

BROCHURE APPENDIX

SPIRITUAL AWAKENING

PRESENTATIONS

WORKSHOPS

RETREATS

“The spiritual life is not a theory. We have to live it.”



Herb K

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BROCHURE APPENDIX

WORKSHOPS AND RETREATS

1. TWELVE STEP SPIRITUALITY

Purpose: An overview of the entire Twelve Step process and a highlight review of each step.

- A. **A relationship with Mystery:** Steps 1-3
 - a. What is my current brokenness? In what ways do I experience the bedevilmments of doing what I don't want to do and not doing what I want to do?
 - b. What do I actually believe about God? How do I behave in light of what I believe I believe? Am I really an agnostic?
 - c. What relationship to I yearn to have (need to have) with the Mystery?

- B. **A relationship with my self** (Steps 4-7)
 - a. What are the obstacles to my relationship to Mystery?
 - b. Am I willing to reveal them all—every secret?
 - c. Am I willing to be changed?

- C. **A relationship with others** (Steps 8 & 9)
 - a. How have I damaged the people in my history?
 - b. Am I willing to change and to be changed; am I willing to repair all the damage?
 - c. Are there people in my life that remain unforgiven? Have I forgiven myself?

- D. **Our Way of Life** (Steps 10-12)
 - a. Am I awake to being disturbed?
 - b. Am I consistent in my effort to have my consciousness improved?
 - c. Do I have an attitude of love and tolerance; of compassionate service?

Be prepared to be renewed!

WORKSHOPS AND RETREATS

2. RELATIONSHIP WITH MYSTERY

Purpose: An experience of powerlessness, a decision *about* Power; a decision *for* a relationship with It (Steps 1, 2, and 3).

A process that will produce:

- An actual experience of powerlessness: physical, mental, and spiritual
- Our personal name for Power and a clear understanding of faith, belief and trust
- Our decision to have a personal relationship with the Mystery.

Be prepared to be surprised!

WORKSHOPS AND RETREATS

3. RELATIONSHIP WITH SELF

Purpose: An examination of consciousness (Steps 4-7).

- A. Have I experienced my delusional belief system as revealed through the three column deep analysis of the Step Four Inventory of Resentments?

Our beliefs are the lenses through which we perceive all reality. Our beliefs determine our perceptions, our thoughts, our feelings, our attitudes, and therefore our behavior. But we cannot easily see our lenses because they are that through which we see. And we can't see that we can't see, and we don't know that we don't know.

- B. Have I experienced the "turnaround" in the final phase of the Step Four Inventory of Resentments?

Bill Wilson suggests that it is a spiritual axiom: "Whenever I am disturbed there is something wrong with me." Have I seen and accepted that I am 100% responsible for my thoughts, feelings, and especially my behavior?

- C. How effective have I been in reducing or eliminating: my resentments, my fears, and my dishonesty/secrets; or changing my inappropriate sex behavior and being guided by conscious principles?

This inventory work provides effective tools for identifying the false self, obtaining a new pair of glasses to really know what I see (instead of seeing what I know), breaking through the myth I've created to the truth of what is: about myself, others, and how the world works.

This was the beginning of my own personal spiritual awakening (change) and also the beginning of the process of forgiveness wherein I released others, and was paradoxically released.

Be prepared to do some deep soul-surgery, to remove the spiritual cancer that is our spiritual malady, which makes our lives unmanageable, and is the impediment to our effective relationship with Mystery!

WORKSHOPS AND RETREATS

4. RELATIONSHIP WITH OTHERS

Purpose: Forgiveness and Freedom (Steps 8 and 9).

Forgiveness is a Process not an Event

Do you still cling to your history of hurts and grievances?

Are there people in your past or present who remain unforgiven?

Would you like to learn about (or at least review) the tools you can use to bring about the freedom that comes from the forgiveness process?

The Twelve Step methodology reveals a precise set of instructions for the process of forgiveness:

Step Four: We analyze our resentments and accept our responsibility for these feelings. We identify our motives, beliefs, values, and the exact nature of the source of these unhealthy reactions and behaviors.

Step Five: We confess all.

Step Six: We complete this Rite of Passage from the ways of the self-centered child to the life of a conscious adult. We take full responsibility for our deficiencies and their impact on others.

