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THE TWELVE STEPS AND THE TWELVE POWERS

FACILITATED WORKSHOP

WORKSHOP OBJECTIVES

To provide participants with an overview and understanding of The Twelve Steps and The Twelve Powers with a view to their appropriate invocation and use in daily living.

TRAINING METHODS

Some or all of the following: interactive and participative talks and seminars, questions and answers, simulated problem-solving, lateral thinking, self-questioning, self-assessment, group discussions, guided meditation, workshops.

TOPIC AREAS

Topic areas include the following: the Nature of Addiction; the Process of Recovery; 12-Step Programs; Alcoholics Anonymous; The Twelve Steps; Spirituality; Metaphysics and Mental Science; New Thought; Unity School of Christianity; Charles Fillmore's The Twelve Powers; Prayer; Recovery Prayers; Rosary; Guided Meditation; Colour Therapy.

ANTICIPATED OUTCOMES

Participants will gain increased insight and grow in self-discovery through the combined application and use of The Twelve Steps and The Twelve Powers.

WORKSHOP FACILITATOR AND PRESENTER

Rev Dr Ian Ellis-Jones BA LLB (Syd) LLM PhD (UTS) DD Dip Relig Stud (LCIS)

Educator, Trainer, Facilitator, Lawyer, Minister and Writer

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THE TWELVE STEPS OF ALCOHOLICS ANONYMOUS

1. We admitted we were powerless over alcohol - that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of *God as we understood Him*.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong promptly admitted it.
11. 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.
12. 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.

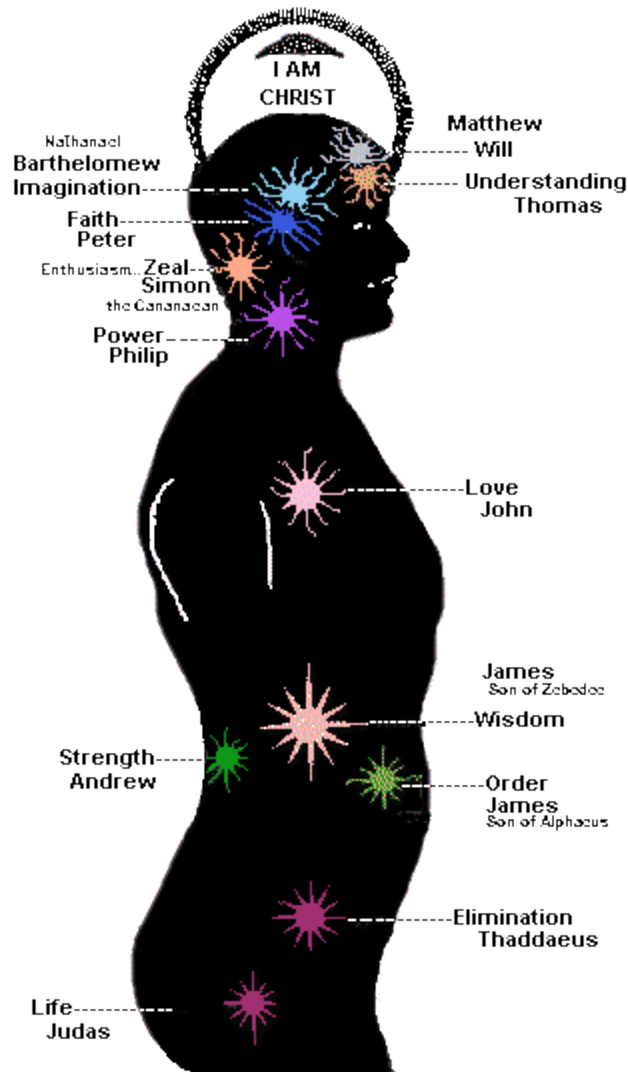
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THE TWELVE POWERS

