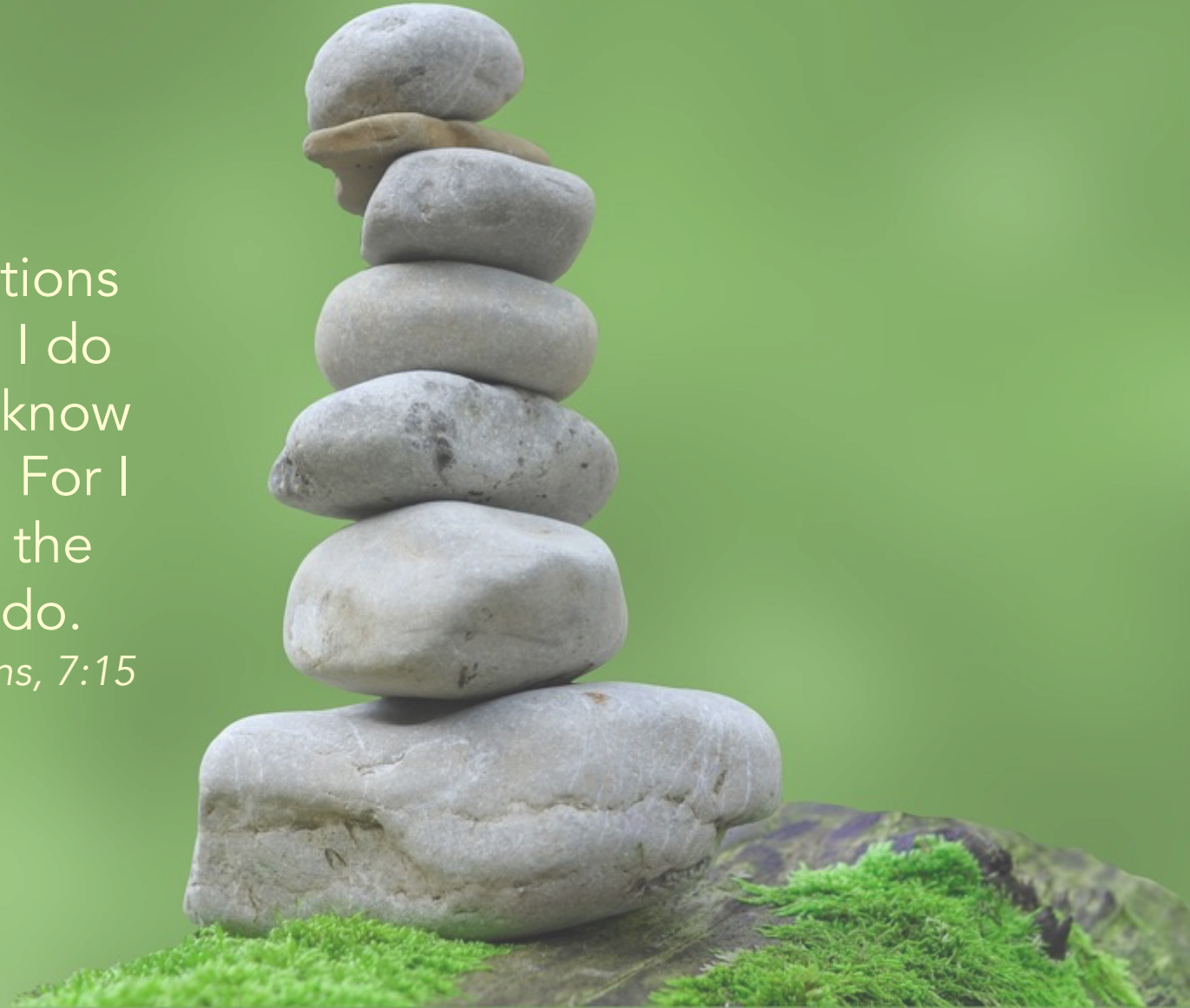


Step 12: Surrendering to Love

Adam G., May 11, 2019

I do not understand my own actions for I do not do what I want, but I do the very thing that I hate. I can know what is right, but I cannot do it. For I do not do the good I want, but the evil that I do not want is what I do.

~Romans, 7:15



The central fact of our lives today is the absolute certainty that our Creator has entered into our hearts and lives in a way which is indeed miraculous. He has commenced to accomplish those things for us which we could never do by ourselves.

~There Is a Solution



We were having trouble with personal relationships, we couldn't control our emotional natures, we were a prey to misery and depression, we couldn't make a living, we had a feeling of uselessness, we were full of fear, we were unhappy, we couldn't seem to be of real help to other people...