Step Seven: We concede powerlessness and pray to be healed.

Step Eight: We describe the negative impact on others of our insensitivity; our delusions of who we are and who they are; our attitudes of victimhood; our projection of blame; our narcissistic stance of being entitled, unique, special, exempt, and a person to be cared for.

Step Nine: We accept personal responsibility; we agree to change and be changed; we try to repair the damage.

Forgiveness is defined as “releasing”. Both the Our Father and the Prayer of St. Francis reveal that as we forgive, so we are forgiven. Another spiritual paradox: as we release, we are released.

This workshop will provide information about this method of forgiveness in the context of the presenter's experience. It will also provide the opportunity for some personal work and experience.

The Big Book promises a high road to freedom.

Are you free of all resentments, fear, dishonesty, and/or secrets?

Are you aware of the power of the Step Ten "spot check" inventory and the precise method/tool it is to insure harmony with the spiritual principles of the Universe?

Are you holding on to any unforgiven person, institution, or event?

Are you walking the high road of spiritual principles and personal freedom?

Be prepared for a new freedom!

WORKSHOPS AND RETREATS

5. PRAYER AND MEDITATION

Purpose: Improving our consciousness through right thinking (Step 11).

Bill Wilson suggests that as food, water, air and sunshine are vital for the sustaining of our physical life, meditation is vital for the nourishing of our spiritual life. Thomas Merton (Trappist monk) suggests that meditation is the combustion chamber of the false self. Ken Wilber (philosopher) and Dan Siegel, MD (psychiatrist) suggest that the consistent daily practice of meditation elevates consciousness by a least two levels...and even changes our brain's neuronal synapses, creating new thought patterns and therefore new behaviors and habits: *right thinking*.

Do you believe meditation is important?
Do you do it?
Are you consistent?
What is meditation?
How does it differ from contemplation?
Why do we meditate?
How does one meditate?
How does one deal with distractions?
How do I know I'm doing it correctly?
What are the benefits I can expect from meditation?
How do I begin?

You will receive a specific meditation guide which will provide a practical foundation for your personal practice if you don't have one. You will experience actual meditations so that the discussion will be based on personal experience and some training. Thus, our own practice will be improved. Also, as a result of this workshop, you will then be better able to help others with the development of their own meditation practice.

Be prepared to live by inspiration and intuition!

WORKSHOPS AND RETREATS

6. SPONSORSHIP AND SERVICE

Purpose: Enlarging our consciousness through right action (Step 12).

Carl Jung wrote Bill Wilson in 1961 expressing “Spiritus contra spiritum”: the Spirit is the antidote to spirits. The Big Book suggests over and over again that we are self-centered and that other-centeredness is the antidote. Bill Wilson suggests that this spiritual malady is the cancer of our soul and that the “immunization” comes from helping others: *right action*.

What is service: helping versus enabling?

What is sponsorship (a word not found in the Big Book)?

What is the role and responsibility of a sponsee?

How do we maintain personal boundaries and spiritual integrity?

All these questions will be addressed in this interactive workshop. As the result, you will be empowered to improve your own sponsorship service and help your sponsees become more effective both as sponsees and also in their own sponsorship of others.

Be prepared to delight in being a channel of light!

WORKSHOPS AND RETREATS

7. OUR WAY OF LIFE

Purpose: Emotional sobriety and spiritual growth (Steps 10, 11, and 12).

Bill Wilson suggests at the beginning of Step Ten in the Big Book (Page 84) that: “We have entered the world of the Spirit. Our next function is to grow in understanding and effectiveness.”

He calls this our “...way of living.”

By getting to and through our Step Nine amends we have completed our rite of passage to emotional sobriety – we take full responsibility for our thoughts, feelings and actions. By entering “the world of the Spirit” we are committing to spiritual sobriety – acknowledging our humanity through accepting both our powerlessness and our accountability:

Step Ten: being awake to falling asleep.

Step Eleven: improving our consciousness through consistent practice of being in the presence of Consciousness.

Step Twelve: enlarging our consciousness through compassionate service to all those about us, especially those in need of our specific experience.

