



RICHARD ROHR

**BREATHING
UNDER WATER**

Spirituality
and the
Twelve Steps

Richard Rohr O.F.M.

Breathing Under Water: Spirituality and the Twelve Steps



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We all have been addicted for some reason. from an obvious reliance on alcohol or drugs to the more common but less visible addiction that people all have to sin. The audio edition of this book can be downloaded via Audible. When we learn to recognize our addiction, embrace our brokenness, and surrender to God, we begin to bring recovery to ourselves and the world. In *Breathing Under Water*, Richard Rohr shows how the gospel concepts in the Twelve Techniques can free anyone from any addiction—



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.Father Richard Rohr offers the concept that everyone is suffering from some form of addiction.. Exposing the emptiness we all share Anyone who thinks this is a publication about addiction offers missed the point -- or just finds it simpler to fix other's addictions than confront their very own brokenness. I love it so very much that I then required a 12 week online training course that Fr. If you love the 12 techniques or you're looking to solidify your faith, buy this reserve - and a highlighter. An excellent book for 12 steppers, their own families and everyone else It's long been my belief that if all of those other globe lived by the 12 Guidelines of AA and other Anonymous groupings, the world will be a much better place. THEREFORE I didn't find these defects until I was past Amazon/Kindle's crappy 7-day time return period. Jesus without Christianity! One of many caveats of all 12 Step groupings is that certain must embrace a Higher Power, thus allowing for a genuine Spiritual transformation. Outstanding theologian makes Christian spirituality accessible This is an incredible book for those on a spiritual path, particularly through the Twelve Methods, who battle to find the God of Their Understanding"/Higher Power in the religious teachings and experiences they've encountered in life. My spirituality and relationship with my Higher Power, whom I contact God, has just deepened in my personal journey in Recovery. This is actually the book that everyone should read. It offers many fresh suggestions and will be offering growth in one's very own spirituality. I have taken to by using this publication with Sponsees who have a strong spiritual relationship while early in their recovery from addiction. It really helps me to be a better sponsor. This is not a book for alcoholics and drug addicts alone. This is a reserve for all who are searching for the essence of humanity, what Being truly a physician and presently suffering the suffering of a close family member just who struggles with lifelong lack of esteem that has presented itself in later years seeking comfort through alcohol, I discover this book to become of enormous insight and comfort in my lostness, woundedness and healing. Having grown up in a hyper spiritual environment focused on validation through performance, I find relief in the simpleness of breathing in, breathing out, even under drinking water, knowing there exists a extremely present God who suffers with me and my family. Richard paints a wealthy and tangible picture of One who is unconditionally loving in every our brokenness. 19). A remarkable read that helped me see the beauty of the forest and pity the ugliness of some extremely visible trees. Anyone can read this book and turn out better for it An excellent supplement to Step Study Our ladies's group gets so much away of the reading! Breathing Under Drinking water: Spirituality and the Twelve Methods (p. Powerful, personal, authentic in its message of hope! I am hoping this gentle healer named Richard never puts down his pen! As a lifelong Catholic, I could attest to the reality of this concept. I certainly don't trust all of his premises, but he points out how the Steps are very like the poinrs made in both the Old and New Testaments. When I hold my very own grandchildren on my lap and perform nothing but squeeze them firmly and whisper "I really like you no matter what" within their childish ears, I finally understand who I am as a child and what I am right here to do for my family and all those with whom I interact. I believe any lapsed Christian who provides resentments towards religious beliefs would find healing in these web pages. And any die hard atheists and agnostics can easily see what of Jesus in a manner that he is able to be appreciated as an excellent philosopher. In this book, he addresses the bigger issues that stem from these addictions. Awesome and helpful.. have been addicted to his writings. This is a good one which focus' on/helps with any addiction (not just to alcohol or drugs) & we all have an individual addiction. This is the first Richard Rohr book that I read & Richard Rohr provides brilliantly introduced 12-stage spirituality as a zoom lens through which we are able to identify our "holes in the soul" and transfer to more authentic romantic

