



BREATHING UNDER WATER

• Companion Journal •

Spirituality
and the
Twelve Steps

National bestselling author

RICHARD ROHR

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Breathing Under Water Companion Journal: Spirituality and the Twelve Steps



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A valuable fresh companion journal to the bestselling Breathing Under Drinking water!s relevant and meaningful in your own existence. The journal includes reflections, discussion questions, and space for your own notes to assist you explore the process in a way that' This Companion Journal will help you work your way through the wisdom of the twelve-step program as outlined in Breathing Under Water to help you determine the foundation and solution on your own addictions. We all have been addicted to something, regarding to Franciscan Dad Richard Rohr.



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A great publication for 12 steppers, their families and everyone else. It's long been my belief that if the rest of the globe lived by the 12 Guidelines of AA and other Anonymous groupings, the world would be a much better place. Father Richard Rohr supplies the idea that everyone is suffering from some form of addiction..the list is endless.the internet, FB, cell phones, control. It certainly helps me to be a better sponsor... In this book, he addresses the bigger issues that stem from these addictions. One of the main caveats of most 12 Step groupings is that certain must embrace a Higher Power, thus allowing for a genuine Spiritual transformation. As a lifelong Catholic, I can attest to the reality of this idea. My spirituality and romantic relationship with my Higher Power, whom I call God, has only deepened in my own personal journey in Recovery. This is the book that everyone should read. It includes many fresh concepts and offers growth in one's very own spirituality. I've taken to by using this reserve with Sponsees who've a strong spiritual relationship while early in their recovery from addiction.. This is not a book for alcoholics and drug addicts alone. It is a publication for all who are searching for the essence of humanity, what Being a physician and presently suffering the pain of a close relative whom struggles with lifelong loss of esteem that has shown itself in later years seeking comfort through alcohol, I discover this book to become of tremendous insight and comfort and ease in my lostness, woundedness and curing. Having grown up in a hyper spiritual environment dedicated to validation through overall performance, I find comfort in the simpleness of breathing in, breathing out, even under drinking water, knowing there is 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 all our brokenness. One who desires only the easy submission of my soul to sit on his lap and also have him wrap hands around me. When I hold my personal grandchildren on my lap and do only squeeze them tightly and whisper "I really like you no matter what" in their childish ears, I finally understand who I am as a child and what I am right here to do for my children and all those with whom I interact. Sentences and Key Words Missing This is a great book, if it is all there. I certainly don't trust most of his premises, but he highlights how the Steps are very like the poinrs made in both the Old and New Testaments. Effective, personal, authentic in its message of hope! A fascinating examine that helped me start to see the beauty of the forest and pity the ugliness of some extremely visible trees. Excellent theologian makes Christian spirituality accessible This is an incredible book for all those on a spiritual path, particularly through the Twelve Actions, who battle to find the God of Their Understanding"/Higher Power in the religious teachings and experiences they've encountered in life. Rohr helps provide reconciliation by humbly but obviously contacting the church and "Christians" out if they have lost view of or simply plain missed the point of what Jesus was trying to teach. I hope this gentle healer named Richard never places down his pen! I think any lapsed Christian who has resentments towards religious beliefs would find healing in these pages. Helpful insights in to the Twelve Step program This excellent book gives good insight into why the Twelve Step program, initially created for alcohols and subsequently put on other addictions, has been so helpful to so many people. He discusses a transformative, compassionate ministry based on compassion and giving to others. Awesome and useful. Exposing the emptiness we all share Anyone who thinks that is a publication about addiction has missed the point – or simply finds it easier to fix other's addictions than confront their own brokenness. 19). A Meditation On The 12 Steps Tbis is a lovely treatise on rhe theology of the 12 Measures from the point of watch of a Christian minister. Though I grew to trust, as I worked this program, that the 12 methods were divinely influenced, this book proves it for me personally. If you value the 12 techniques or you're looking to solidify your faith, buy this publication - and a

highlighter. This book might help church users transform themselves and their churches to become more good truly radical notion of loving one another. It goes into depth to each of the AA 12 step program from both a spiritual & Humanist standpoint. It isn't focused just on alcohol & drug abuse, but on the many varied addictions that people all have. I love it so very much that I then took a 12 week online course that Fr. Rohr acquired offered on this book. This is an excellent one which focus' on/helps with any addiction (not only to alcohol or drugs) & It is a book for anyone who is suffering from the dependence on busyness and performance that I've individually endured, to "various other pleasing", and of course to those who seek out their personal meaning in chemicals that give only temporary relief from the truth of their personal loss of esteem and purpose. Jesus without Christianity! This transformative ministry will go beyond piety and spiritual fervor and points out that compassion for others, not judgemental harangues and finger~pointing, is actually Christian. Rohr, Richard. have already been addicted to his writings. And any die hard atheists and agnostics can see what of Jesus in a manner that he is able to be appreciated as an excellent philosopher. The twelve Stage program is not theology, nor is it philosophy, but it is methodology that leads to a spiritual awakening and a fresh way of relating to God (Higher Power) and to other men and women. A Road to Freedom Richard Rohr explores the spiritual and scriptural foundations of the twelve step program to recovery. As the program was originally founded to handle recovery from alcoholism, he widens the scope to add any dependency that would keep us from achieving our true potential to love and be loved. Be ready to cast aside a few of the recognized understandings of religion and to put on a fresh understanding of how significantly you are cherished by God , regardless of what. So I didn't find these defects until I was past Amazon/Kindle's crappy 7-day time return period. Many thanks, Richard Rohr! Am I LIKE an Addict? Wonderfully written book that challenges us to view our closeness with God to the 12 steps of AA. Do not purchase this buok from them within an eText edition. Inhaling and exhaling Underwater is where lifestyle is found Inhaling and exhaling Underwater is where life is available, we become a single w God inside our brokenness and Love for Others. This is a book of exceptional wisdom. Nice! Nice! Individuals who transferred this print book over to a digital edition didn't make any mistakes that I noticed in the 1st two chapters, but this morning, in Sunday College, I noticed everyone else acquired a sentence within their printing editions that was missing in my Kindle edition. St.We heartily recommend this book to anyone who has been disappointed by religious beliefs, by their false image of God, and by their fake image of themselves. Wonderful tapestry of the Spiritual Journey Rohr weaves the 12 guidelines with scripture and his personal understanding into phrases that go straight to the heart. A paragraph or two later, a quote attributed to Jesus of Nazareth is normally lacking its verb: "Jesus acquired trained two thousand years back in a most shocking and incomprehensible series: the wicked guy no resistance"" (Matthew 5:39). Suffering brings people together to greatly help others because one sufferer really understands and will help a different one. Breathing Under Water: Spirituality and the Twelve Steps (p. Richard Rohr has brilliantly introduced 12-step spirituality as a zoom lens through which we can recognize our "holes in the soul" and transfer to more authentic relationships with ourselves and with this Lord. I've read this publication twice and will read it again and again. Anthony Messenger Press. Am thus thankful I found this book! I don't know what else is lacking. And I only read in this reserve once each week, throughout a 1-hour interacting with. Anyone can read this reserve and come out better for it A wonderful supplement to Step Study Our ladies's group gets so much away of the reading! Study guide included, and well worth reviewing so you can 'sit on' each chapter and actually absorb the concepts of each chapter. It's broken. And chances are, you will not notice

until you can't get your money back. Beware, when ordering Beware: this is simply not the audio edition of the book. Kindle Edition. I am not a spiritual person, as I grew up by atheists, but found faith working the 12 steps (not as an addict, but as a rape survivor). we all have a personal addiction. This is the first Richard Rohr book that I read &



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