In this workshop we will:

- Examine our consciousness;
- Improve our practice of being conscious;
- Listen to the Spirit’s invitation to enlarge our consciousness and respond with our unique gift of service.

This workshop is intended to help us “...develop this vital sixth sense.” The question will be asked and answered: “**How can I best serve Thee?**”

Be prepared to experience your life flourish!

SAMPLE SCHEDULES

Workshops

1. **Twelve-Step Spirituality (full day): Steps 1-12**

Registration	8:30
Orientation	9:00
Preparation for the Experience of the Process	9:30
Step One: Powerlessness	10:00
Break	11:00
Step Two: Power: A Decision to Name It	11:15
Step Three: Decision: To Turn to Have a Relationship With It	11:45
Lunch	12:15
Step Four: Naming Obstacles to This Relationship	1:15
Step Five: Confessing Obstacles to This Relationship	2:00
Break	2:30
Steps Six and Seven: Naming Defects and Their Removal	2:45
Steps Eight and Nine: Naming Harms and Their Repair	3:15
Step Ten: Keeping Your Channel Clear	3:45
Step Eleven: Improving Conscious Contact	4:00
Step Twelve: Enlarging Spiritual Life Through Acts of Other-Centeredness	4:30
Conclusion	5:00

2. **Relationship with Mystery** (half day): **Steps 1-3**

Registration	Noon
Orientation: Asleep → Awake	12:30
Step One: Powerlessness	1:00
Break	2:30
Step Two: Decision <i>About</i> Power	2:45
Step Three: Decision <i>For</i> Power	4:00
Conclusion	5:00

3. **Relationship with Self** (full day): **Step 4**

Registration	9:00
Orientation: Step Four: Overview	9:30
Resentments: Columns 1 and 2	10:00
Break	10:30
Resentments: Column 3	10:45
Lunch	12:00
Resentments: Column 4	1:00
Break	2:30
Fear	2:45
Break	3:45
Sex	4:00
Dishonesty/Secrets	4:30
Conclusion	5:00

4. **Relationship with Self and Others** (half day): **Steps 5-9**

Registration	Noon
Orientation: Asleep → Awake	12:30
Step Five: Confession	1:00
Break	2:00
Steps Six and Seven: Rite of Passage	2:15
Break	3:15
Steps Eight and Nine: Amends/Repair/Forgiveness	3:30
Conclusion	5:00

5. **Prayer and Meditation** (half day): **Step 11**

Registration	Noon
Orientation: What Do You Really Believe?	12:30
Meditation: Big Book Instructions	1:00
Break	2:00
Presentation: Developing a Personal Practice	2:15
Break	3:30
Meditation: Dealing with Distractions; Actual Experience	3:45
Conclusion	5:00

6. **Sponsorship and Service** (half day): **Step 12**

Registration	Noon
Orientation: History	12:30
Being a Sponsor	1:00
Break	2:00
Being a Sponsee	2:15
Break	3:30
Practical Considerations	3:45
Conclusion	5:00

7. **Our Way of Life: Emotional and Spiritual Growth** (half day): **Steps 10-12**

Registration	Noon
Orientation: Emotional and Spiritual Sobriety	12:30
Step Ten: Inventory	1:00
Break	2:00
Step Eleven: Prayer/Meditation	2:15
Break	3:30
Step Twelve: Sponsorship/Principles	3:45
Conclusion	5:00

SAMPLE SCHEDULE

Weekend Retreats

Friday Evening

Introduction and Orientation

Review of Meditation

Saturday Morning

Session One – Relationship with Mystery (Steps One, Two, and Three)

Saturday Afternoon

Session Two – Relationship with Self (Steps Four, Five, Six, and Seven)

Saturday Evening

Session Three – Relationship with Others (Steps Eight, Nine, and Ten)

Sunday Morning

Session Four – Our Way of Living: To Improve and Enlarge our Consciousness
(Steps Eleven and Twelve)

NOTE: Each topic can be tailored to the group's needs and time available:

- Presentation – 1 to 1.5 hours
- Workshop – half day (4 hours) or full day (8 hours)
- Weekend Conference – Saturday and Sunday
- Weekend Retreat – Friday evening, Saturday, and Sunday until after lunch