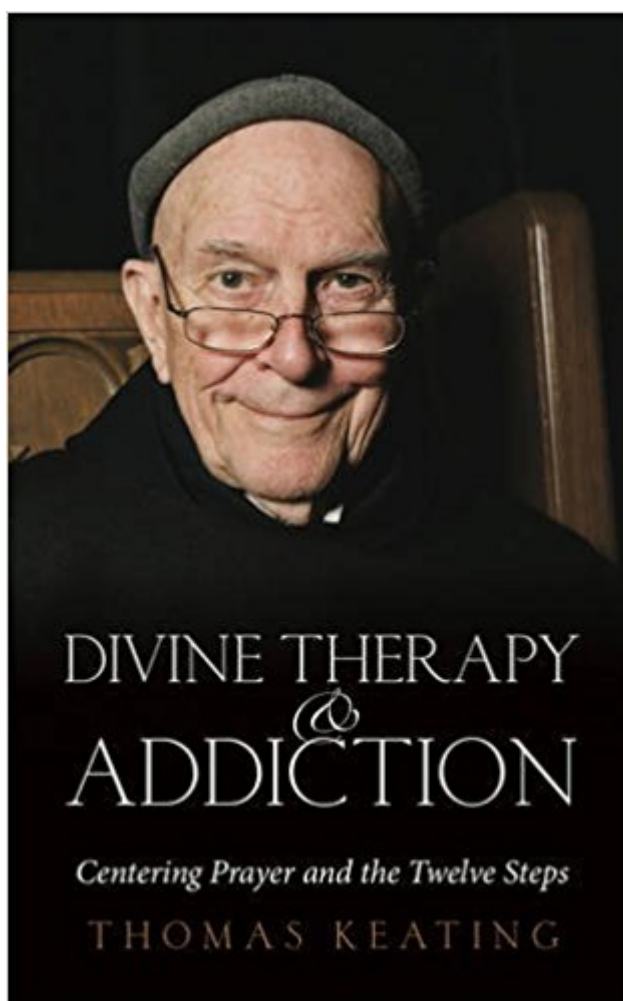


The book was found

# 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

Thomas Keating is a founding member and the spiritual guide of Contemplative Outreach. He has served on Contemplative Outreach’s Board of Trustees since the organization’s beginning and is currently serving as the Chairman of the Board. Fr. Keating is one of the principal architects and teachers of the Christian contemplative prayer movement. He is the author of many books, including Open Mind, Open Heart; Fruits and Gifts of the Spirit; Manifesting God; and Invitation to Love. He lives at St. Benedict’s Monastery, Snowmass, Colorado.

Our home is a faith-based recovery home for treatment resistant homeless addicts and alcoholics.

We do not force faith (impossible task) but do ask for openness to spiritual growth, among other requirements to live here. Over the years we have done a number of book studies about addiction and health as well as some Bible studies. Divine Therapy and Addiction has proven to be one of the most helpful tools we have used as far as revealing recovery as a spiritual process of self transcendence in language that most can easily understand. I cannot say that any of the men here have experienced anything more than a greater understanding of the 12 steps and patience with God. They do not make obvious time in their day to wait on God to "introduce himself", but I notice a greater awareness of each other, more kindness and more patience with the process of enduring recovery, especially for those who do not want to go back to their addictions and the streets. Some chapters provoked thoughtful questions and at times heated debate. Some of the insights seem to have sunk in! This book has been truly helpful in our home.

Fr. Thomas offers more incredible insight into the human condition and the freedom, light and life of transforming experience. Most alcoholics get to "the jumping off place" where they can no longer imagine life with or without alcohol. We readily accept AA's teaching and values without question--it is a matter of life or death. Anyone in recovery for 10-20-30 years should ask what they fear more by taking a sip of wine; that they will have an allergic reaction to alcohol and return in a short time to the woman or man they used to be or that they will be forfeiting the security of making friends in the time it takes to open a phone book, the power and control that comes with having command of the first 164 pages of the Big Book and the affection and esteem from taking yet another chip and piece of birthday cake. The AA member in these pages reflects an over attachment to the group that cannot be hidden--at least in my view and I appreciate and relate to the dialogue very well. Nonetheless, we are constantly called to deepening levels of love and trust. That is what I believe the Divine therapy is all about: dismantling the false-self system. If you are more fearful of surrendering your position of longterm sobriety and speaking engagements, as I was, you're carrying dis-ease. What has been healed? This is an extraordinary book for those with "eyes to see and ears to hear" as they say. Thanks Fr. Thomas for another gem and targeting union with God as our only destination and refusing to grow as our biggest sin.

Powerful insight and depth from Fr. Keating. "All human beings are deeply wounded. From earliest childhood we start out on the path to self consciousness without any idea of what happiness actually is, apart from the gratification of our instinctual needs for survival and security, affection and esteem and approval, and power and control." He helps us with the "long journey of dismantling the

emotional programs for happiness". "Nobody becomes a full human being without love". Yes, I loved this book.

This is an extremely powerful and useful book, not only for individuals who struggle with alcohol and or drug addictions but for the family who often love them. It is indeed very hard to love an alcoholic or a person caught in the personal hell of addiction. It does not matter you are a family member, friend or the addict themselves, addiction destroys lives. They rob beautiful souls of love.

Addictions bring lost individuals into a hell on earth, leaving in the wake are destruction, ruin and denial. Thomas Keaton in this book gives the reader a way and a means to challenge addiction successfully and long term. That tool is a spiritual relationship with a higher power and an inner self. This is accomplished through the 12 steps of AA with God at the helm. For me and for countless millions of others, there is no power greater. Thomas Keaton has given the reader a wonderful service at the completion of this book. Through guidance of centering prayer, the 12 steps can come alive within the heart of a willing addict. They can develop hope as they learn to trust God and their inner spiritual relationship with Him.

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 provides powerful tools to achieve the oft-illusive 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 interviewee (Fr. Keating). Stop reading this review and BUY THE BOOK! You won't be sorry.

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.

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