Third Step Prayer

(page 63)

God, I offer myself to thee, to build with me and to do with me as
Thou wilt.

Relieve me of the bondage of self, that I may better do thy will.

Take away my difficulties, that victory over them
may bear witness to those I would help of Thy
Power, Thy Love, and Thy Way of life.

May I do Thy will always!

The Seventh Step Prayer

(page 76)

"My Creator, I am now willing that you should have all of me, good and bad.
I pray that you now remove from me every single defect of character that stands in
the way of my usefulness to you and my fellows.

Grant me strength as I go out from here to do your bidding.

Amen."

Twelve Step Spirituality

Steps ● —————> **A Relationship with**

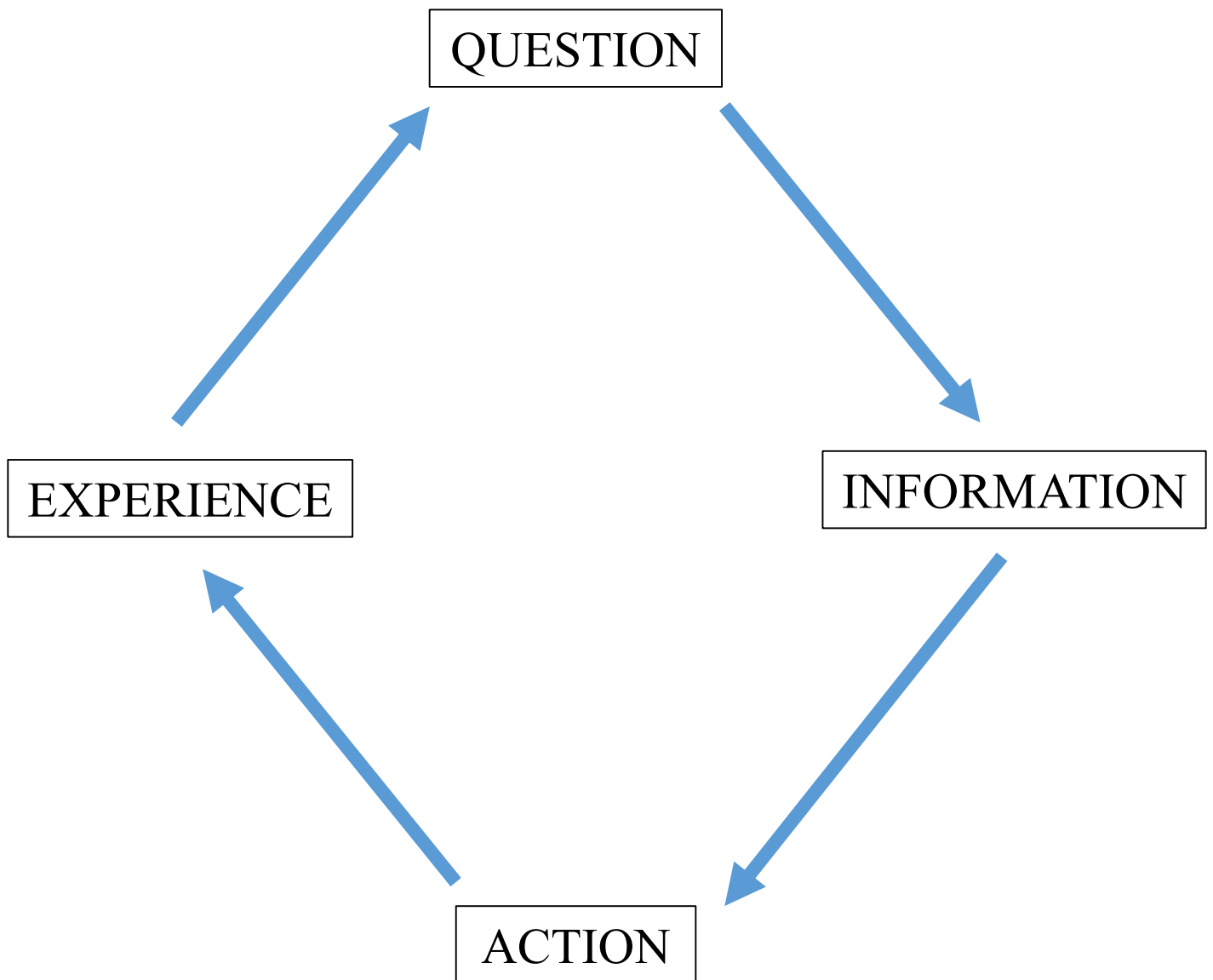
➤ 1-3 ● —————> God

➤ 4-7 ● —————> Self

➤ 8&9 ● —————> Others

➤ 10-12 ● —————> Our Way of Life

Dynamic Process



Reflection

- ✓ What did I hear?
- ✓ What does it mean?
- ✓ How does it apply to me?
- ✓ What is my experience?
- ✓ What is the invitation?

Are You An Alcoholic?

Answer the following questions as honestly as you can

1. Do you lose time from work due to drinking?
2. Is drinking making your home life unhappy?
3. Do you drink because you are shy with other people?
4. Is drinking affecting your reputation?
5. Have you ever felt remorse after drinking?
6. Have you gotten into financial difficulties as a result of drinking?
7. Do you turn to lower companions and an inferior environment when drinking?
8. Does your drinking make you careless of your family's welfare?
9. Has your ambition decreased since drinking?
10. Do you crave a drink at a definite time daily?
11. Do you want a drink the next morning?
12. Does drinking cause you to have difficulty in sleeping?
13. Has your efficiency decreased since drinking?
14. Is drinking jeopardizing your job or business?
15. Do you drink to escape from worries or trouble?
16. Do you drink alone?
17. Have you ever had a complete loss of memory as a result of drinking?
18. Has your physician ever treated you for drinking?
19. Do you drink to build up your self-confidence?
20. Have you ever been to a hospital or institution (jail) on account of drinking?

1. If you answered Yes to one of these questions, there is a definite warning.
2. If you answered Yes to two of these questions, chances are you are alcoholic.
3. If you answered Yes to three or more you are DEFINITELY an alcoholic

