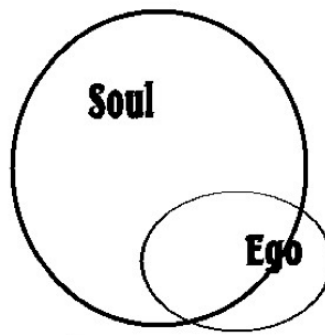
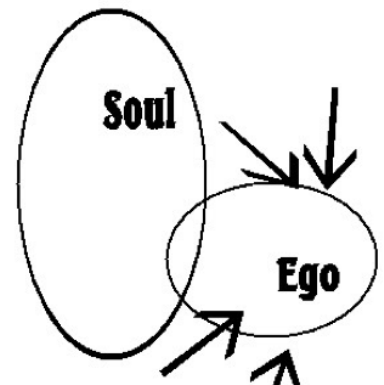


**The Integrated Self  
Unconscious  
Stage**



**The Ego  
Explores**



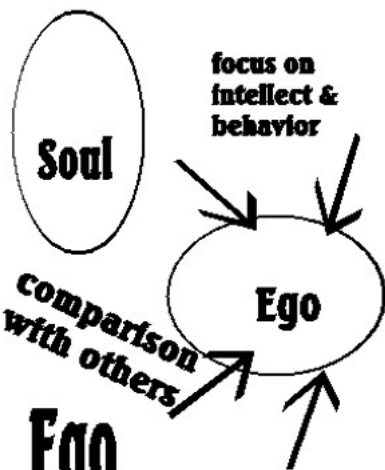
**"People  
Training"**

**EGO**

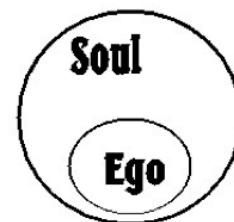
- PAST AND FUTURE
- FEAR
- CONDITIONAL LOVE
- IMMEDIATE GOALS
- ME
- CONTROL
- SCARCITY
- ADDICTIONS

**SOUL**

- PRESENT
- LOVE
- UNCONDITIONAL
- LONG TERM
- WE
- SURRENDER
- ABUNDANCE
- CHOICE



**Ego  
Identification**



**The Integrated Self  
Conscious Stage**  
Ego is directed by  
the Soul

**Balance of  
Intellect and  
Intuition**

**Decisions  
are made  
for the  
highest  
Good**

## The 12 steps of AA extended version from: The Twelve Steps and Twelve Traditions

### Step One

"We admitted we were powerless over alcohol-that our lives had become unmanageable."

Who cares to admit complete defeat? Admission of powerlessness is the first step in liberation. Relation of humility to sobriety. Mental obsession plus physical allergy. Why must every AA hit bottom?

### Step Two

"Came to believe that a Power greater than ourselves could restore us to sanity."

What can we believe in? A. A. does not demand belief; Twelve Steps are only suggestions. Importance of an open mind. Variety of ways to faith. Substitution of A. A. as higher Power. Plight of the disillusioned. Road blocks of indifference and prejudice. Lost faith found in A. A. Problems of intellectuality and self-sufficiency. Negative and positive thinking. Self-righteousness. Defiance is an outstanding characteristic of alcoholics. Step Two is a rallying point to sanity. Right relation to God.

### Step Three

"Made a decision to turn our will and our lives over to the care of God as we understood Him."

Step Three is like opening of a locked door. How shall we let God into our lives? Willingness is the key. Dependence as a means to independence. Dangers of self-sufficiency. Turning our will over to higher Power. Misuse of will power. Sustained and personal exertion necessary to conform to God's will.

### Step Four

"Made a searching and fearless moral inventory of ourselves."

How instincts can exceed their proper function. Step Four is an effort to discover our liabilities. Basic problem of extremes in instinctive drives. Misguided moral inventory can result in guilt, grandiosity, or blaming others. Assets can be noted with liabilities. Self-justification is dangerous. Willingness to take inventory brings light and new confidence. Step Four is beginning of lifetime practice. Common symptoms of emotional insecurity are worry, anger, self-pity and depression. Inventory reviews relationships. Importance of thoroughness.

### Step Five

"Admitted to God, to ourselves, and to another human being, the exact nature of our wrongs."