1. **POWER** - Philip - root of tongue - *purple*
2. **FAITH** - Peter - centre of brain/close to pineal gland - *deep blue*
3. **WILL** - Matthew - centre of left fore brain - *silver grey*
4. **DISCRIMINATION/GOOD JUDGMENT/WISDOM** - James, the son of Zebedee - pit of stomach (solar plexus) - *yellow*
5. **UNDERSTANDING** - Thomas - right fore brain - *gold*
6. **ORDER** - James, the son of Alphaeus - behind the navel - *green*
7. **PURITY/RENUNCIATION/ELIMINATION** - Thaddaeus - abdominal region (lower bowels) - *deep russet*
8. **STRENGTH** - Andrew - loins (the small of the back) - *light green*
9. **LOVE** - John - back of the heart - *pink*
10. **LIFE/LIFE CONSERVER/REGENERATION** - Judas - reproductive organs - *blood red*
11. **IMAGINATION** - Bartholomew - between the eyes ("third eye") - *light blue*
12. **ZEAL/ENTHUSIASM** - Simon the Cananaean - back of the head/base of the brain (medulla oblongata/hypothalamus) - *orange*

THE TWELVE POWERS

THE FACULTIES AND ASSOCIATED PHYSICAL LOCATIONS



What are The Twelve Powers?

The Twelve Powers are the twelve fundamental attributes of Divine Mind that form our spiritual nature and express themselves through our minds as divine ideas and faculties.

From "Christ Enthroned in Man" by Charles and Cora Fillmore. Unity School of Christianity.
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THE TWELVE STEPS AND THE TWELVE POWERS

STEP 1 - POWER - PHILIP (ROOT OF TONGUE) [PURPLE]

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

STEP 2 - FAITH - PETER (CENTRE OF BRAIN/CLOSE TO PINEAL GLAND) [DEEP BLUE]

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

STEP 3 - WILL - MATTHEW (CENTRE OF LEFT FORE BRAIN) [SILVER GREY]

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

STEP 4 - DISCRIMINATION / GOOD JUDGMENT / WISDOM - JAMES, THE SON OF ZEBEDEE (PIT OF STOMACH/SOLAR PLEXUS) [YELLOW]

Made a searching and fearless moral inventory of ourselves.

STEP 5 - UNDERSTANDING - THOMAS (RIGHT FORE BRAIN) [GOLD]

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

STEP 6 - ORDER - JAMES, THE SON OF ALPHEUS (BEHIND THE NAVEL) [GREEN]

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

STEP 7 - PURITY / ELIMINATION / RENUNCIATION - THADDAEUS (ABDOMINAL REGION/LOWER BOWELS) [DEEP RUSSET]

Humbly asked *Him* to remove our shortcomings.

STEP 8 - STRENGTH - ANDREW (LOINS/THE SMALL OF THE BACK) [LIGHT GREEN]

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

STEP 9 - LOVE - JOHN (BACK OF THE HEART) [PINK]

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

STEP 10 - LIFE / LIFE CONSERVER - JUDAS (REPRODUCTIVE ORGANS) [BLOOD RED]

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

STEP 11 - IMAGINATION - BARTHOLOMEW (BETWEEN THE EYES/"THIRD EYE") [LIGHT BLUE]

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.

STEP 12 - ZEAL / ENTHUSIASM - SIMON THE CANANAEAN (BACK OF THE HEAD/ MEDULLA OBLONGATA/HYPOTHALAMUS) [ORANGE]

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

LITANY OF THE TWELVE POWERS

POWER

FACILITATOR: We give the world the gift of power. The powerful affirmation of the Truth of God is our gift to the world. Through the power of the Healing Christ within we have mastery over all circumstances.

PARTICIPANTS: We release that power in positive ways; upbuilding, creating; liberating and enlightening as we speak. We affirm only the good; we affirm only love; we affirm only power; we affirm only peace and reaffirm the power of God on earth. There is always help at hand.

FAITH

FACILITATOR: We give to the world the gift of our faith. This is the faith that knows God is the true essence of everything. This is unshakable; it knows God is the only power at work in every situation.

PARTICIPANTS: This is the faith that acknowledges for all people everywhere, "You are the Christ, the son of the living God." This is the firm foundation which underlies all of God's creation and self-expression.

WILL

FACILITATOR: We give to the world the gift of our will. We let go all small ego concerns. We relax our hold upon earthly demands. We let go of tension and stress. We know that God is in charge of this world and we give to the world our willingness to let God's perfect will be done.

PARTICIPANTS: We acknowledge that God's will for us all is good and only good. We give our will to God and let God's will rule the world.