History

1932



Dr. Carl Jung

Psychology / Theology



Spiritual Experience

1933



Oxford Group

Religion



Six Steps

1934



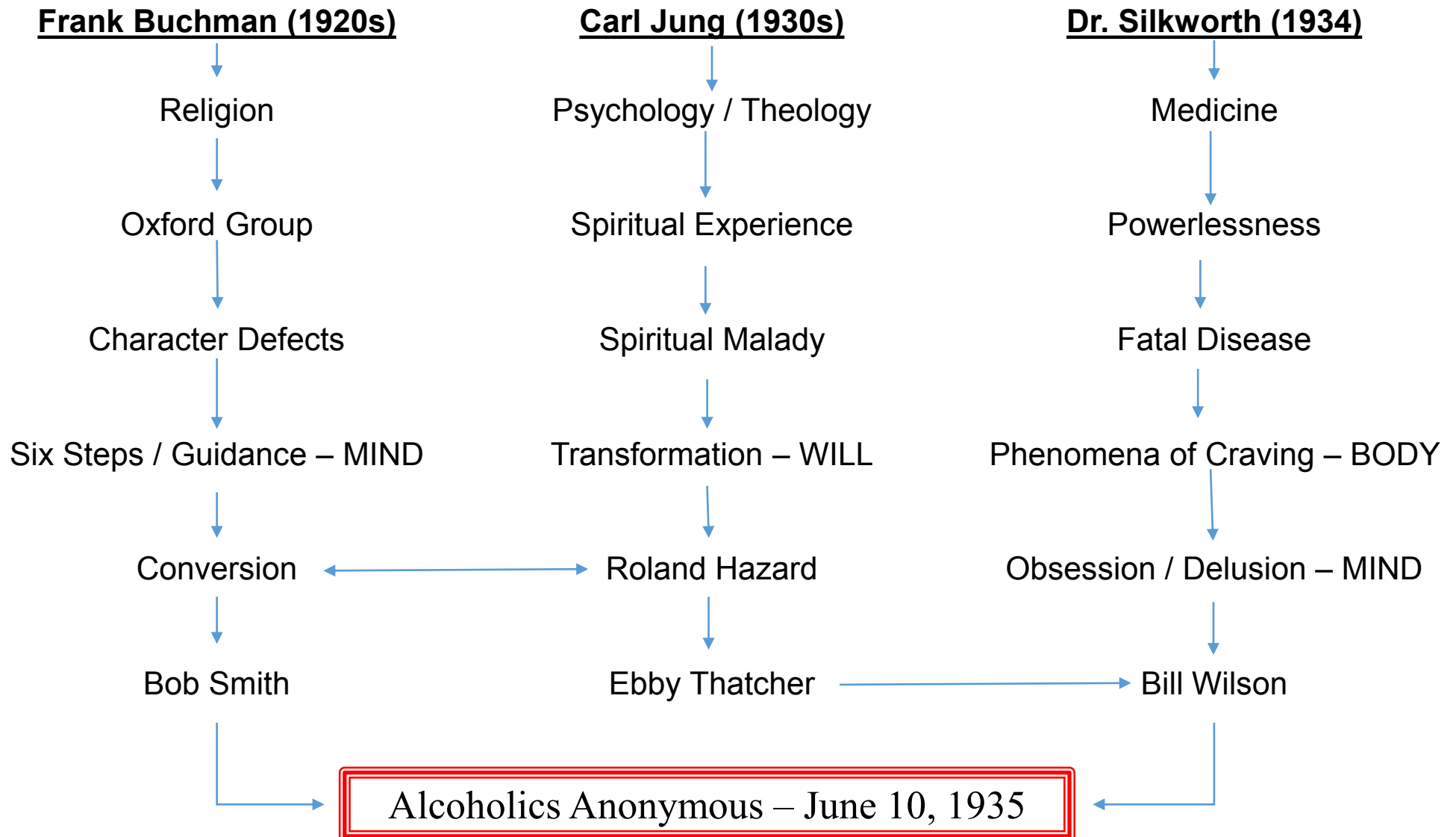
Dr. Silkworth

Medicine

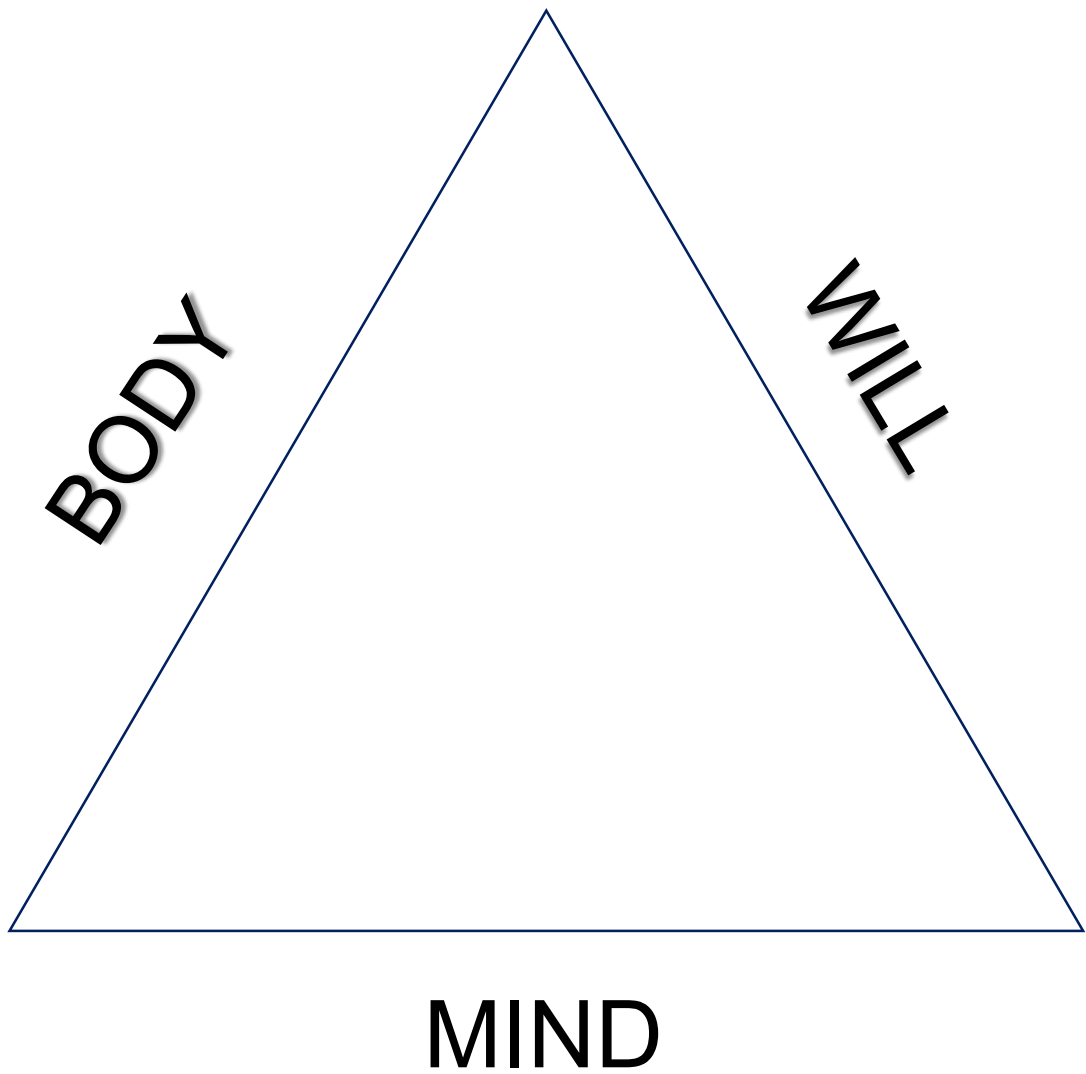


Fatal Disease

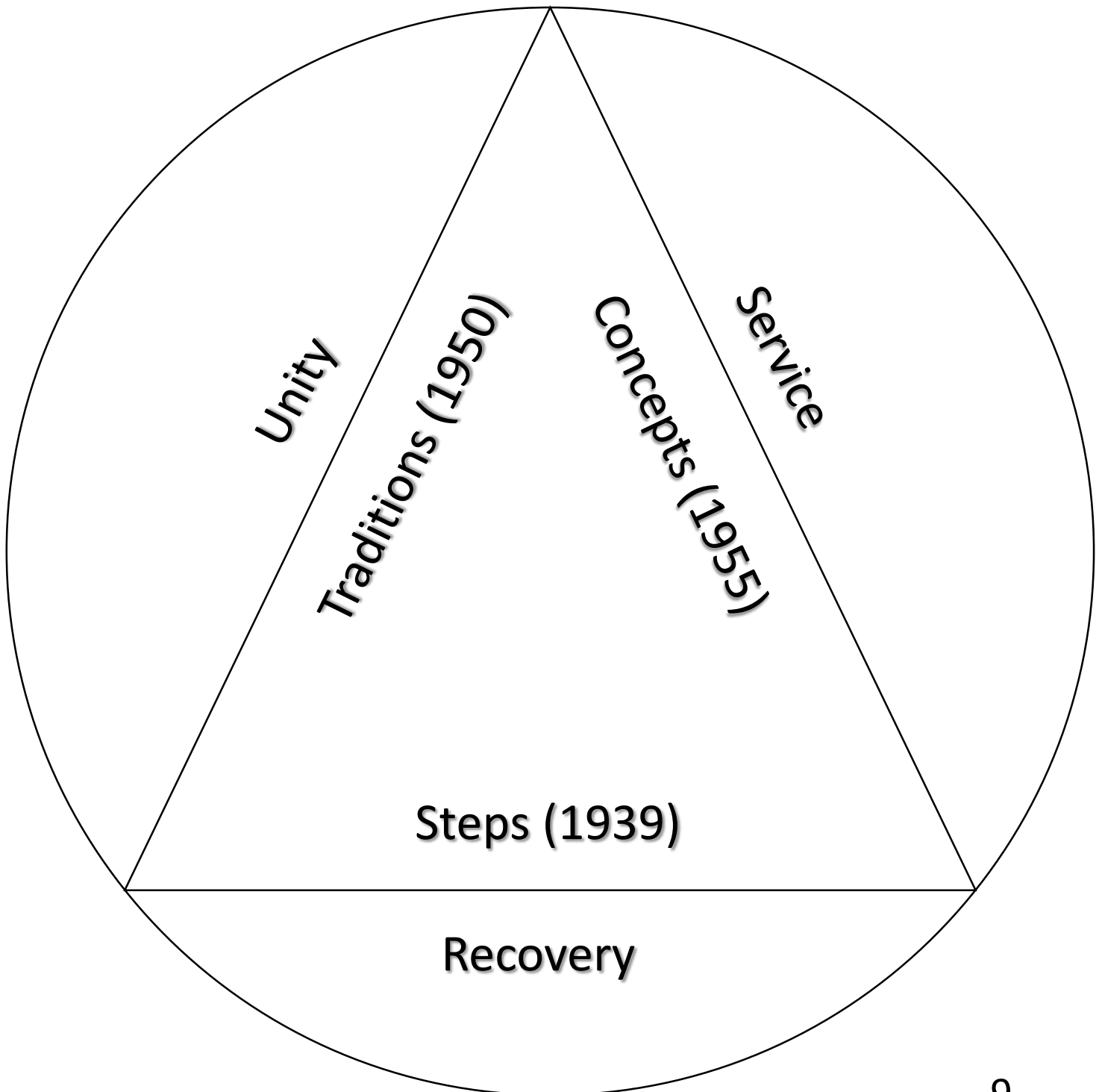
History Pre-AA



Problem



Solution



Big Book of Alcoholics Anonymous

CONTENTS

	CHAPTER		PAGE	STEP
PROBLEM	PREFACE	-	XI	
	FORWARD TO THE FIRST EDITION		XII	
	FORWARD TO THE SECOND EDITION		XV	
	FORWARD TO THE THIRD EDITION		XXII	
	THE DOCTOR'S OPINION		XXIII	
	1. BILL'S STORY		1	
	2. THERE IS A SOLUTION		17	
	3. MORE ABOUT ALCOHOLISM		30	Step 1 (note)
	4. WE AGNOSTICS		44	Step 2
	5. HOW IT WORKS		58	Steps 3 & 4
SOLUTION	6. INTO ACTION		72	Steps 5 - 11
	7. WORKING WITH OTHERS	• CARRY THE MESSAGE	89	Step 12
		• PRACTICE PRINCIPLES		
	8. TO WIVES	SPOUSE	104	Step 12
	9. THE FAMILY AFTERWARD	FAMILY	122	Step 12
	10. TO EMPLOYERS	WORK	136	Step 12
	11. A VISION FOR YOU	COMMUNITY	151	Step 12

Exceptions to this structure:

Bill's Story

Pages 1 through 8 describe the problem = his powerlessness (Step one)

Pages 9 through 16 detail the solution = his recovery (Steps two through twelve)

NOTE :

The description of "unmanageability" the second half of Step one (the spiritual malady) is described on pages 44 and 45, page 52 "bedevilment" paragraph, and pages 60 to 62 ("we are extreme examples of self-will run riot")

<p>64 pages = 34% of TEXT IS ON STEP 1 45 pages = 25% of TEXT IS ON STEPS 2-11 <u>75 pages</u> = 41% of TEXT IS ON STEP 12 184 PAGES (includes 20 pages of roman numerals)</p>

Assignment Process

- Prayer
- Reading
- Reflection
- Writing
- Discussion

- HEART



Reflection

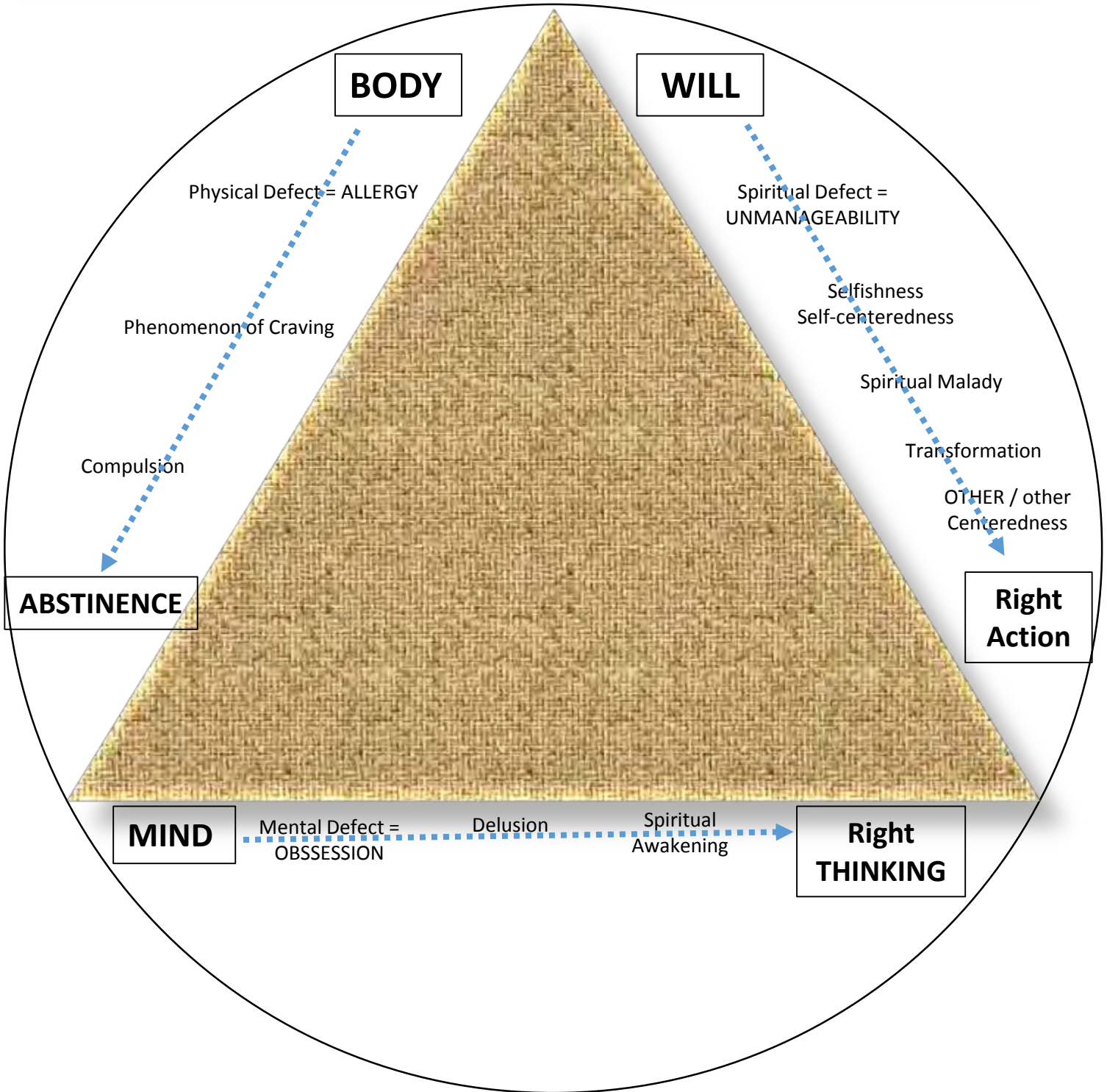
1. Where is my life not working:
 - Impediments?
 - Frustrations?
 - Dishonesty?
 - Unforgiving / Unforgiven?
 - Secrets?