Twelve Steps deflate ego. Step Five is difficult but necessary to sobriety and peace of mind. Confession is an ancient discipline. Without fearless admission of defects, few could stay sober. What do we receive from Step Five? Beginning of true kinship with man and God. Lose sense of isolation, receive forgiveness and give it; learn humility; gain honesty and realism about ourselves. Necessity for complete honesty. Danger of rationalization. How to choose the person in whom to confide. Results are tranquility and consciousness of God. Oneness with God and man prepares us for following steps.

## Step Six

"Were entirely ready to have God remove all these defects of character."

Step Six necessary to spiritual growth. The beginning of a lifetime job. Recognition of difference between striving for objective and perfection. Why we must keep trying. "Being ready" is all-important. Necessity of taking action. Delay is dangerous. Rebellion may be fata]. Point at which we abandon limited objectives and move toward God's will for us.

## Step Seven "Humbly asked Him to remove our shortcomings."

What is humility? What can it mean to us? The avenue to true freedom of the human spirit. Necessary aid to survival. Value of ego-puncturing. Failure and misery transformed by humility. Strength from weakness. Pain is the admission price to new life. Self-centered fear chief activator of defects. Step Seven is change in attitude which permits us to move out of ourselves toward God.

## Step Eight

"Made a list of all persons we had harmed, and became willing to make amends to them all."

This and the next two steps are concerned with personal relations. Learning to live with others is a fascinating adventure. Obstacles: reluctance to forgive; non-admission of wrongs to others; purposeful forgetting. Necessity of exhaustive survey of past. Deepening insight results from thoroughness. Kinds of harm done to others. Avoiding extreme judgments. Taking the objective view. Step Eight is the beginning of the end of isolation.

## Step Nine

"Made direct amends to such people wherever possible, except when to do so would injure them or others."

A tranquil mind is the first requisite for good judgment. Good timing is important in making amends. What is courage? Prudence means taking calculated chances. Amends begin when we join A. A. Peace of mind cannot be bought at the expense of others. Need for discretion. Readiness to take consequences of our past and to take responsibility for well-being of others is spirit of Step Nine.

## Step Ten

"Continued to take personal inventory and when we were wrong promptly admitted it."

Can we stay sober and keep emotional balance under all conditions? Self-searching becomes a regular habit. Admit, accept, and patiently correct defects. Emotional hangover. When past is settled with, present challenges can be met. Varieties of inventory. Anger, resentments, jealousy, envy, self-pity, hurt pride--all led to the bottle. Self-restraint first objective. Insurance against "big-shotism." Let's look at credits as well as debits. Examination of motives.

## Step Eleven

"Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out."

Meditation and prayer main channels to higher Power. Connection between self-examination and meditation and prayer. An unshakable foundation for life. How shall we meditate? Meditation has no boundaries. An individual adventure. First result is emotional balance. What about prayer? Daily petitions for understanding of God's will and grace to carry it out. Actual results of prayer are beyond question. Rewards of meditation and prayer.

#### Step Twelve

"Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs."

Joy of living is the theme of the Twelfth Step. Action its keyword. Giving that asks no reward. Love that has no price tag. What is spiritual awakening? A new state of consciousness and being is received as a free gift. Readiness to receive gift lies in practice of Twelve Steps. The magnificent reality. Rewards of helping other alcoholics. Kinds of Twelfth Step work. Problems of Twelfth Step work. What about the practice of these principles in all our affairs? Monotony, pain, and calamity turned to good use by practice of steps. Difficulties of practice. "Two- stepping." Switch to "Twelve-stepping" and demonstrations of faith. Growing spiritually is the answer to our problems. Placing spiritual growth first. Domination and over-dependence. Putting our lives on "give-and-take" basis. Dependence upon God necessary to recovery of alcoholics. "Practicing these principles in all our affairs"; Domestic relations in A. A. Outlook upon material matters changes. So do feelings about personal importance. Instincts restored to true purpose. Understanding is key to right attitudes, right action key to good living.

### **The Twelve Steps can also be grouped in alignment with the the Seven Stages on the Spiritual Journey:**

#### **SURRENDER: Steps 1-2-3**

Therapeutic mode: Client realizes the need for help, and is willing to ask for it. Obviously, the therapist is not God (unless you want to be!), but in some ways, in the act of surrender or acceptance of a problem, the client is willing to open him/herself to a larger perspective.