relationships with ourselves and with our Lord. It goes into depth to each one of the AA 12 step program from both a spiritual & Humanist standpoint. Beware, when ordering Beware: this is not the audio version of the book. substance abuse, but on the countless varied addictions that people all have. the web, FB, cell phones, control. Rohr experienced offered on this book. A Meditation On The 12 Steps This is a beautiful treatise on the theology of the 12 Actions from the point of look at of a Christian minister. Rohr helps provide reconciliation by humbly but clearly phoning the church and "Christians" out when they have lost sight of or just plain missed the idea of what Jesus was trying to instruct. This transformative ministry will go beyond piety and spiritual fervor and points out that compassion for others, not judgemental harangues and finger-pointing, is truly Christian. He discusses a transformative, compassionate ministry centered on compassion and providing to others. I am not a spiritual person, as I was raised by atheists, but found faith functioning the 12 steps (much less an addict, but as a rape survivor). This book can help church people transform themselves and their churches to become more in line with the truly radical idea of loving one another. Usually do not buy this buok from them within an eText edition. The twelve Stage program isn't theology, neither is it philosophy, nonetheless it is methodology leading to a spiritual awakening and a fresh way of relating to God (Higher Power) and to other women and men. A Road to Freedom Richard Rohr explores the spiritual and scriptural foundations of the twelve step program to recovery. While the program was originally founded to handle recovery from alcoholism, he widens the scope to include any dependency that could keep us from reaching our true potential to like and be loved. Prepare yourself to cast aside some of the recognized understandings of religion and to put on a fresh understanding of how greatly you are cherished by God , regardless of what. I heartily recommend this reserve to anyone who has been disappointed by religion, by their false picture of God, and by their false image of themselves. Thank you, Richard Rohr! Am thus thankful I came across this book! Wonderfully written book that challenges us to see our closeness with God to the 12 steps of AA. Study information included, and well worth reviewing so one can 'sit on' each chapter and really absorb the ideas of each chapter. Inhaling and exhaling Underwater is where lifestyle is found Breathing Underwater is where existence is available, we become 1 w God inside our brokenness and Love for Others. This is a book of remarkable wisdom. Nice! Nice! Amazing tapestry of the Spiritual Journey Rohr weaves the 12 guidelines with scripture and his own understanding into words that go straight to the heart. I have read this publication twice and will read it again and again. Sentences and KEY PHRASES Missing This is a great book, when it's all there. The people who transferred this print book over to a digital edition didn't make any errors that I seen in the 1st two chapters, but today, in Sunday School, I noticed everyone else acquired a sentence in their printing editions that was lacking in my own Kindle edition. A paragraph or two afterwards, a quote related to Jesus of Nazareth is usually lacking its verb: "Jesus acquired taught two thousand years ago in a most shocking and incomprehensible line: the wicked guy no resistance"" (Matthew 5:39). Rohr, Richard. This is a book if you are suffering from the dependence on busyness and overall performance that I've personally endured, to "additional pleasing", not to mention to those who search for their personal meaning in substances that give only temporary relief from the reality of their personal lack of esteem and purpose. Person who desires nothing more than the easy submission of my soul to sit on his lap and also have him wrap arms around me. St. Anthony Messenger Press. Kindle Edition. I have no idea what else is lacking. And I just read in this reserve once each week, during a 1-hour meeting. the list is endless. Helpful insights in to the Twelve Step program This excellent book gives good insight into why the Twelve Step program, initially developed for alcohols and

subsequently applied to other addictions, has been so beneficial to so many people. It's damaged. And chances are, you won't notice until you can't get your cash back. It isn't focused just on alcohol & Am I Really Like an Addict? Suffering brings people together to greatly help others because one sufferer truly understands and will help a different one. Though I grew to believe, as I worked this program, that the 12 methods were divinely motivated, this publication proves it for me..



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