2. Are my efforts:
 - Effective?
 - Consistent?
 - Lasting?
 - Producing desired results?

3. Do I really want my life to change?

4. What change(s) would I like?

Step One



Body

1) What is my experience with addiction?

2) What happens when I indulge in this addiction?
List 3 examples

3) What is my history of attempts to deal with it?
Describe 3 examples

4) How successful have I been?

5) How honest have I been about it with others or myself – my efforts and failures?

Mind

1) Have I made a resolution to stop a specific behavior or start a specific behavior?

2) What do I think or feel just before I engage in (or not start) that specific behavior AGAIN?
Am I even pre-conscious? Or am I into it before I realize it?

3) How soon do I realize that I am doing (or not doing) it AGAIN?

4) How does that make me feel?

5) Do I make another / stronger resolution to stop (start)?

6) How well does this work? How successful have I been?

7) How honest have I been with others or myself about it – my efforts and my failures?

Will

1) Am I having trouble with personal relationships?

2) Can I control my emotions?

3) Am I a prey to misery and depression?

4) Do I derive satisfaction from my way of life?

5) Am I or can I be self supporting?

6) Do I feel useful?

7) Am I full of fear?

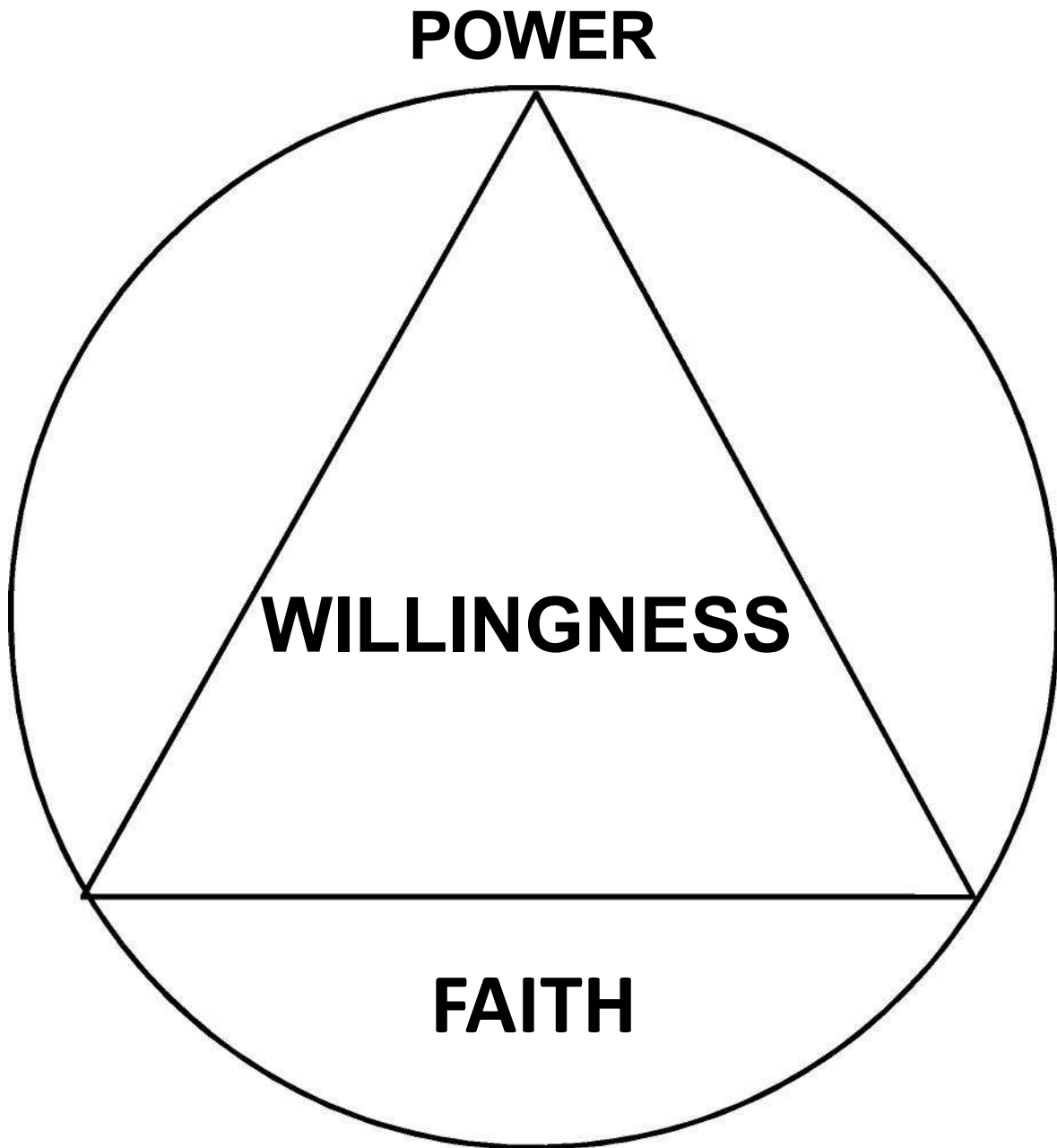
8) Am I happy?

9) Am I able to be a real help to others?

10) How honest have I been with others or myself about these issues – my efforts and my failures (my doubts)?