Surrender or acceptance is also an essential part of the Grief Process.

Spiritual mode: Until we let go of our unenlightened, egoistic way of handling life, there is no way a Higher Power can enter our realm of consciousness. This stage is an opening of the mind into whatever the Higher Self wants for us. Surrender is not a concept; it is a felt bodily.

#### **PURIFICATION: Steps 4-5-6-7**

Therapeutic mode: Becoming aware of old attitudes, behaviors and perhaps even beliefs as being harmful and destructive. Being willing to let them go, learn from them, and change them.

Spiritual: Once this surrender process is entered into, Light enters the physical, emotional, mental vehicle and clears out all negativity and darkness. This purging of the lower vehicle is often quite painful, because it means repressed material we have been unable to face rises to the surface, so it can be "seen" and integrated. During this process, our bodies may discharge uncleanness, such as pimples, unpleasant body orders, or sicknesses. Our emotions may become unbalanced, such as uncontrollable fears, depression, elation, etc. And our minds may go blank on us for a while, or give us messages of fear and doubt. Relationships, too, may suffer during this phase, or become redefined; some may even terminate because they are too "sick" to come into "the new."

#### RIGHT RELATIONSHIP: Steps 8-9

Therapeutic: Coming to a deeper sense of individuality and individual power, self worth and self esteem. A healthy sense of self as well as where and how I fit in and relate to others out of this new healthy sense of self.

Spiritual; This is the stage where relationships are consciously worked on, where the person chooses which ones to keep, which ones to let go of, and which ones to transform.

#### LIVING IN THE HERE AND NOW: Step 10

Therapeutic: Although this seems to be a spiritual principle it is also a very practical one.

Added to healthy sense of self is a working principle of balance and using energy in a positive way—being responsible but not wasting precious resources on fear, worry, guilt etc.—which was certainly the case before.

Spiritual: At this stage, we are learning not to allow resentments and unclear communication to build in our lives. We learn to notice ourselves in the now, the what's, and the how's of our lives. What am I doing, and how am I doing it? And we take responsibility for what we discover by our Observer Self function. We learn to drop judgment, to accept and forgive ourselves and others.

#### COMPREHENSION: Step 11

Therapeutic: With this piece and the following stages we enter into the realm of transpersonal psychology(which I would encourage you to check out if you are interested). It does go beyond the normal nature of therapy, and is only to be explored if the client wants to and if the therapist feels qualified.

This is a contemplative stage on the path, where one begins to understand the interrelatedness of all things in our lives. Rising above situations and seeing them clearly, we see what patterns are operating, what needs are trying to be met, how we attracted this particular person or situation to ourselves. We begin to realize there is no blame, and we are not victims of anything in life. We are creating it all, with purpose, and with either a conscious or unconscious attitude. We learn at this stage to Keep Awake.

From here on there is little distinction between the therapeutic and the spiritual.

LIVING AND LOVING WISELY. At this stage of our development, we begin to enjoy our lives a lot, living creatively through the law of love and the law of wisdom. We discover these two must merge, for to love without wisdom gets us into neurotic relationships, and to be wise without love makes us aloof and unfeeling in our expression of truth. As we learn to practice these two God qualities in our lives, a serene and magical existence ensues.

Includes steps 11 and 12

AUTHENTIC BEING This is the end of the road for us humans--doing our Being! Now we are no longer concerned with whether or not we are conforming to a society or a person or a belief. We are in touch with our own "drummer" within, the true Self that keeps us "on the mark" for our unique expression in the world. Now we are real, for we are beyond fearing what others think about us, and we are living in love and truth. Our hearts are open to the heart of God; our minds are touching the Mind of God; and we are getting our own little piece of the Revelation or the Plan of God for Earth. We have become Servers of Humanity and Seed bearers for new era. We are being fully human.

This phase can be explored more fully in Maslow's work in Humanistic Psychology as well as His work in transpersonal Psychology.

Some of this material is excerpted from Jacquelyn Small's module, "Transpersonal Aspects of Addiction"  
Institute for Transpersonal Studies, Menlo Park, Ca.

