



# Spirituality of the 12 Steps

## Step 2

PRESENTATION AND DISCUSSION ON  
RICHARD ROHR'S  
*BREATHING UNDERWATER*



# Desperate Desiring

- **Came to believe that a Power greater than ourselves could restore us to sanity.** — *Step 2 of the Twelve Steps*
- “The God of old is still your refuge. This God has everlasting arms that can drive out the enemy before you.” — *Deuteronomy 33:27*
- “Yes, we are carrying our own death warrant with us, but it is teaching us not to rely on ourselves, but on a God whose task is to raise the dead to life.” — *2 Corinthians 1:9*
- “While he was still a long way off, the father saw him and was moved with pity. He ran to the boy, clasped him in his arms and kissed him tenderly.” — *Luke 15:21*



# The surrender of faith does not happen in one moment but is an extended journey,

- ...we have to have three spaces opened up within us
  - our opinionated head,
  - our closed-down heart,
  - and our defensive and defended body.
- “Religion is lived by people who are afraid of hell. Spirituality is lived by people who have been through hell.”



# Opening Three Inner Spaces



- **Keep the mind space open**

- Need contemplative prayer (not reciting prayers) non-dual consciousness.

- **Keep the heart space open**

- Healing hurts of the past; be in right relationships with people; & “right-brain” activities: music, art, dancing, fasting, life-affirming sexuality...; needs to be broken.

- **Keep our bodies less defended**

- Body remembers; importance of touch; incarnation (not Plato)

- *So the work of spirituality is the ongoing liberation of head, heart, and body, toward full luminous seeing and living,*



# Reconnecting Head, Heart, and Body

- If we are to come to believe that a **Power greater than ourselves can restore us to sanity**,...by developing the capacity for a simple, clear, and uncluttered presence.

- **letting life come at us on its own terms**, and not resisting the wonderful underlying Mystery that is everywhere, all the time, and offered to us
- **“God comes to us disguised as our life,”** Paula D’Arcy
- All we can do is **keep out of the way**, note, and weep over our defensive behaviors, keep our various centers from closing down...





## Questions for Discussion

- How do you feel about your faith journey? Who's doing the work?
- Rohr writes about opening our head, our heart, and our body in order for God to bring us full life. What insight do you take from this?
- Do you work mainly in your head, your heart, or your body? Do you experience yourself as integrated?