Step Two

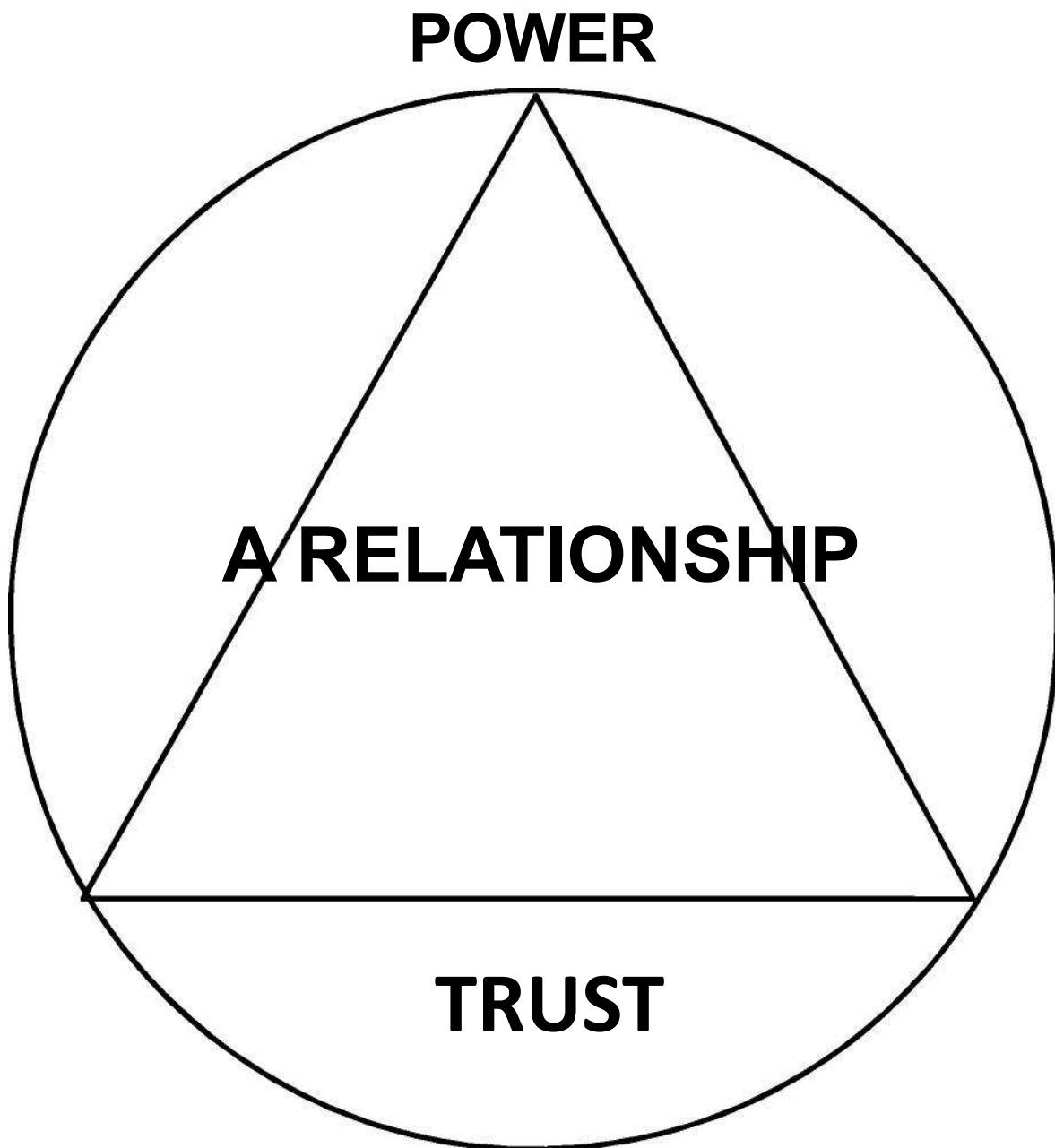
Decision **ABOUT**



= Cornerstone

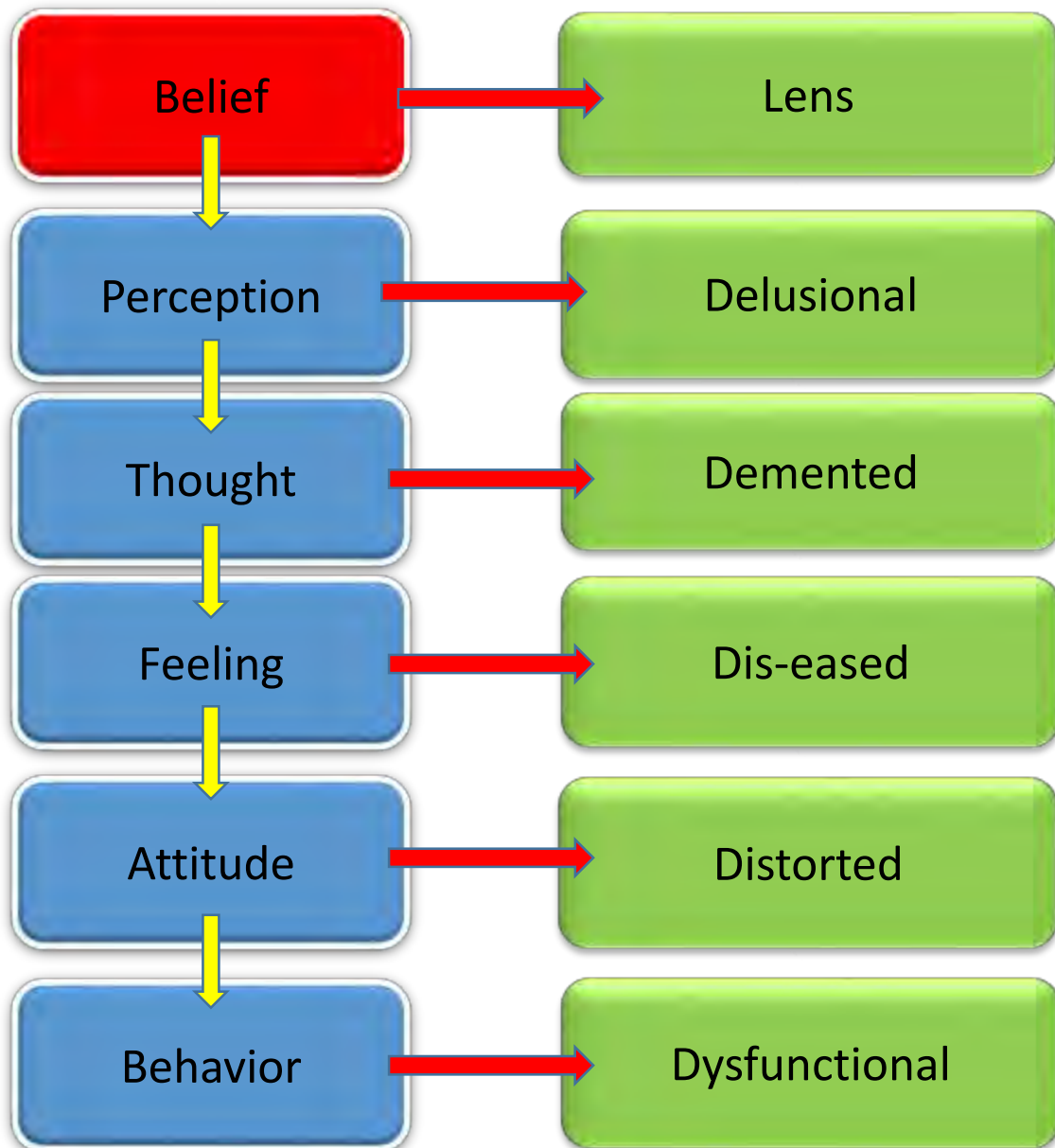
Step Three

Decision **FOR**



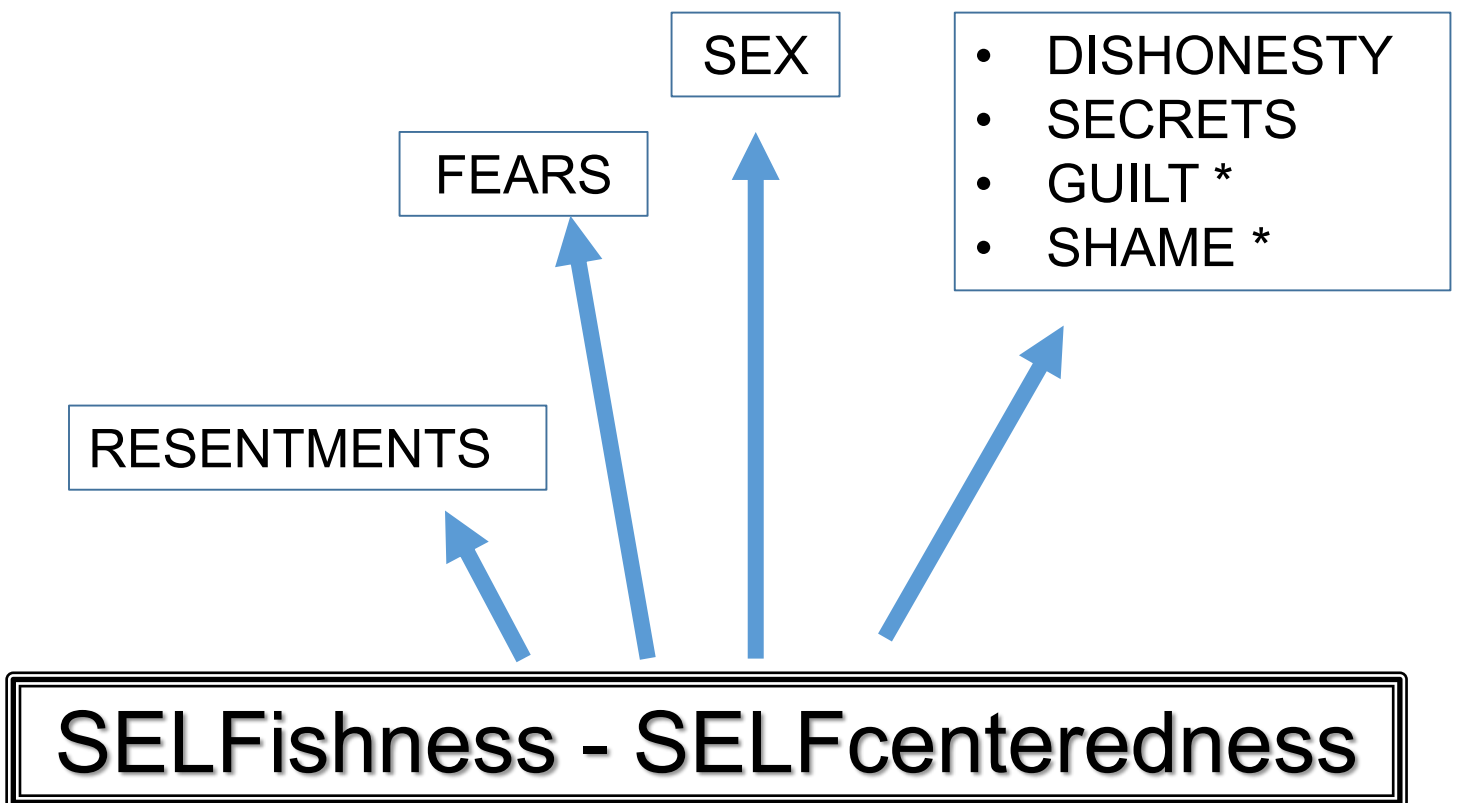
= Keystone

Problem = Asleep



Step Four

Name OBSTACLES



* Not in "Big Book"

Step Four: 12 and 12

SEVEN DEADLY SINS

Pride

Envy

Anger

Greed

Sloth

Gluttony

Lust

Step Four: Resentment Worksheet, Column Three

Before you begin the worksheet, write, and pray a personal version of the Set Aside Prayer:

ASK YOURSELF: When I resent (Column One) for (Column Two), did it hurt, threaten, or interfere with my belief about my:

Self-esteem (What is my deep belief about who I am?) I am

Pride (How do I want other people to see me being treated?) Put yourself on a stage w/person; imagine a relevant audience. Others should see (Column One name) treating me as

Ambition (What do I want?) I want

Security (What do I need? Why do I need it?) I need

Personal relations (How should family, friends, or co-workers see or treat me?) Family, friends, or co-workers should always treat me as

Sex (gender) relations (What is my belief about men/women?) The ideal/model man should always or is

The ideal/model woman should always or is

Pocketbook (What is the affected value? For example, money, emotional security, etc.) No one should do anything that interferes with, affects or diminishes my

What is my fear?
May be opposite of my Belief

Prayer For Freedom From Resentment

- GOD, *(name)*, LIKE ME, IS A SPIRITUALLY SICK PERSON. PLEASE HELP ME TO SHOW *(name)* TOLERANCE, COMPASSION, AND PATIENCE.
- PLEASE FORGIVE ME FOR BEING ANGRY AND ENABLE ME TO STOP CLINGING TO THIS RESENTMENT. PLEASE REMOVE THIS RESENTMENT AND SHOW ME HOW TO TAKE A KINDLY AND TOLERANT VIEW OF *(name)*. PLEASE SHOW ME HOW I CAN BE HELPFUL TO *(name)*.
- THY WILL BE DONE

Step Four: Resentment Worksheet, Column Four

Before you begin the worksheet, write, and pray a personal version of the Set Aside Prayer:

When I resented _____ (Column One) for _____
(Column Two), I had this **belief** about my role from (Column Three):

My perceived role (like an actor in a play = misunderstood person, betrayed spouse, abused child, etc.)

Is the **event** true or false? (Did it really happen?) _____

Consider: before, during and after the event that was/is the occasion for this resentment.

Write one sentence answering these questions:

WHERE WAS I At the time of the actual event (Then), or **WHERE AM I** at the present time (Now):

1. **Selfish? (Thinking about myself)** Then _____
Now _____

2. **Self-seeking? (Acting on my own behalf)** Then _____
Now _____

3. **Dishonest?** (Misrepresenting myself: lying by commission or omission) Then _____
Now _____

4. **Afraid?** (Fear of not getting what I want or losing what I have) Then _____
Now _____

5. **Where am I wrong/at fault/to blame** (responsible) then and/or now? Then _____
Now _____

6. **What harm did I cause this person?** (How did I specifically diminish or negatively impact this person?)

Physical (Body) _____

Mental (Mind) _____

Emotional (Feelings) _____

Spiritual (Relation with God) _____

Financial (Money) _____

7. What **harm** did I cause to **other** people, in and around this relationship? (Write name and specific harm.) _____

8. List any other **fears** that I've become aware of:

9. List the **character defect(s)** I've become aware of while completing this worksheet: _____

My real role (now in light of this Column Four information - may be opposite of my **perceived** role at the top of this worksheet) _____

Fear Worksheet

1	2	3	4	5
Name them	Why do have it?	What behavior is manifest?	Name the opposite of this fear? (the virtue)	What behavior would this virtue manifest? (the opposite of the 3 rd column)

Step 4: Sex Inventory

Before you begin the worksheet write and pray a personal version of the Set Aside Prayer:

Review the facts - We are looking for our **motives** and at our actual **behavior**:

- How did the encounter or relationship begin?
- What happened?
- What's the status now, or how did it end?

Answer these questions:

1. Where had I been selfish? (Thinking about myself)
2. Where had I been dishonest? (By commission or omission)
3. Where had I been inconsiderate?
4. Whom had I hurt?
5. Did I arouse jealousy?
6. Did I arouse suspicion?
7. Did I arouse bitterness?
8. Where was I at fault?
9. What should I have done instead?

The answer to question #9 will help you become conscious of the principles you already have but are not aware of (or the principles you want to have) that will guide your future sex motives and behavior. They will form the basis of your "sex ideal".

