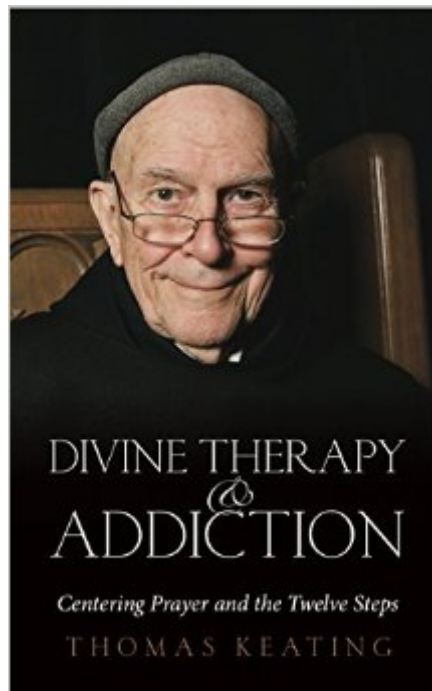


The book was found

# Divine Therapy And Addiction: Centering Prayer And The Twelve Steps



## Synopsis

• All spiritual traditions have a wisdom literature. Alcoholics Anonymous is a spiritual tradition. Its influence and spread in the present century is going to depend on how well each generation of those in recovery assimilate and interiorize the basic wisdom that is enshrined in the Twelve Steps and the Twelve Traditions. • Thomas Keating

In this major new work, Father Thomas Keating reflects on the wisdom and legacy of the Alcoholics Anonymous Twelve-Step Method and its connections to, and similarities with, the Christian mystical traditions of centering prayer and Lectio Divina. In conversation with a long-time member of AA meetings, Father Thomas talks insightfully about surrendering to one's Higher Power and the journey that must be undertaken for the healing of the soul to begin.

## Book Information

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## Customer Reviews

This is the most important book written since the 12 Steps. I have been a sober member of AA for 12 years and Father Keating's interpretation provides an invaluable roadmap for the transformation from self-centeredness, which he says all of us are, to god-centeredness. There is so much in this book regarding the pain of addiction, which he says all of us are addicted, and how to move from addiction using the 12 Steps, that every time I open this book, I grow calm with the knowledge that god can direct my thinking. Having spent most of my life driven by 100 forms of fear, this book specifically discusses what it is and how to resolve it. There is so much practical information, that its probable that this book would resolve issues for anyone that picks it up.

A very enlightening book about the why's of human behaviour. It goes behind our masks to explain the reason behind many of our actions; particularly those that we regret. Should be compulsory reading for all counsellors and those in the helping professions; particularly priests and confessors; - and anyone who does not understand his/her negative behaviours. Very relevant to anyone striving to live a spiritual life but finding themselves back with their confessor on a regular basis, with the same issues and failings. This book deals with the "why" of our negative behaviours.

I agree with the other reviewers on all points and have found this information to be life-changing. It fully connects the strategic and tactical methodologies for finding happiness by transcending disappointing, frustrating and even tragic events in our lives. It gives meaning to the "misuse of will" Bill W. speaks of in the 12 & 12. It also provide powerful tools to achieve the oft-illusiv acceptance sought by so many in 12 step programs. This is done in an interview format with an A.A. guy asking questions/making observations as Father Keating (a Cistercian/Trappist Monk) shares his divine wisdom and insight. While the interviewer can get a little annoying (almost pompous) at times, it cannot overshadow the critically important information and answers provided by the the interviewee (Fr. Keating). Stop reading this review and BUY THE BOOK! You won't be sorry.

This particular book has been helpfully received by persons working the 12 steps who are part of an internet support group in the practice of centering prayer. I have been amazed at the reflections from center prayer practitioners who are not in 12-step programs as they relate this to their own experience of the false self system. Thanks to Tom S. who over many years worked to get this book into the public domain.

In the 12 and 12 Bill W. suggests that the problem is that we are trying to achieve happiness by satisfying our instincts, and then goes on with the rest of the book without really telling us what to do about it. This book gives us a solution, a prayer method that is very easy and surprizingly effective.

This book, an interview with the foremost centering prayer leader today, Thomas Keating, is a must for anyone in a Twelve Step Program. Fr. Keating's remarks give some answers to the question of how to get closer to one's Higher Power/ God or whatever we want to call that which is greater than ourselves. He guides the reader through the steps as they relate to both the individual and the culture we live in. We become closer to who we really are, as Fr. Keating shows us how to

recognize and abandon our false selves. I can't think of anyone who would not benefit from this book, no matter what their religious beliefs. It points us in the direction of peace within ourselves and the Universe.

This is one of the best books I have ever read on the connection between a Higher Power and the Twelve Steps. Whatever your addiction, and even if life is your addiction, this is the guidebook that will never fail you!

This book gave me a great framework for understanding HOW the Steps relate to spirituality and prayer and meditation. I had been looking for something just like that, as a global kind of thinker. It isn't enough for me just to do the next thing without a look at the whole picture. Although simply presented, the material is weighty and the material presented allowed me to spin off in the directions I need to go to move forward. I would recommend this book to anyone at all. If it resonates.....all the better.

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