JUDGMENT

FACILITATOR: We give to the world the gift of judgment. Divine wisdom is being established in all people everywhere. The ability to make wise, well-thought-out decisions; the ability to remember and retain needed information; the ability to put things into proper perspective; the ability to weigh options and make right choices, is given to everyone.

PARTICIPANTS: This gift comes from our hearts and minds and flows freely into God's great world. We send forth into all the world the gift of judgment.

UNDERSTANDING

FACILITATOR: We give to the world the gift of understanding. We recognize there are many troubled situations in our world and to these situations we give understanding. We are aware of God's laws of order, peace, love, and wisdom stand under all of His creation.

PARTICIPANTS: The foundation of our world is God and we give strength to that foundation by our understanding. We acknowledge the good, active in our lives. We give thanks that the perfect, full expression of the Christ is for all men.

ORDER

FACILITATOR: We give the world the gift of order. We realize that there is no need, no situation that the love of Christ cannot harmonize, adjust and make right, for the love of Christ establishes Divine Order. We

are in tune with the Infinite. Our gift of order establishes itself in proper timing and perfect peace.

PARTICIPANTS: All confusion and disorder are dissolved. The power of God is active in the world in an orderly, peaceful, loving way. We dedicate ourselves to Divine Order in our world.

RENUNCIATION

FACILITATOR: We give to the world the gift of renunciation. Our world is cleansed by the Healing Christ. With one clean sweep the power of Christ frees us from mistaken ideas and makes room for higher concepts of perfection. Hurts of the past year, misunderstandings, and sorrows are now washed away. We renounce self-will and self-absorption.

PARTICIPANTS: We release all unforgiving thoughts and feelings. We let go of the past. We establish a new, fresh wonderful world, knowing that the past is gone forever.

STRENGTH

FACILITATOR: We give to the world the gift of our strength. Christ is our strength. In the midst of confusion we are held steady and calm. We acknowledge our patience and steadfastness in Truth.

PARTICIPANTS: We know for all people, everywhere, that they have the inner resources to face life with their courage. God is our refuge and strength. We can do all things in him who strengthens us.

LOVE

FACILITATOR: We give to the world the gift of our Love. As part of God's self-expression we are important and are needed to fill our own particular niche in life. No one else can express God's love to the world in exactly the way we can. We bless others. We acknowledge God's life in action in our world.

PARTICIPANTS: Jesus said, "A new commandment I give to you, that you love one another; even as I have loved you, that you also love one another." So, we send forth into the world the spiritual love of the Healing Christ.

LIFE

FACILITATOR: We give the world the gift of life. We acknowledge that every phase of life is fascinating. We rejoice in the new ideas, new discoveries, new revelations and new involvement of each day. We give the awareness of purpose to every part of life.

PARTICIPANTS: We send out thoughts of pure health and revitalizing life to everyone on the globe. We acknowledge our gift of life to the world.

IMAGINATION

FACILITATOR: We give the world the gift of imagination. We imagine a world full of love. We image a world of peace. We image everyone well fed. We image every home prospered. We image each person realizing the truth of their being and accepting their indwelling Christ.

PARTICIPANTS: We image all people living up to their fullest potentials. We image a world where everyone accepts that they are all God's image. May we always be aware of the Indwelling Christ in everyone.

ZEAL

FACILITATOR: We give to the world the gift of our zeal. Joy, enthusiasm and zeal bring sparkle into the world. The indomitable Spirit of God uplifts and sustains us. Whatever the need, we are lifted up by the Spirit of God and all is fulfilled. We celebrate happiness.

PARTICIPANTS: We celebrate the joy and enthusiasm that bubbles up and bursts forth into the world bringing the everlasting goodness of God. We send forth with joy the awareness of spiritual zeal.

ALL: There is only One Presence, and One Power, active in the universe and in my life - God, the Good, Omnipotent! Wherever we are, God is!

Source: www.unity.org. Adapted.

RECOVERY PRAYERS

The Serenity Prayer

GOD, Grant me the serenity to accept the things I cannot change,
Courage to change the things I can, and the wisdom to know the difference.

Living ONE DAY AT A TIME; Enjoying one moment at a time; Accepting hardship as the pathway to peace. Taking, as He did, this sinful world as it is, not as I would have it. Trusting that He will make all things right if I surrender to His Will; That I may be reasonably happy in this life, and supremely happy with Him forever in the next. Amen.