Final Preparation for Step 4

Remember the purpose of this process—to identify and remove/have removed the impediments/obstacles to a relationship with that Power deep down inside us.

Ask yourself where/when you have experienced:

- Guilt
- Shame
- Embarrassment
- Dishonesty (Stealing)
- Secrets
- Irresponsibility: financial, relationship, behavior, family, work

The Twelve and Twelve suggests we also look at violations of moral principles (values) as expressed in the Seven Deadly Sins:

- Pride
- Greed
- Lust
- Gluttony
- Envy
- Anger
- Sloth

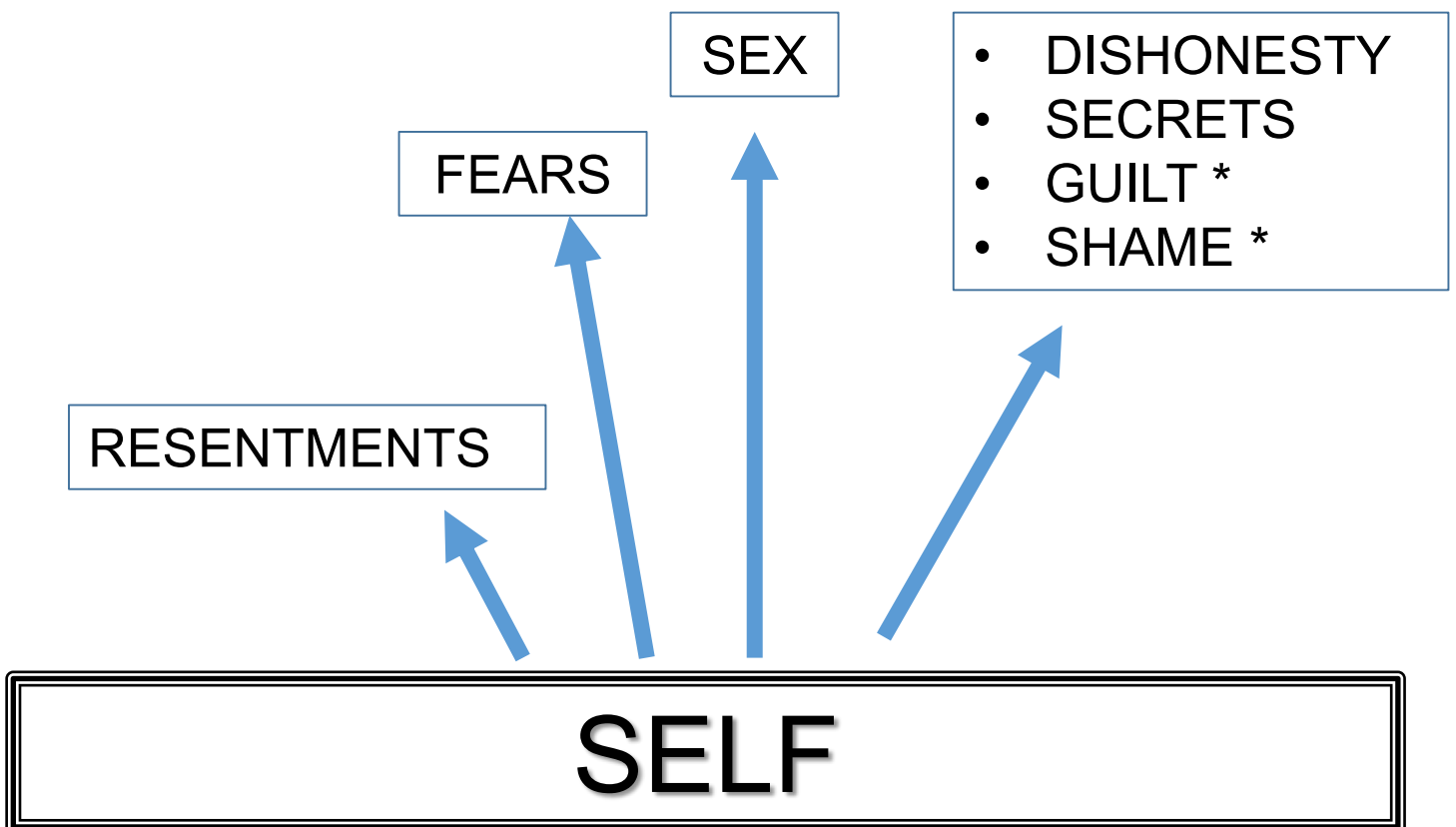
After praying the Set Aside prayer spend time reflecting (meditation) on each of these items and write out your thoughts, feelings, and memories. Be specific.

It is especially important to be specific about any area/item that you have any conscious/intuitive awareness of resistance to disclosure.

Err on the side of maximizing rather than minimizing. This is about "rigorous honesty", about being transparent. This is about removing the sludge in us that blocks us from God.

Step Five

Remove OBSTACLES



* Not in "Big Book"

Step Six

DEFECTS OF CHARACTER

Willingness

Name Them

- Resentment
- Fear
- Sex (dishonesty)
- Selfishness

What is Personality Disorder?

From Diagnostic and Statistical Manual of Mental Disorders, 4th edition, 1994, commonly referred to as DSM-IV, of the American Psychiatric Association. European countries use the diagnostic criteria of the World Health Organization.

An enduring pattern of loner experience and behavior that deviates markedly from the expectation of the individual's culture, is pervasive and inflexible, has an onset in adolescence or early adulthood, is stable over time, and lends to distress or impairment.

A personality disorder is a pattern of deviant or abnormal behavior that the person doesn't change even though it causes emotional upsets and trouble with other people at work and in personal relationships. It is not limited to episodes of mental illness, and it is not caused by drug or alcohol use, head injury, or illness. There are about a dozen different behavior patterns classified as personality disorders by DSM-IV. All the personality disorders show up as deviations from normal in one or more of the following;

- Cognition—perception, thinking, and interpretation of oneself, other people, and *events*
- Affectivity—emotional responses (range, intensity, liability, appropriateness)
- Interpersonal functions
- Impulsivity

Narcissistic Personality Disorder (NPD) — indicators are:

1. *An exaggerated sense self-importance (e.g.. Exaggerates achievements and talents, expects to be recognized as superior without commensurate achievements); grandiosity.*
2. *Preoccupation with fantasies of unlimited success, power, brilliance beauty, or ideal love*
3. *Belief of being “special”; only can be understood by, or should associate with, other special or high-status people (or institutions)*
4. *Require excessive admiration*
5. *Sense of entitlement*
6. *Selfishness in taking advantage of others to achieve their own ends*
7. *Lacking empathy*
8. *Envy of others or belief that others envy them*
9. *Behaviors or attitudes that are arrogant. haughty, patronizing, or contemptuous*

Enneagram – Some Defects of Character

<p>1. perfectionistic rigid/inflexible critical/negative judgmental angry intolerant bitter anal impatient obsessive rationalize control tense disrespectful fear of being wrong</p>	<p>4. individualistic feelings of special self pity self loathing/self condemning dominated by feelings envy above the rule alienation from others moody aloof hopelessness victim ungrateful self indulgent withdrawn harsh remorseful dependent inhibited</p>
<p>2. pride vain glory manipulative smothering possessive needs others to depend on them martyr complex hypochondria needy resentful negative two faced ungrateful</p>	<p>5. cynical/skeptical detached loner avarice (their time, resources, information) eccentric fear dependent antagonistic overly sensitive restless pessimistic emotionally needy disdaining non-supportive</p>
<p>3. grandiose arrogant competitive overachievers image conscious insensitive feeling worthless chameleon/phony self deceit image vs. substance jealous dishonest lack of integrity self centered driven braggart emotionally unavailable deceit of others irresponsible</p>	<p>6. don't trust themselves fear based sloth fear of being alone rebellious fear of others self doubt/unsure passive — aggressive procrastinate self defeating over reactive excitable anxious miserly suspicious insecure blaming defensive pessimism</p>

Enneagram – Some Defects of Charater

<p>7. superficial easily bored impulsive escapist restless/nervous fear of deprivation gluttony -convulsed to fill up with food/experience etc. hyper active/need for excitement destructive anxious irresponsible blaming insecure overly dramatic materialistic undisciplined self centered need for immediate gratification reckless</p>	<p>9. complacent stubborn passive neglectful repressed slothful fatalistic denial aggressive dependent given to fantasy self neglect simplistic rigid compliant vicarious asleep self deprecating fickle shallow pessimistic powerless Shunning fear of change inattentive weak lazy</p>
<p>8. Hard hearted ruthless control aggressive lust (sex, power) very willful intimidate abusive seek/need power aggressive violent fear of being weak independent fear of being controlled self centered fear of fear controlling proud unaffectionate uncaring takes all the credit disrespectful impulsive passionate Unloving</p>	<p style="text-align: right;">32</p>

Character Defects Worksheet

1	2	3	4	5
Character Defect	What is my behavior?	What am I defending?	What is the opposite of this defect? (the virtue)	What behavior would this virtue manifest? (the opposite of the 2 nd column)

Step Seven

SHORT COMINGS

- Powerless
- Pray for removal

Step Eight

LIST HARMS

1. Who did I diminish?
2. What did I do?
3. What *harm* did I cause?
4. What specific action is necessary?
5. Am I *willing*?

Step Nine

AMENDS PROCESS

1. Describe harm
2. Ask: "Any other harm?"
3. Suggest amends
4. Ask: "Any other amends?"

Forgiveness is a Process Not an Event

What is Forgiveness?

Forgiveness is **Not** to...

- Condone
- Forget
- Tolerate
- Ignore
- Approve
- Excuse
- Minimize
- Pardon
- Deny
- Absolve
- Reconcile
- An invite to hurt again
- Surrendering justice

Forgiveness Is a **Decision to not...**

- Retaliate
- Exact revenge
- Seek compensation
- Judge

Forgiveness Is a **Decision to...**

- Release them
- Release ourselves
- Be released

What is the process?

- Accept the facts: Betrayal = a reflection.
- Open your mind, memories and heart to remember the hurts, the wounds, where and when you have been let down, dishonored, abused, lied to, cheated on; diminished in spirit **and** emotion; diminished physically and financially.
- Bring to your mind, to your memory and to your heart a picture of the betrayer; your father, mother, husband, wife, boyfriend, girlfriend, brother, sister, relative, friend; have you been betrayed by your school, church, the judicial system, healthcare system, legal system, the government.
- This is the reality—it did happen—we have been betrayed, hurt and deeply wounded. Name it and accept it. It's tragic and it's true.

Be willing to decide to release them and myself:

Forgiveness = a meditation

It is also true that we can be healed from these soul wounds.

