



Spirituality of the 12 Steps

PRESENTATION AND DISCUSSION ON RICHARD ROHR'S
BREATHING UNDERWATER



Spirituality

- Common Inspiration
 - Holy Spirit & Collective Unconscious
 - Practical (transformational)
- Trapped Individual
 - Institutions, Cultures, Nations
- Addiction metaphor for biblical sin
 - “disease” vs. something that was culpable, punishable, or “made God unhappy.”
 - *God desires nothing more than our happiness, and wills the healing of our disease.*
 - *Salvation or enlightenment --- Recovery*

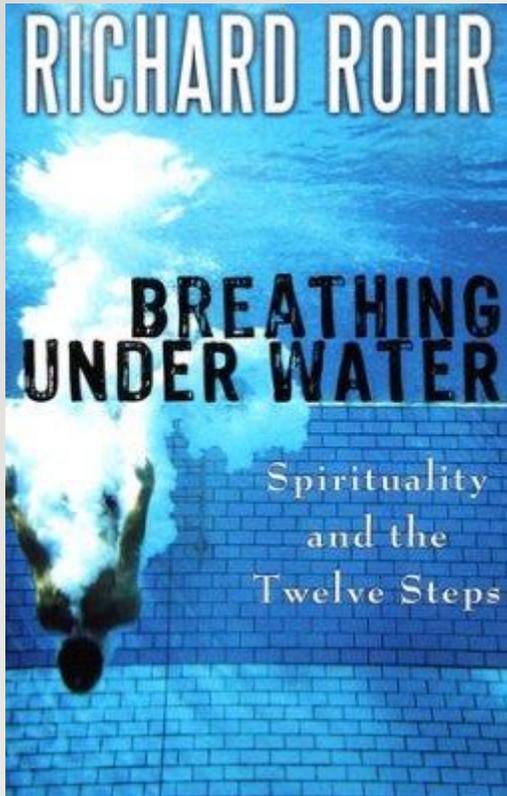
the 12 steps



Bill W
(maintaining
anonymity)

Spiritual
experience as
wrote 12 steps
(Wikipedia)

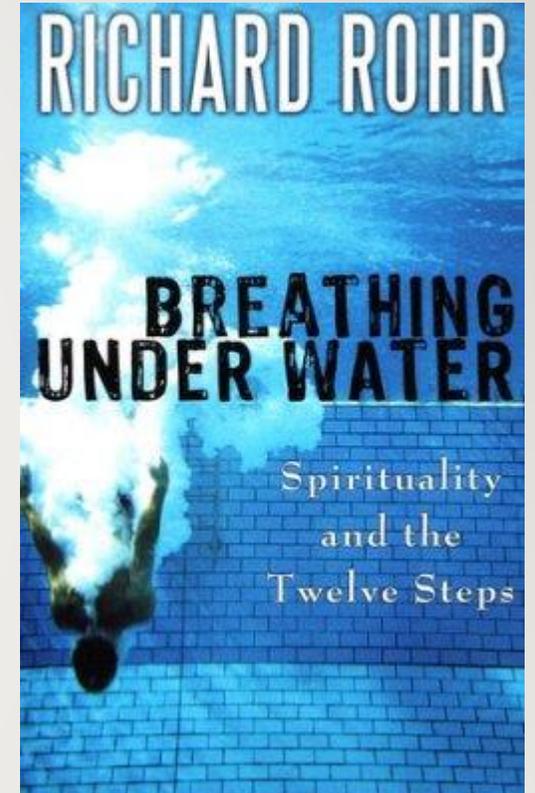
Where we begin



- an absolutely necessary starting point! The experience of “powerlessness”
- In pain... NOW (Shipwrecked)
- Jesus dealt with the NOW... we “spiritualize” metaphysics
- See the splinter in our brother’s, sister’s eye
- *We are all spiritually powerless*

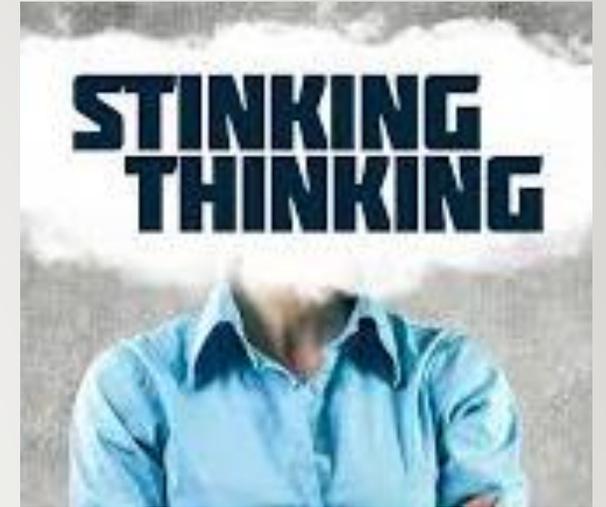
The Vital Spiritual Experience

- Bill W : *absolutely foundational for recovery*
 - *Most don't make it past the first step: "dry drunks" R.R.*
 - *most of the alcoholics under investigation were still childish, emotionally sensitive, and grandiose. Bill W*
 - *we could say the same about many well-intentioned Christians and clergy. R.R. 40 yrs. experience*
- Traditional Christian Stages of Spirituality
 - (1) purgation,
 - (2) illumination, and
 - (3) union,



Four Assumptions About Addiction

- *We are all addicts: humans are addictive by nature*
- *“Stinking Thinking” is the universal addiction*
 - Alcohol and drugs are the most visible
 - All addictive ways of doing anything, defenses, pattern of thinking/processing reality
- *All societies are addicted to themselves and create deep codependency on them.*
- *Some form of alternative consciousness is the only freedom from this self and from cultural lies.*
 - *“Praying” is changing your operating system!*



Jesus and the Twelve Steps of A.A. are saying the same thing but with different vocabulary:

- We suffer to get well.
 - We surrender to win.
 - We die to live.
 - We give it away to keep it.
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- This counterintuitive wisdom will forever be resisted as true, denied, and avoided, until it is forced upon us—by some reality over which we are powerless—and if we are honest, we are all powerless in the presence of full Reality.