Reinhold Neibuhr. 1926.

Third Step Prayer

God, I offer myself to Thee - To build with me and do with me as Thou wilt.

Relieve me of the bondage of self, that I may better do Thy will.

Take away my difficulties, that victory over them may bear witness to those I would help of Thy Power, Thy Love, and Thy Way of Life. May I do Thy will always!

Fifth Step Prayer

Higher Power, my inventory has shown me who I am, yet I ask for Your help in admitting my wrongs to another person and to You. Assure me, and be with me, in this Step, for without this Step I cannot progress in my recovery. With Your help, I can do this, and I do it.

Sixth Step Prayer

Higher Power, I am ready for Your help in removing from me the defects of character which I now realise are an obstacle to my recovery. Help me to continue being honest with myself and guide me toward spiritual and mental health.

Seventh Step Prayer

My Creator, I am willing that You should have all of me, good and bad. I pray that You now remove from me every single defect of character which stands in the way of my usefulness to You and my fellows.
Grant me strength, as I go out from here to do Your bidding.

Tenth Step Prayer

When character defects (eg selfishness, dishonesty, resentment, and fear) manifest,
we ask our Higher Power at once to remove them.

"How can I best serve thee - Thy will (not mine) be done."

Eleventh Step Prayer

(Peace Prayer of St Francis of Assisi)

Lord, Make me an instrument of your peace.

Where there is hatred, let me bring love.

Where there is injury, pardon.

Where there is doubt, faith.

Where there is despair, hope.

Where there is darkness, light.

Where there is sadness, joy.

Where there is discord, harmony.

Where there is error, truth.

Where there is wrong, the spirit of forgiveness.

O Divine Master,

Grant that I may not so much seek

To be consoled as to console.

To be understood as to understand.

To be loved as to love.

For it is in giving that we receive.

It is in pardoning that we are pardoned.

It is in dying that we are born to eternal life.

Release from Anger Prayer

A.A. "Big Book", 3rd ed., p. 67

When a person offended we said to ourselves,
"This is a sick man. How can I be helpful to him?
God save me from being angry. Thy will be done."

Unity Affirmations

There is only One Presence and One Power
active in the Universe and in my Life - God, the Good, Omnipotent.

Wherever I am, God is.

THE TWELVE POWERS ROSARY

A set of Twelve Powers rosary beads (designed by Ian Ellis-Jones) consists of a total of 26 coloured beads, comprised as follows:-

- 1 pearl bead (known as the "Christ [*or* Higher Power] bead"),
- 12 differently coloured beads, coloured (in order) purple, deep blue, silver, yellow, gold, green, deep russet, light green, pink, blood red, light blue and orange (known as the "Power beads"), and
- 13 "in-between" beads (known as the "Affirmation beads").

Beginning with the Christ bead recite *either* the Lord's Prayer *or* the Serenity Prayer. Then, moving in a clockwise direction:

- recite (1-3 times) the following Unity affirmation on each of the Affirmation beads:

There is only One Presence and One Power active in the Universe
and in my Life - God, the Good, Omnipotent.

- recite the following affirmation, or something suitable of your own choice, on each of the Power beads (*or*, alternatively, meditate on whatever Power corresponds to the colour of the particular bead):

Through the power of the Indwelling Christ [*or* With the help of my Higher Power]
my faculty of ... **[INSERT THE PARTICULAR POWER]** awakens in me now.

The Twelve Powers Rosary can easily be adapted into a "Twelve Steps Rosary" by *either* reciting *or* meditating upon each of the Twelve Steps one-by-one instead of the Twelve Powers.

NOTE. Reciting the Twelve Powers Rosary on a regular basis should slow your breathing to about 6 breaths per minute (a rate believed to be favourable to heart function). This is good for the workings of your heart and lungs. It is also good for your serenity and spiritual growth.

MAKING CONTACT WITH YOUR HIGHER POWER *or* **HOW TO KNOW THE SELF AS ONE**

The purpose of this meditation is to assist in the recognition of the true Being of the "I AM" in yourself, so that you can move from a "sense of self" to a "sense of Being". Use this powerful meditation to enter into a state of *choiceless awareness* of your "true Self" (your "Higher Power" or "Power-not-oneself") or whenever you simply need to get your mind off yourself.