- To forgive is not to condone or excuse the behavior. What was done was wrong.
- To forgive is not to pardon—that's not ours to give—we don't have the power of absolution.
- To forgive is not to forget. We are saddened by the memory and must grieve the event.
- To forgive is to release from debt; to release from the demand for retribution or retaliation.
- To forgive is to surrender the right to get even.
- The reality is that as long as we hold onto these hurts, they possess us; actually, they poison us emotionally and spiritually.
- To forgive is to take responsibility for our part, which may only be that we have been holding onto these memories, these feelings and have allowed them to continue to devastate our emotional and spiritual life.
- How long are we going to carry these wounds? How long are we going to be shackled by the chain towing this garbage barge of hurt, anger and shame?
- All spiritual traditions believe that we have forgiven just to the extent that we forgive; all spiritual traditions believe that we are released just to the extent we release others.
- Look at our own brokenness—the many betrayals for which we have been responsible. Look at our motives, our role, in the events which we find ourselves betrayed. Where were we selfish, dishonest, angry or afraid?
- In light of our own brokenness, look at their brokenness—see them like us—those that hurt us are themselves hurt, fearful, wounded, sick people—human beings twisted by their own personal histories.
- We are all weak, wounded human beings, full of defects—attempting to survive the difficulties of life and find a little peace and happiness.

Forgiveness is the release of others and the harm they have caused us.

But forgiveness often follows deep acceptance of and repentance for our own harmful actions to others.

We are powerless to name and accept the truth of the harm we have done; we are likewise powerless to release the hurt others have done to us.

- Am I willing to pray for the power:
 - To ask for knowledge of the truth?
 - To ask for freedom from the bondage of my own history?
 - To wish for *the* spiritual healing of those persons or institutions that have harmed me?
 - To forgive myself—to let go of self condemnation, morbid reflection, remorse, our temper, our addictions, our vanities, our arrogance, our smugness; to let go of our failures and to do what we must and be who we are?
- Am I willing to pray for the power:
 - To love them as I love myself?
 - To see the world and the people in it from God's point of view?
- Invite the healing Power of the Universe:
 - Into our minds—that our memories may be healed
 - Into our hearts—that our feelings may be healed
 - Into our souls—that our human spirit may be healed and flourish
- Healing Spirit of the Universe:
 - Enable me to be willing to let go, to forgive, to release
 - Enable me to be willing to find freedom
 - Enable me to be willing to be restored to sanity
 - Enable me to be willing to be taken to a place of serenity
- Holy Spirit, breathe Your Spirit into me.

Bedevilments are Replaced by the Promises

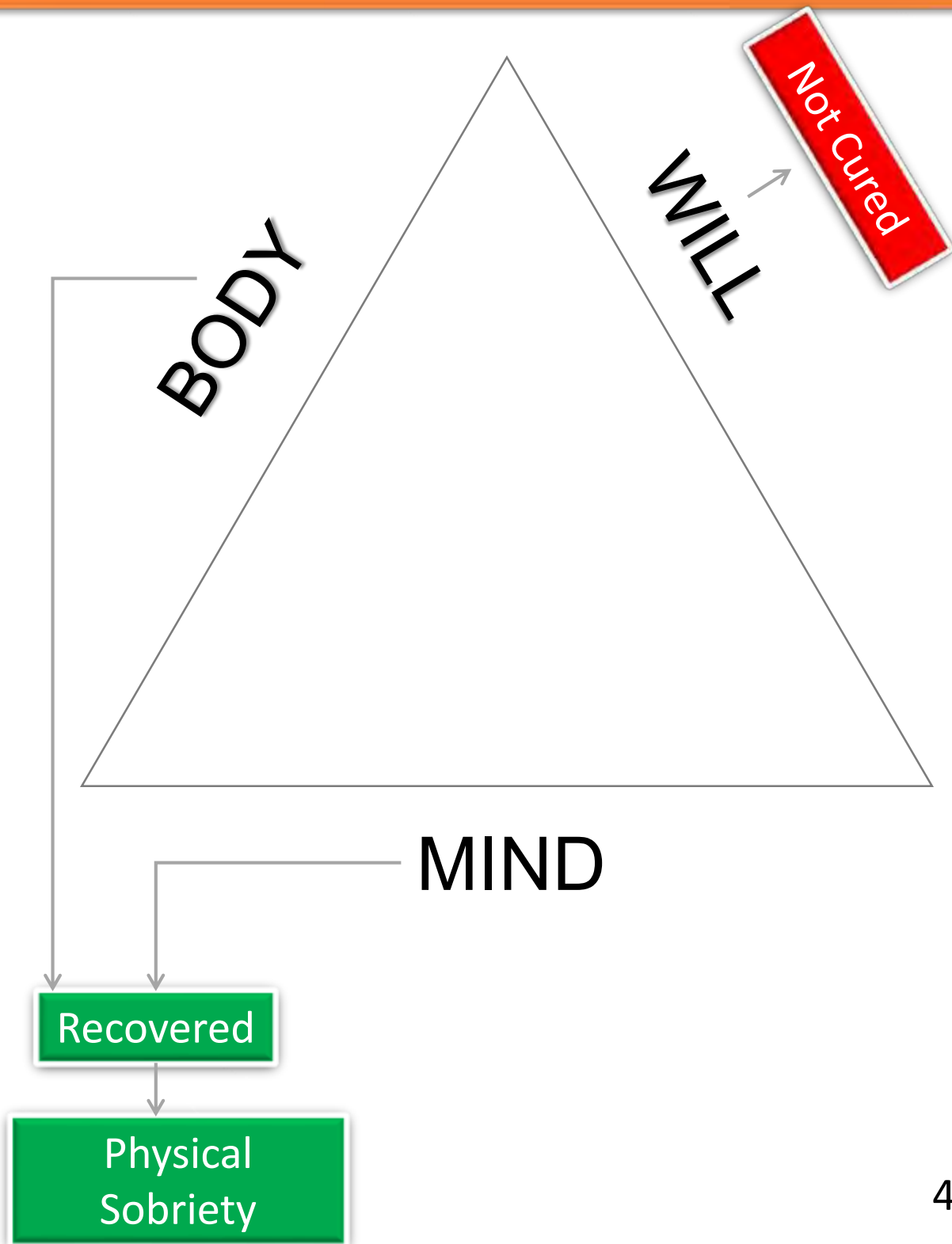
Only 31 pages later the Bedevilments are replaced by the Promises

THE BEDEVILMENTS (page 52)

THE PROMISES (pages 83 & 84)

- | | | |
|--|---|--|
| • We were having trouble with personal relations. |  | • We will lose interest in selfish things and gain interest in our fellow. Self-seeking will slip away. |
| • We couldn't control our emotional natures. |  | • We will comprehend the work serenity and we will know peace. |
| • We were prey to misery and depression. |  | • Our whole attitude and outlook upon life will change. |
| • We couldn't make a living. |  | • Fear of people and economic insecurity will leave us. |
| • We had a feeling of uselessness. |  | • That feeling of uselessness and self-pity will disappear. |
| • We were full of fear. |  | • We will intuitively know how to handle situations that use to baffle us. |
| • We were unhappy |  | • We are going to know a new freedom and a new happiness. |
| • We couldn't seem to be of real help to other people. |  | • No matter how far down the scale we have gone, we will see how our experience can benefit others. We will not regret the past nor wish to shut the door on it. |
| • And, most of all. |  | • We will suddenly realize that God is doing for us what we could not do for ourselves. |

Our Way of Life Step Ten



Step Ten

Watch for:

Resentment
Fear
Dishonesty
Selfishness

Take action:

Pray
Discuss
Amend
Service

Results:

Forgiveness
Trust
Honesty
Love



Emotional
Sobriety

Our Way of Life

Step Eleven
Prayer/Meditation

Step Twelve
Service

*Other
Centered*

*Other
Centered*

= SPIRITUAL COIN

Prayer and Meditation

Evening — Inventory of this day

Morning — Think about the day ahead
— Consider your plans
— Listen for guidance

All Day — Be Awake
— Pause when disturbed

Evening

- **Purpose:** Identify and remove obstacles to the Sunlight of the Spirit.
 - Set-Aside Prayer
 - *God, please set aside everything that I think I know about myself, my brokenness, my spiritual path and you, God, for an open mind and a new experience of myself, my brokenness, my spiritual path ' and especially you, God!*
- Meditation:
 1. CONSTRUCTIVELY review my day (without fear or favor)
 - a) Was I _____ What motives were underneath my:
 - a) Resentful? Intention?
 - b) Selfish? Thoughts?
 - c) Dishonest? Acts?
 - d) Afraid? Efforts?

 - a) Do I owe an apology?
 - b) Have I kept something to myself which should be discussed with another person at once?
 - c) Was I kind and loving toward all?
 - d) What could I have done better?
 - e) Was I thinking of myself most of the time?
 - f) Or was I thinking of what I could do for others, of what I could pack into the stream of life?
 2. Ask God's forgiveness!
 3. Ask what corrective measures should be taken.

Evening

(continued)

4. Thank Him for blessings received!
5. Be willing to try again tomorrow!
6. Conclude with the Prayer of St. Francis

*Lord, make me a channel of thy peace;
That where there is hatred, I may bring love;
That where there is wrong, I may bring the spirit of forgiveness;
That where there is discord, I may bring harmony;
That where there is error, I may bring truth;
That where there is doubt, I may bring faith;
That where there is despair; I may bring hope;
That where there are shadows, I may bring light;
That where there is sadness, I may bring joy.
Lord, grant that I may seek rather to comfort than to be comforted;
To understand, than to be understood;
To love, than to be loved.
For it is by self-forgetting that one finds;
It is by forgiving that one is forgiven;
It is by dying that one awakens to eternal life.
Amen!*

Morning

Prayer

- Set-Aside Prayer
God, please set aside everything that I think I know about myself, my brokenness, my spiritual path and you, God, for an open mind and a new experience of myself, my brokenness, my spiritual path and especially you, God!
- Step Three Prayer
God, I offer myself to Thee, to build with me and to do with me as Thou wilt. Relieve me of the bondage of self, that I may better do Thy will. Take away my difficulties, that victory over them may bear witness, to those I would help, of Thy Power, Thy Love, and Thy Way of Life. May I do Thy will always!

Reading (Lectio Divina) Inspirational reading (Big Book, scripture, etc).

Preparation

- Is my attitude one of prayerful attention?
- What is my purpose?:
 1. To improve my *conscious contact* with God.
 2. To enhance my *usefulness* to others.
 3. To develop *humility*: makes it possible to receive God's help.
- Who is God—"As I understand Him"?:
- Is God:
 1. EVERYTHING?
 2. ALL KNOWLEDGE?

Morning

(continued)

3. ALL POWER?

4. ALL LOVE?

5. ALL PRESENCE?

- Where is God? Do I believe God is deep down inside of me?

Meditation Use our *mind* to create our vision of God's will for us

- Father, please direct my thinking; especially divorce it from motives of:

Selfishness

Resentment

Self-Seeking

Fear

Self-Pity

Dishonesty

Please clear my thinking of wrong motives.

Allow me to be *attentive*.

- Think about the 24 hours ahead (*doing*) What will I *do*?
- Consider my plans for the day (*being*) Who will I *be*?
- See my vision of God's will for me today (*intent*).
How can I best serve You? What is my vision?
- Decide to relax and take it easy; to stop struggling. What action is suggested?

Contemplation Use our *will* to be present to the Presence of God

Allow the Spirit to guide you
Respond from your heart
Embrace the Mystery
Be conscious of your intention
Consent to the action of Love

Morning

(continued)

Concluding Prayer

Please:

Show me all through the day what my next step is to be.