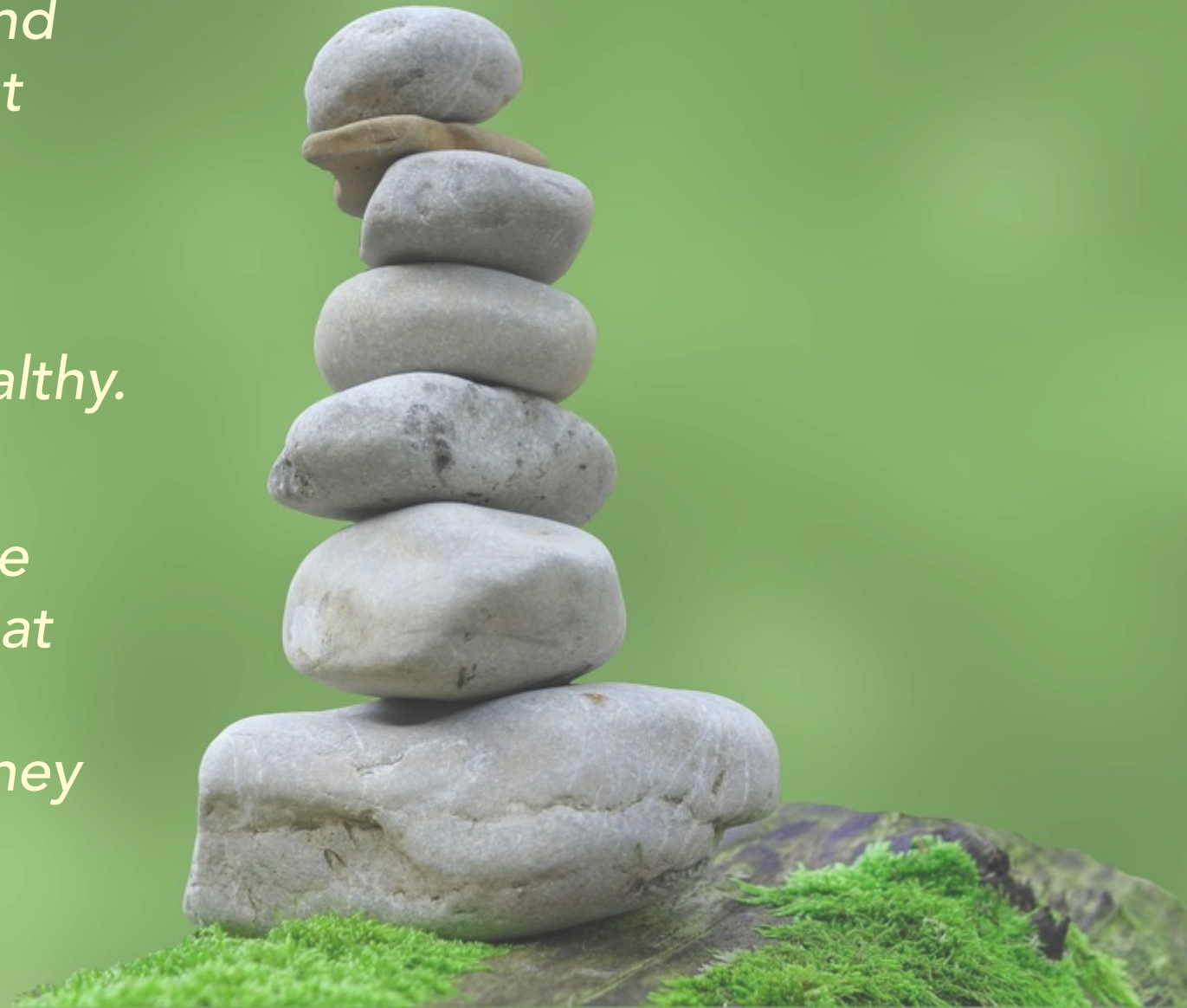
~(We Agnostics)



I was thrown in with a crowd of people who attracted me because of their seeming poise, health, and happiness. They spoke with great freedom from embarrassment, which I could never do, and they seemed very much at ease on all occasions and appeared very healthy. ...[T]hey seemed to be happy.

I was self conscious and ill at ease most of the time, my health was at the breaking point, and I was thoroughly miserable. I sensed they had something I did not have...

~(Doctor Bob's Nightmare)



12 Steps are designed to help me change
from what I had become
to something **entirely** different.

- *Admitted complete defeat*
- *Profound alteration in our reaction to life*
- *Vast change in feeling and outlook*
- *Half measures availed us nothing*
- *Entire psychic change*



*I arrived here restless, irritable,
and discontented,
filled with shame, fear,
guilt and remorse.*

*If I can change from that to
peace of mind, serenity and
happiness, I've undergone
a revolutionary change.*



*Our whole attitude and outlook
will change*



“Overcoming our endless capacity
for self-loathing”

Is it possible to form a
relationship “on simple and
understandable terms,” to tap
into this “unsuspected inner
resource” without letting go
of our low self regard?



