
What Do We Mean by Mystical Sobriety?

Have you ever felt as if you're managing the day-to-day parts of your life without going beyond the surface? You might wonder, as **CAC Core Faculty Dr. James Finley** does: *"How do I drop down into the authenticity of being present in the gift and miracle of my daily life?"*

That's where the wisdom of **mystical sobriety** comes in. Mystical sobriety is the practice of learning to see your life truthfully, surrender it to Love, and live from a deeper awareness of God's presence — especially through the healing of your wounds.

"Is it possible you could live your whole life and die without ever having met the person that lived your life?"

—Thomas Merton

Knowing WHAT IS - the way of humility

"The attainment of greater humility is the foundation principle of each of AA's steps." A powerful beginning, much like the way step 6 begins, saying step 6 "separates the boys from the men."

So - the foundation principle of what comes next in this design for living is humility. What is that - humility? St. Bernard, hundreds of years ago, said it clearly - in one sentence - HUMILITY IS THE TRUTH. And what is the truth?

Remember our way of looking at ourselves in Step 6, Volume 2.

Being A

woman or man
mother father
nurse
wife husband
have bank acct.
car etc. etc.

This form is named —
this form operates on
Earth for a while only,
changing and
impermanent.

Being B

Who are you?
• deep down in me is the
Life Force
• God being
• emanation from God
• made in image and
likeness of God
• can think choose
• I operate in a 3rd. dim.
form as —

The inside determines the
outside.

Which Being are you, ^{or think you are?} Or are you both?
How does each Being influence who you
are as a person?

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As he begins the discussion of humility, Bill cites two areas that are problematic. One is the focus on material blessing - and of course we enjoy the advances in our material world - but to believe that "once everybody's primary instincts are satisfied, there won't be much left to quarrel about" just is not our experience. "Solely by their own intelligence and labour, men will have shaped their own destiny." Really??

Secondly, there is the issue of character - building - good character was something one needed to get on with the business of being self-satisfied and successful. And there are many other problems we experience in a life driven by self.

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- * Bill's comment - he calls this the
- * lack of anchorage to any permanent values and blindness to the true purpose of our lives. Consider -

Do we believe? - were we convinced we could live exclusively by our own individual strength and intelligence? Even if we believed in God, our beliefs would remain barren. WHY? We were still trying to play God ourselves.

"As long as we placed self-reliance first, a genuine reliance upon a higher Power was out of the question."

We begin to see that what we have been taught about having the good life leads much to be desired. Many of us have a life that in our "active in addiction" days we could not have dreamt of. And yet - we struggle and want and feel unhappy. Remember the statement from Bill - "... aliens on a road that leads to God consciousness."

Remember the words of the Master about a "peace that the world cannot give." Remember Meister Eckhart - "The soul grows by subtraction."

On the surface, those truths do not excite - but they do if you live a bit. Humility is the truth. The truth is - I got what I so desperately wanted but it was not enough - more - better required. Also, the race consciousness talks loud and long. The forces that drive us seem all-encompassing. Fourth dimension living? God consciousness?

Again I quote Bill - "For us, the process of gaining a new perspective was unbelievably painful." Yes, indeed. Read again pp. 60 to 63 in the Big Book - An amazing description of self and its machinations. Is there no end? We have done powerlessness, coming to believe, decision to do life God's way.

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inventoried, shared, were willing -
and YET? Only by repeated humiliations
are we forced to learn about humility,
to see humility as a necessity, the
doorway to a new experience of life.

I believe the experience of 3rd. dimension
living is truly the journey to God
Consciousness. And it goes like this -
drunken living getting sober loving new God despair THE REAL WORK

dim.
experience

An example - Ram Dass - great spiritual master
one morning collapsed - alone - realized that
all his years of spiritual training
had abandoned him. He was scared and
nothing he knew would get him through
this. He came to see it was the
FIERCE GRACE of hitting bottom. And there
the soul finds God. That bottom is
the real thing - ^{hit} so hard there was no
opportunity for denial, for ego, for
anything but a radically humble
cry for help.

One teacher says we can't move through
the steps - we can only be moved through
them. And the power that moves us is
God... through the grace of our hitting bottom.
It is our realization of powerlessness
that allows us to be surrendered to the
flow of recovery. As long as we think
we can swim to the far shore on our own,
we will swim against the current.

Here's the good news - only when we are too broken to swim do we collapse into the sea itself and discover the current that carries us where we need to go.

Let's not be afraid. We are never asked to experience what we are not ready for. Hence grace is the solution. It is our continued realization of POWERLESSNESS that allows us to be surrendered to the flow of recovery.

Are there benefits, gifts, to growth in humility?

- avenue to true freedom of the human spirit
- new-found peace
- immense values in ego-puncturing
- strength out of weakness
- change in attitude toward God
"Of myself I am nothing - the Father in me doeth the works."
- peace with self and fellows
- assurance that God can do for us what we cannot do for ourselves
- fewer demands and therefore less fear - even no fear
- wisdom re our being here
- LOTS OF JOY

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Spiritual truth matters - it is everything.
It allows me to experience life
from some degree of understanding.
I want this.

I hate this - and you. } these ideas/beliefs
Life should be different. } do not work. They
You should make me happy. } are contrary to
Life isn't fair. } the beautiful Creator
who creates and puts
his mind in us.

How about this - "In expressing itself
through us, it becomes more fully conscious
of its own being."

"It can pass into expression through
us only as we consciously allow it
to do so."

How apply? Example - you do service.

2 ways to think about this

1. I do service so I feel good.
2. I do service so the Life force in
me can express (in the 3rd dimension)
who it is and thus become more
fully conscious of its own being.

Another result of Being A and Being B -
I no longer am surprised when I
fail or act mean or feel depressed.
That is simply the part of me
driven from Being A - I do have
the power (Life force) to think -
then choose a better way.

FABULOUS!

Wilson