Give me whatever I need to take care of tasks and problems.

Especially free me from SELF-WILL

Show me the way of patience, tolerance, kindness, and love

Allow today's WORK to provide an opportunity to be useful and helpful. What can I do today for the person who is still suffering?

Please give me:

KNOWLEDGE

POWER

FREEDOM

LOVE

COMPASSION

Step Seven Prayer

My Creator,

I am now willing that you should have all of me, good and bad.

I pray that you now remove from me every single defect of character that stands in the way of my usefulness to You and my fellows.

Grant me strength as I go out from here to do Your bidding.

Amen

All Day

- Pray for Knowledge and Power
- PAUSE frequently – when agitated or doubtful: ask for the right:
Thought
Or
Action
- Many times a day humbly say “*Thy will be done*”
- **THINK** what you can **DO** for others!

Step Twelve

SPIRITUAL AWAKENING



CHANGE:

- Think
- Feel
- Behave

And it is done *to* us not *by* us

Step Twelve

Carry the Message = Immunization

Practice Principles = Integration

- Relationships
- Family
- Work
- Fellowship / Community

Working with Others

1. Find a person (drinker) who wants to recover (search out).
2. Find out all you can about them in order to put yourself in their place:
 - Indirectly, from a person close to them (their family)
 - Directly from the problem drinker. Share yourself with them, especially attempt identification with drinking experiences
3. Ask them if they want to quit for good and are ready to go to any extreme to do so.
4. Stress the hopelessness. Relate your specific experience with the physical allergy and the mental obsession. Help this person connect their experience to powerlessness with alcohol. Let them draw their own conclusion.
5. Tell them exactly what happened to you; stress the spiritual. They need to be willing to believe in a Power greater than themselves and to live by spiritual principles (but no specific dogma).
6. Be sane, quiet and full of human understanding.
7. Outline the program of action:
 - Inventory
 - Amends
 - Daily prayer and meditation
 - Service to others
8. Tell them about the Fellowship. Tell them that if they want to get well you will do anything to help.
9. If they are sincerely interested; give them the Big Book and ask them to read it.
10. Share your practical experience with the Steps. Make yourself available for the Third and Fifth Steps (and Seventh if requested).
11. Help them get a job, give them a little financial assistance, or provide shelter in your home. Help but do not enable. Recovery is not dependent upon people. It is dependent upon the person's relationship with God.
12. "Your job now is to be at the place where you may be of maximum helpfulness to others" (page 102).



Principles



1. **HONESTY:** Conduct is fair and straightforward, adherence to facts, means rightness of character or action. Honesty implies a refusal to lie, steal, or deceive in anyway. Acceptance of truth and reality. **ACTION: CONCEDE "powerlessness" to our innermost self**
2. **FAITH/HOPE:** A decision to believe and have complete confidence in God without logical roof or material evidence. To desire with expectation of fulfillment, to long for with expectation of obtainment, to expect with desire; desire accompanied by expectation of or belief in fulfillment. **ACTION: DECISION ABOUT "IT"; then LIVE as if "IT" is real**
3. **TRUST:** A decision to yield to the power, control or possession of another upon compulsion or demand, to give up completely or agree to forgo— especially in favor of another; to give oneself up into the power of another; to give oneself over to something (especially as a course of action). **ACTION: DECISION TO TURN through a relationship with "IT"**
4. **COURAGE:** Mental or moral strength to venture, persevere, and withstand danger, Fear, or difficulty; courage implies firmness of mind and will in the face of danger or extreme difficulty; willingness to face and accept the TRUTH. **ACTION: NAME/ANALYZE the obstacles in us to this relationship**
5. **INTEGRITY:** An unimpaired condition; soundness; adherence to a code of moral, artistic, or other values; the quality or state of being complete or undivided. **ACTION: CONFESSION/REVELATION of all obstacles/secrets**
6. **WILLINGNESS:** Inclined or favorably disposed in mind; ready; prompt to act or respond without reluctance; or relating to the will or power of choosing. **ACTION: MAKE A LIST of our defects of character/shortcomings**
7. **HUMILITY:** Quality or state of being truthful; not proud or haughty; not arrogant or assertive; reflecting, expressing, or offered in the spirit of deference or submission; a balanced, objective perspective. **ACTION: PRAYER/ACCOUNTABILITY for removal of them**
8. **COMPASSION:** Affection based on benevolence, warm attachment, enthusiasm, or devotion; unselfish concern that freely accepts another in loyalty and seeks their good; the parental concern of God for God's children. **ACTION: MAKE A LIST of harms done by us to others**
9. **JUSTICE:** The maintenance or administration of that which conforms to law, especially spiritual; honorable and fair dealing of persons with each other. **ACTION: CHANGE our behavior; REPAIR damage; FORGIVENESS**
10. **DISCIPLINE:** To train or develop by instruction and exercise--especially in self-control; training that corrects, molds, or perfects the mental faculties or moral character; orderly or prescribed conduct or pattern of behavior. **ACTION: VIGILANCE – use of prayer, confession, amend, & service**
11. **AWARENESS:** Having or showing realization, perception, or knowledge; implies vigilance in observing or alertness in drawing inferences from what one sees or hears; developing a consistent consciousness practice. **ACTION: PRAYER & MEDITATION to "improve" our consciousness**
12. **SERVICE:** Contribution to the welfare of others; altruistic behavior. **ACTION: LOVE/CHARITY to "enlarge" our consciousness**

* PRINCIPLES: Foundational truths: core values which regulate moral behavior.

Dynamics of Twelve Steps

WILL

DECIDE / ACTION

1. Concede powerlessness
3. Decide for relationship
5. Disclose fully
7. Pray for removal
9. Change behavior / repair damage

MIND

KNOW / NAME

2. Name Higher Power
4. Name obstacles
6. Name defects
8. Name harms
10. Name disturbances

11. Improve conscious contact
12. Practice service and principles

Spiritual Sobriety

Twelve Step Program

✓ **Meetings** = Identify Problem

✓ **Big Book** = Instructional Manual

✓ **12 Steps** = Precise Process

✓ **Prayer** = Powerless

✓ **Service** = Contrary Action

✓ **Sponsor** = Accountability

Process NOT Event

Integration



Disintegration



Spiritual Awakening

**TURNING
From
Dis-ease**



**To
Harmony**

Addiction: Substance / Process

Abstinence / Moderation

Anger / Resentment

Love / Forgiveness

Fear / Anxiety

Trust / Tranquility

Inappropriate Sex Behavior

Guided by Principles

Dishonesty: Self / Others

Rigorous Honesty

Secrets

Transparency

Guilt / Shame

Freedom

Unhealthy Self-Esteem

Healthy Self-Worth

MY WILL

GOD'S WILL

Reflections

- Rohr: "We transform our character defects or we transmit them."
- Michelangelo: "Envision beauty within and then remove what doesn't belong."
- Finley: "We hold onto identity as our security and it is in the willingness to let go the illusions that we find our true self and ultimate freedom."
- Herschel: "The issue of prayer is not prayer; the issue of prayer is conscious contact with God."
- Merton: "Meditation is the combustion chamber for the EGO; the place where the false self is dismantled/dies."
- Rolheiser: "We have been ravished by acts of our own will. Through meditation and a commitment to the spiritual path we surrender to be ravaged by God—through conformity to God's will."
- Chuck C.: "How can I help you do what you need to do—for fun and for free."
- Big Book: "The spiritual life is not a theory, we have to live it."
- Fragomeni: "I am no closer to God than the person I love least."
- Clancy: "One drunk talking to another, reducing the feelings of difference to allow them to take actions that they don't believe in."
- 12x12: "We are children of chaos."
- Fragomeni: "When we enter into another's chaos, so that we know that they are not alone, we are all set free from our own chaos."
- St. Augustine: "Everywhere and always we must preach the good news; only use words if you have to."
- Jim Clark: "Responding to the present moment we evolve/grow toward Wisdom—seeing as God sees."
- Mother Teresa: "We cannot love and do great things; we can only do small things with great love."
- Herschel: "God is waiting for us to redeem the world." "We are either servants of the sacred or slaves of the profane."
- Arun Gandhi: "We must live what we want others to learn."
"We must become the change we seek."
"We cannot help everyone but we must help someone."
- Jim English: "Life is a community affair; transformation is a community experience."
- Churchill: "We make a living by what we get; we make a life by what we give."

Amazing Grace

Amazing grace, how sweet the sound
that saved a wretch like me.
I once was lost, but now am found;
Was blind, but now I see.

Tw'as grace that taught my heart to fear,
and grace my fears relieved.
How precious did that grace appear
The hour I first believed.

The Lord has promised good to me,
His word my hope secures;
He will my shield and portion be
As long as life endures_

Through many dangers, toils and snares
I have already come.
Tis grace that brought me safe thus far;
And grace will lead me home.

When we've been there ten thousand years,
Bright shining as the sun,
We've no less days to sing God's praise
Than when we'd first begun.

A Chinese Legend

*Look at that curve in the River of Ch'i
With the green bamboos so luxuriant.*

The Book of Songs (Waley)

Once upon a time, in the heart of the Western Kingdom, lay a beautiful garden. And there in the cool of the day was the Master of the Garden wont to walk. Of all the denizens of the garden, the most beautiful and most beloved was a gracious and noble bamboo. Year after year, Bamboo grew yet more noble and gracious, conscious of his Master's love and watchful delight, but modest and gentle withal. And often, when Wind came to revel in the garden, Bamboo would cast aside his grave stateliness, to dance and play right merrily, tossing and swaying and leaping and bowing in joyous abandon, leading the Great Dance of the Garden which most delighted the Master's heart.

Now upon a day, the Master himself drew near to contemplate his Bamboo with eyes of curious expectancy. And Bamboo, in a passion of adoration, bowed his great head to the ground in loving greeting. The Master spoke: "Bamboo, Bamboo, I would use thee.

Bamboo flung his head to the sky in utter delight. The day of days had come, the day for which he had been made, the day to which *he* had been growing hour by hour, the day in which he would find his completion and his destiny. His voice came low: "Master, I am ready. Use me as thou wilt."

"Bamboo"--the Master's voice was grave--"I would fain take thee and--cut thee down!"

A trembling of a great horror shook Bamboo. "Cut . . . me . . . down? Me . . . whom thou, Master, hast made the most beautiful in all thy garden . . . to cut me down! Alas, not that, not that. Use me for thy joy, O Master, but cut me not down!"

"Beloved Bamboo"--the Master's voice grew graver still--"if I cut thee not down, I cannot use thee."

A Chinese Legend

(continued)

The garden grew still. Wind held his breath. Bamboo slowly bent his proud and glorious head. There came a whisper: "Master, if thou canst not use me but thou cut me down . . . then . . . do thy will and cut."

"Bamboo, beloved Bamboo, I would . . . cut thy leaves and branches from thee also."

"Master, Master, spare me. Cut me down and lay my beauty in the dust; but wouldst thou take from me my leaves and branches also?"

"Bamboo, alas, if I cut them not away, I cannot use thee."

The sun hid his face. A listening butterfly glided fearfully away. And Bamboo shivered in terrible expectancy, whispering low: "Master, cut away."