*Deep understanding and acceptance
that I am loved by God*

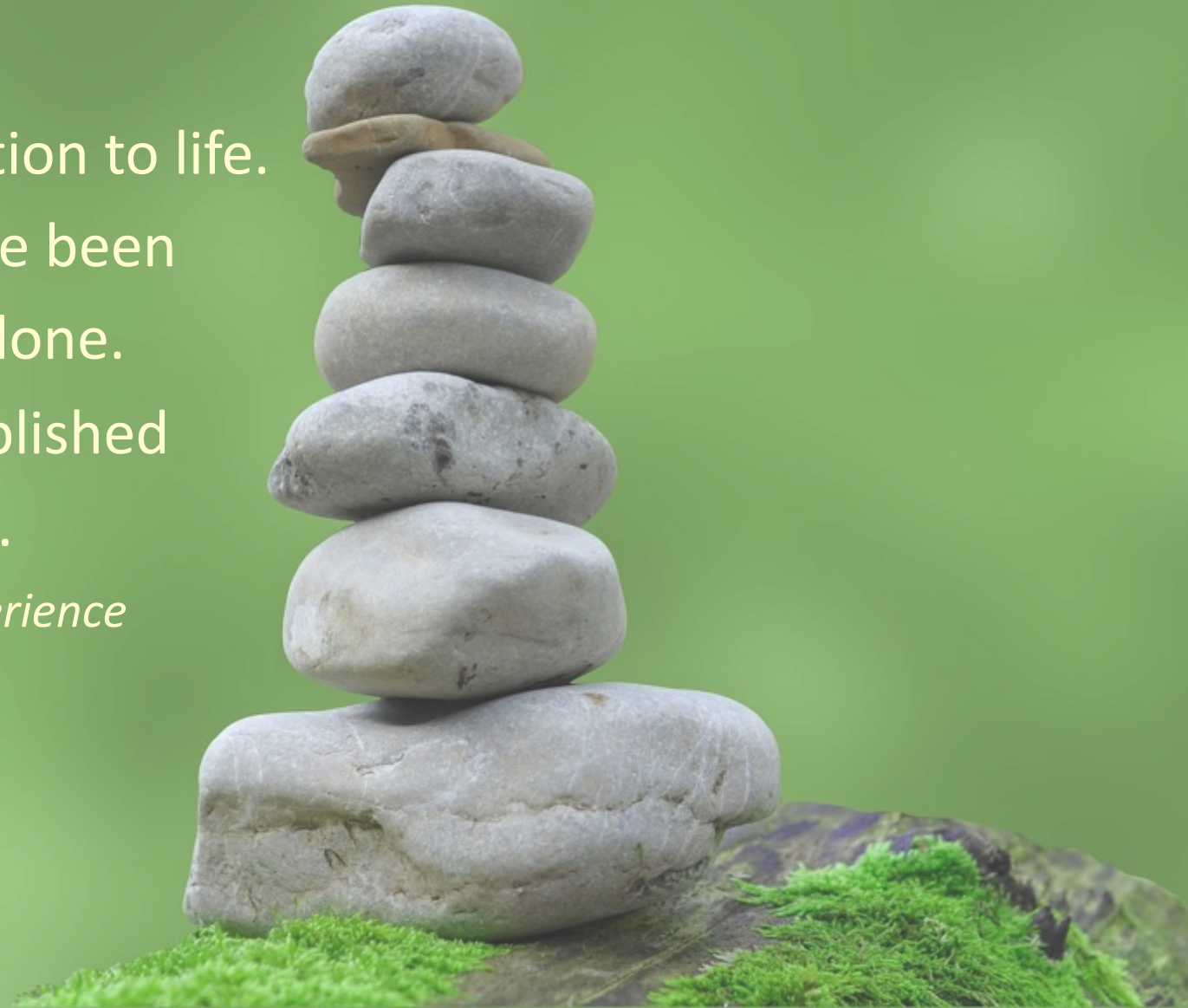


*Main Obstacle: Determination.
The grim resolve
that I can do something
about everything.*



...a profound alteration in our reaction to life.
Such a change could hardly have been
brought about by ourselves alone.
Nor could it have been accomplished
by years of self-discipline.

-Alcoholics Anonymous, Spiritual Experience



*Learn to feel compassion for my former self
(process starts in 4-7)*

*Learn feel compassion for others
(process starts in 8-9)*

*Practice receiving compassion from God
(Step 11 – Centering Prayer)*

*Practice compassionate attention
for others (Step 12)*

*Practice compassionate attention to myself
(through all of this) - School of Love*



*Difficult to regard myself
with compassion
until I start to see others
as God sees me*

Surrender is the only spiritual disposition
where we can be open to receiving God's love