SENSE OF BEING MEDITATION

I have a body, but "I" am not that body.

I have a brain, but "I" am not that brain.

I have thoughts, but "I" am not those thoughts.

I have emotions, feelings and desires, but "I" am not those emotions, feelings or desires.

I Am the "I" of me, the reality of me, but I am not my sense of self, the false "I's" and "me's" in me.

I Am that in me that lives and moves and has Its Being.

I Am that Centre of Consciousness from which all things are a matter of observation.

I Am the impersonal, I am the personal.

I am in the presence of pure Being.

I Am my Being. Life is Being. Its Being is my Being.

I Am not something apart from my Being.

I Am the Eternal Presence and Power of my own Self, my innermost real Being. I Am All-in-All, overall all and through all.

I Am within me is the only Presence there is.

I Am That. That am I. I Am all there is.

I Am. It is.

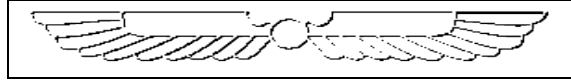
I Am my Real Self, the Self in all. That Self is not a thing of time or circumstance.

I know the Self as One. The Self in me is One with the Self in all.

I Am that which I Am.

My "I Am-ness" is what Is, and that is what in Truth I am.

HAWAIIAN UNITY POWER MEDITATION



Sit comfortably, with a straight back. Gently relax. Lay your hands in your lap, palms cupped upward, left palm resting gently on top of the right palm. Lightly bring together and touch your thumbs. Now close your eyes. As you breathe in, deeply, through the nose, focus all your attention on the crown of your head. As you exhale, fully, through the mouth, making the sound *ha*, focus all your attention on your navel. Your out-breath should be about twice as long as your in-breath. (This is known as *piko piko* breathing.) Continue to observe your breath throughout the meditation. As you breathe in and out, ever so deeply and fully, think of something really beautiful (for example, a beautiful lake, beach or mountain, or perhaps a rainbow or sunset). See it clearly in your mind's eye and hold it there. Visualise its beauty. As you hold this image of great beauty in your mind begin to bless it with your breathing. Continue blessing all that you are visualising. Continue to observe your breath. Should memories, thoughts or feelings arise, just notice them, but don't cling to them. Don't resist them or try to make them go away. What you resist, persists. Just observe the thoughts gently and dispassionately, without judgment, and let them go. Continue to follow your breath. Stay awake and aware ... and perfectly relaxed. Now, envision yourself being in a cocoon of white light. Visualising the white light radiating out from your heart as you send forth *mana* ('life force') to your loved ones, in fact, to *all* persons, *especially* those with whom you are currently experiencing difficulties. Bless them all. Relax ... and let go. Feel the brilliance of the white light. Feel it intensify into every part, indeed every cell, of your body. Continue to follow your breath. Stay quietly in this meditation until you feel that you are ready to come back, then gently slip back into the now. Just before you open your eyes, take a quick deep breath. ... Now, gently open your eyes. Now say *mahalo*, which means ... thank you. "*Mahalo, Spirit of Life within me.*"

RECOVERY WORKSHEET

1. Are there any areas of your life where you feel a lack of power? If so, what are they?
2. Are there any areas of your life which are presently unmanageable? If so, what are they?
3. Write about the "Power greater than yourself" that you have come to believe in. What do you hope this Power can do for you?

7. What are your "buttons" and how do they get "pushed"? Tick which of the following "triggers" most apply to you.

- | | |
|---|---|
| <input type="checkbox"/> being criticised | <input type="checkbox"/> being contradicted |
| <input type="checkbox"/> being ignored | <input type="checkbox"/> being kidded |
| <input type="checkbox"/> being the brunt of practical jokes | <input type="checkbox"/> being laughed at |
| <input type="checkbox"/> being gossiped about or talked about | <input type="checkbox"/> being called names |
| <input type="checkbox"/> being touched | <input type="checkbox"/> being praised |
| <input type="checkbox"/> being stood too close to | <input type="checkbox"/> being lied to |
| <input type="checkbox"/> not being appreciated | <input type="checkbox"/> being patronised |

8. What things have you done for acceptance or approval that you really didn't want to do?

9. Which of "The Twelve Powers" do you think you need most in your life right now? (Feel free to list more than one.) Why is that?

NOTES

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