"Bamboo, Bamboo, I would yet . . . cleave thee in twain and cut out thine heart, for if I cut not so, I cannot use thee."

Then was Bamboo bowed to the ground. "Master, Master . . . then cut and cleave."

So did the Master of the garden take Bamboo and cut him down and hack off his branches and strip off his leaves and cleave him in twain and cut out his heart. And lifting him gently, carried him to where was a spring of fresh, sparkling water in the midst of his dry fields. Then putting one end of broken Bamboo in the spring and the other end into the water channel in his field, the Master laid down gently his beloved Bamboo. And the spring sang welcome and the clear sparkling waters raced joyously down the channel of Bamboo's torn body into the waiting fields. Then the rice was planted, and the days went by, *and* the shoots grew *and* the harvest came.

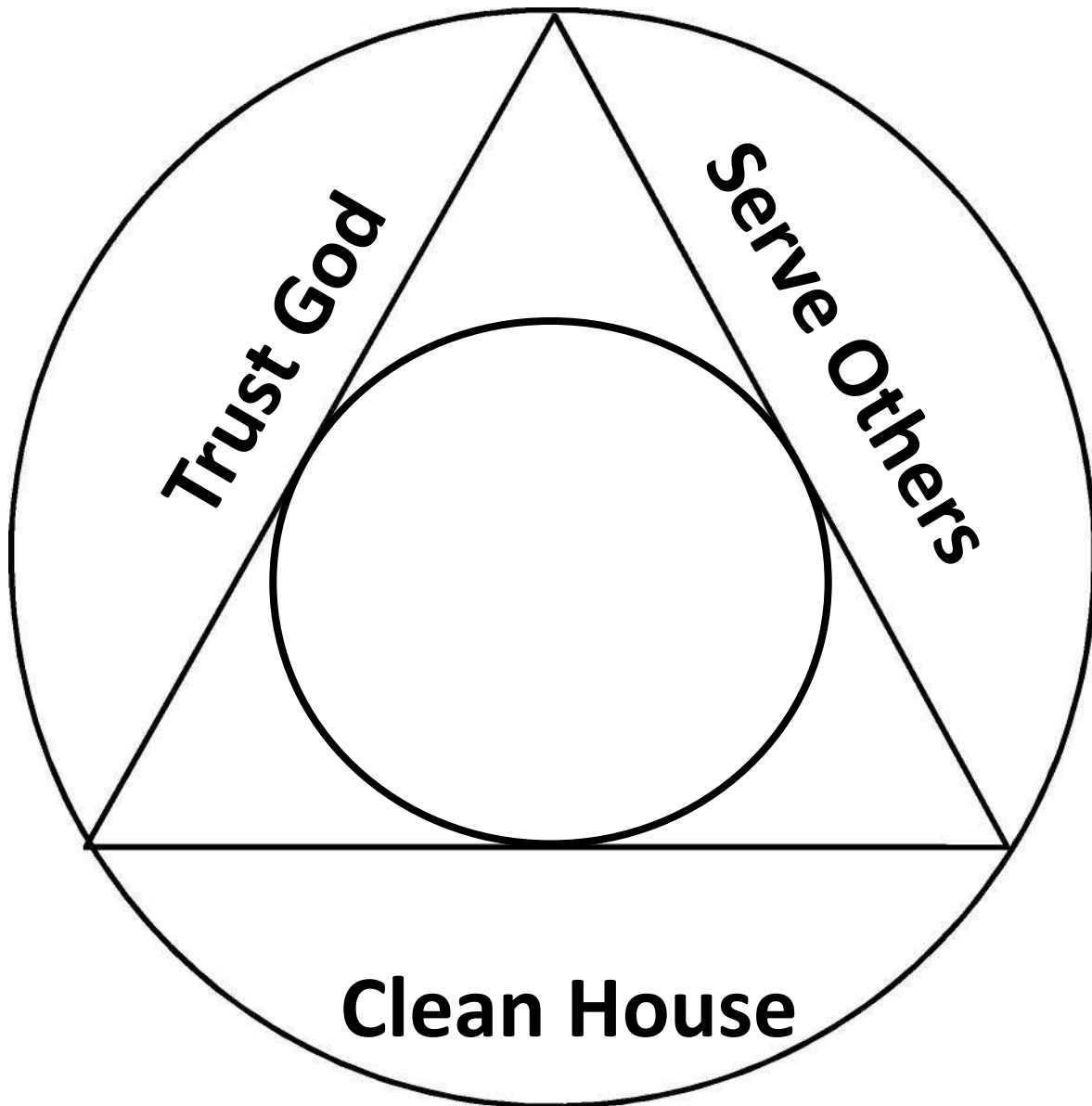
In that day was Bamboo, once so glorious in his stately beauty, yet more glorious in his brokenness and humility. For *in* his beauty he was life abundant, but in his brokenness he became a channel of abundant life to his Master's world.

Prayer of St. Francis of Assisi

"Lord, make me a channel of thy peace;
That where there is hatred, I may bring love;
That where there is wrong, I may bring the spirit of forgiveness;
That where there is discord, I may bring harmony;
That where there is error, I may bring truth;
That where there is doubt, I may bring faith;
That where there is despair; I may bring hope;
That where there are shadows, I may bring light;
That where there is sadness, I may bring joy.
Lord, grant that I may seek rather to comfort than to be
comforted;
To understand, than to be understood;
To love, than to be loved.
For it is by self-forgetting that one finds;
It is by forgiving that one is forgiven;
It is by dying that one awakens to eternal life.

Amen"

Our Way of Life



Twelve Step Spirituality

AA Big Book Step Study, Reading Assignments

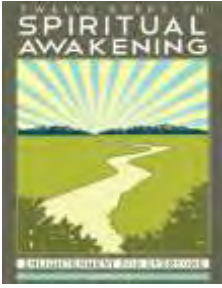
BOOK	BIG BOOK AA	TWELVE-STEP GUIDE TO USING THE AA BIG BOOK	TWELVE STEPS TO SPIRITUAL AWAKENING
AUTHOR:	GSO, 4th EDITION	HERB K	HERB K
Assignment 1	TITLE PAGE-XIV	1-12	TITLE PAGE-XI
Assignment 2	XV-XXIV	13-22	XII-14
STEP 1			
BODY	XXV-XXX I I; 1-8, 17-23	23-24	15-29
MIND	23-43	25-26	29-35
WILL	44-45; 52; 60-62	27-29	36-45
STEP 2			
	45-57; 9-16; 567-568	32; #1-3	52-56
		32-34; #4-12	57-60
		34-35; #13-19	61-69
STEP 3			
	58-63	38-43	73-84
STEP 4			
	63-64	44-45	87-91
RESENTMENT	64		91
COLUMN 1	64	44-45	87-91
COLUMN 2	64	46-47	91
COLUMN 3	64-65	48-50	91-94
PRAYER	66-67	51-52	94-96
COLUMN 4	67	53-55	97-99
FEAR	67-68	56-58	99-103
SEX	68-70	59-61	103-106
CONCLUSION	70-71	62-63	107-110
STEP 5			
	72-75	64-68	113-124
STEP 6			
	76	69-72	127-137
STEP 7			
	76	73-75	141-151
STEP 8			
	76	76-79	155-170
STEP 9			
	76-84	80-83	173-190
STEP 10			
	84-85	84-87	193-204
STEP 11			
	85-88	88-91	207-230
STEP 12			
CHAPTER 7: SERVICE; SPONSORSHIP	89-103	92 #1-7	233-245
CHAPTER 8: PRINCIPLES: RELATIONSHIP	104-121	92-95	245-262
CHAPTER 9: PRINCIPLES: FAMILY	122-135	96-97	263-291
CHAPTER 10: PRINCIPLES: WORK	136-150	96-97	263-291
CHAPTER 11: PRINCIPLES: COMMUNITY/FELLOWSHIP	151-164	96-97	263-291

LISTEN TO SESSIONS OF HERB K'S

"BIG BOOK" WORK SHOP

On-line or download to your .mp3 player
To find these audio sessions please go to:

www.herbk.com/HKAudio.htm



Session One Intro to Workshop	Session Fourteen Step 3 – Commitment	Session Twenty-Seven Step 4: Fear Inventory 3	Session Forty Step 11 Part 1
Session Two B.B. Face Pages – Spiritual Guide	Session Fifteen Step 4 Resentments – Columns 1 & 2	Session Twenty-Eight Step 4: Sex Inventory 1	Session Forty-One Step 11 Part 2
Session Three Spiritual Experience and History AA	Session Sixteen Step 4: Resentments – Column 3 Instructions	Session Twenty-Nine Step 4: Sex Inventory 2	Session Forty-Two Step 12: Introduction
Session Four B.B. Roman Numerals and when Bill met Bob	Session Seventeen Prayer for Removal of Deep Resentments	Session Thirty Step 4: Sex Inventory 3	Session Forty-Three Step 12: Working with Others – Overview Part I
Session Five Step 1: Allergy; Dr.'s Opinion and Bill's Story Pages 1-8	Session Eighteen Step 4: Resentments – Column 3	Session Thirty-One Step 4: Guilt, Shame & Dishonesty	Session Forty-Four Step 12: Working with Others Overview Part II
Session Six Step 1: There is a Solution	Session Nineteen Step 4: Resentments – More Column 3	Session Thirty-Two Steps: 5 & 6	Session Forty-Five Step 12: To Wives
Session Seven Step 1: Knowledge and especially Self-knowledge are ineffective – Fred & Jim Chapter 3	Session Twenty Step 4: Resentments – Column 4	Session Thirty-Three Steps: 6 (continued) & 7	Session Forty-Six Step 12: The Family Afterwards
Session Eight Step 1: Unmanageability – Spiritual Malady	Session Twenty-One Step 4: Resentments – Examples Column 4	Session Thirty-Four Steps 6 & 7 continued	Session Forty-Seven Step 12: To the Employer
Session Nine Step 2: We Agnostics	Session Twenty-Two Step 4: Resentments – More Column 4	Session Thirty-Five Steps 7 (continued) & 8	Session Forty-Eight Step 12: A Vision for You
Session Ten Step 2: We Agnostics and Bill's Story	Session Twenty-Three Columns 3 & 4: Child Abuse	Session Thirty-Six Steps 8 & 9	Session Forty-Nine Step 12: Working with Others Part I
Session Eleven Participant Discussion & Review to Date	Session Twenty-Four Step 4: Resentments – More Column 4	Session Thirty-Seven Step 10	Session Fifty Step 12: Working with Others – Pages 94-108
Session Twelve Prepare for 3 rd Step	Session Twenty-Five Step 4: Fear Inventory 1	Session Thirty-Eight Participant Review	Session Fifty-One Participant Review Part 1
Session Thirteen Step 3: How it Works	Session Twenty-Six Step 4: Fear Inventory 2	Session Thirty-Nine Participant Review Continued	Session Fifty-Two Participant Review Part 2
Home Work Assignments for Weeks 1-40 available on-line	Cross Reference Table from Herb's manual to the "Big Book" available on-line	Share Herb's Audio Sessions with others	Session Fifty-Three Concluding Remarks – Bamboo Story