

The Blueprint for our Spiritual House

What is Spirituality? Spirit (From G-d/HP) + Ritual (Actions taken by Man)

“(the program)... is a synthesis of all the philosophy I’ve ever read, all of the positive, good philosophy, all of it based on love. I have seen that there is only one law, the law of love, and there are only two sins; the first is to interfere with the growth of another human being and the second is to interfere with one’s own growth.”
Page 542, third edition

Characteristics of Spiritual People

Characteristics of Addiction

Actions motivated by love	Actions driven by fear
Can resist short term gain for lasting benefit	Driven by desire, temptation, urges
Feel drawn to the presence of a Higher Power	Adrift - Not anchored - Lonely - Frightened
Capable of living a principle-based way of life	Highly reactive to immediate stimuli
Take life in stride - Live in the moment	Life on the rebound - easily distracted
Pursue peace - Avoid over-scheduling of time	Turmoil reigns - can't slow down - anxiety
Accept imperfection in self/others	Thin-skinned / insecure / Judge others
Kind - Give Unconditionally	Selfish - Give with Conditions / expectations
Take things on faith	Stubborn, jaded, facts must be proved
Calmness / balance	Harried - discontented
Live in the moment	Regret the past - Worry about the future
Grateful for what they have	Chronic disappointment, never satisfied
Self Assured -“Comfortable in own skin”	Self-Conscious - Secretive -Repressed
Humility - See strengths and weaknesses as is	Disproportionate focus on defects
Initiate - Implement - Follow through	Procrastinate - avoid - leave unfinished
Strong Moral Compass	Shift beliefs - Compromise integrity
Honest - See cause and effect of choices	Self-deceived / Denial / Blame others
Able to live in partnership with others	Few lasting friendships - Resentful - jealous
Maintaining strong boundaries in important	Poor boundaries - friction with others
Optimistic - Trusting	Pessimistic - Skeptical - Cynical
Learn from their mistakes	Repeat the same mistakes often
Contrite when wrong. Maintain Dignity/integrity	Awash in shame/guilt when wrong.
See adversity / trauma as part of life	Stay stuck -Perpetual victimization - self-pity
Accept change - Willing to try new things	Fear change - avoid the unknown
Productive - Useful - Learn from life	Childish -immature - Sense of entitlement
Respect anonymity of others	Talk about others / gossip

"There is a principle whichcannot fail to keep a man in everlasting ignorance - that principle is contempt prior to investigation." Herbert Spencer (Big Book - Page 568)