

## Conscious Contact with God Continuum

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### Stage One

Bringing the Idea or will of God into consciousness

Will of God = spiritual principles we are to practice in all our affairs

If we don't begin with God in our thoughts we likely will be in the problem/self-seeking

Out of sight, out of mind

### Stage Two

Consciously seeking to better understand this idea or will of God through prolonged study, discussion, investigation, meditation, and reflection

Thinking about it does not mean we understand it.

Reading about it will lack the bringing it to life through action.

### Stage Three

Testing our ideas of the will of God through action.

Learning our inward condition as we seek to better align ourselves with the will of God through doing it

Observing our inward thoughts, feelings, and desires as we improve our practicing of the spiritual principles

Seeing is believing  
  
What's happening spiritually/ relationally?

### Stage Four

Meditation and reflection upon our new insights gained through new practices.

Increased self-discovery around how our old ideas have been misleading, lacking, or even destructive.

Increased understanding of how our alignment with God's will is good, helpful, and beneficial.

Ponder how it is impacting our relationships or self-esteem.

### Stage Five

Bringing into our consciousness the good we have experienced through our alignment and practices of God's will.

Feeling the good we have previously experienced through spiritual practices.

Pondering the good spiritual growth has done for ourselves and others.

Anticipating the Godly good we can feel again through our continuance of trusting and serving God.

## **What is conscious contact?**

We can become connected with thoughts that develop anger, sadness, happiness, relaxation, worry, anxiety etc. The condition of our thoughts and beliefs produce an emotional response. Practicing the steps in all our affairs can improve self-awareness and thought discipline. We can learn to improve our thoughts and beliefs through working the steps honestly and sincerely. The steps can help us cleanse our conscious and purify our hearts.

The Twelve Step literature shows we are to correct faultfinding, complaining, arguing, self-seeking, and resentment. We are guided toward a new way of thinking. We are shown to reset our minds toward God's will and toward helping others. We are to correct self-seeking and focus upon doing the next right thing.

In Stage One we begin to think about God as we would learn terms and definitions. This is getting acquainted with the idea of God. We are still far from feeling connected with God.

Stage Two is building the bridge to action. We are thinking how we can do what God says. We are pondering how we can take action to abide with God and how that might help us.

At Stage Three we are taking the action. We are starting our days, seeing how to respond with God, and then doing it. We are inwardly being changed through new improved steps with God. We are speaking truth beyond what we are used to. We are more sincere, humble, willing, forgiving, compassionate, and merciful. We are slower, calmer, and more at peace.

With Stage Four we are thinking, recalling, and reflecting upon our new experiences.

Stage Five can come later, perhaps even years after practicing Stages Three & Four.

Conscious contact with anger and depression.

Around three years sober I was lonely and miserable. I was listening to dark and gloomy music (conscious contact with anger and sadness). I recall turning off the lights and listening to the entire Pink Floyd album “The Wall.” And when I listened to the music, I related. There were many angry and depressing songs with which I would listen to and relate. It felt cathartic. I would cry or become angry and vent. It would get me going in unhealthy thoughts and feelings.

Now I listen to music I can listen and relate with that will promote good thoughts and feelings. I’ve learned to situate my surroundings to provide helpful and good messages. I listen to songs of love, perseverance, compassion, hope, and faith.

Through giving ourselves over to this changed life, we will know through experience that the more we surround ourselves with spiritually good principles, the more spiritually good we will feel. We will need to believe in them, that it works. We will need to be willing to concede that a life with love and beauty can be experienced through our choices to seek it out. And we will need to give up thoughts, habits, and traditions which can counter such experiences.

If I continued to choose a conscious contact with blaming, anger, and sadness, I would have missed much love, peace, and joy.

The more I am helpful with others, the more I can choose to re-experience the feeling of helping others. In every situation there is evil and there is good. Today I can choose to see the good and be part of it. I can choose to set aside the negative and not bring it into my focus. Today I can choose to concentrate more upon the good and to have a conscious contact with it.