



Spirituality of the 12 Steps

Step 10

Step 10: Is This Overkill?

PRESENTATION AND DISCUSSION ON

RICHARD ROHR'S

BREATHING UNDERWATER

Continued to take personal inventory and when we were wrong promptly admitted it. —Step 10 of the Twelve Steps

“But who can detect his own failings? Who can expose his own hidden faults?”

—Psalm 19:12

“Even pagans who never heard of the law, can be said to ‘be’ the law; it is engraved on their hearts. They can call forth this witness, their own inner mental dialogue of accusation and defense.” —Romans 2:14–15



“Then Jesus said to him a third time, ‘Simon, son of John, do you love me?’ Peter was upset that he asked him a third time, and said, ‘Lord, you know everything, you know that I love you.’” —John 21:17



This is beginning to feel like an endless examination of conscience and will keep people navel-gazing forever.
guilt-based and shame-based vs. “vision logic”

12 Steps & Kingdom of God: a positive allure, promise, and invitation.

...we learned from the Jesuits about a daily and personal “examination of conscience”
“examination of consciousness,”

Consciousness is the subtle and all-embracing mystery within and between Everything.

It is like the air we breathe, take for granted, and do not appreciate. **Consciousness is** not the seeing but that which sees me seeing.
not the knower but that which knows that I am knowing.
not the observer but that which underlies and observes me observing.





For **properly detached persons** (read “nonaddicted”), deeper consciousness comes rather naturally. They discover their own soul—which is their deepest self—and yet has access to a Larger Knowing beyond themselves.

If “**obeyed,**” **yes, obeyed,** consciousness will become a very wise teacher of soul wisdom and will teach us from deep

Spirit hovers over a single Jewish girl, Mary, to effect and reveal what we Christians would call the human incarnation in Jesus (Luke 1:35)...
“the scandal of the particular.”

On one level **soul, consciousness,** and the **Holy Spirit** can well be thought of as the same thing, and it is always larger than me, shared, and even eternal. That’s what Jesus means when he speaks of “giving” us the Spirit or sharing his consciousness with us.

Jesus calls this implanted Spirit the “Advocate” (John 14:16)

Our Divine Identity as Children of God

That should be more than enough to heal anyone of their low self-esteem, insecurity, or the addictions that we all use to fill this tragic void: **“personal inventory” vs moral inventory:**

In other words, just watch yourself objectively, calmly, and compassionately.

Whenever we do anything stupid, cruel, evil, or destructive to ourselves or others, we are at that moment unconscious, and unconscious of our identity. Didn't Jesus tell us that we must **love even our enemies**? When we can on some level **even love our sins and imperfections**, which are our “enemies,” we are fully conscious and fully liberated.

Questions for Reflection

Do you do the Examen? Do you live more consciously or unconsciously?

How would you feel if Jesus asked you “Do you love me?”
What about if he asked you three times?