Prologue “Sailing the Breath of Creation -12 Steps for All”

aka Sailing the Breath of the 12 Steps, Sailing the Breath of Infinite Eternal Love, Sailing the Breath of Love, Sailing the Breath of the Great Spirit, Sailing the Breath of God, Sailing the Breath of Allah, Sailing the Breath of Yeshua, Sailing the Breath of Jesus, Sailing the Breath of Life, Sailing the Breath of Now, Sailing the Breath, you get the picture. From any viewpoint, are you Sailing the Breath of “a walk on part in Life with Love” that these pathways offer?

By Laura (in spirit) and Billy (blessbreakshare@gmail.com)

Viewpoints matter. They can be like bars in a cage keeping me encumbered. They can be like windows opening to vistas embracing Creation and Infinite Eternal Love. Such an expansive viewpoint was unimaginable with the limited viewpoints I once held.

I lived with the results of choices I did not realize I chose. I was once so attached to my viewpoints, they were like barnacles on my soul. I learned I have agency. I am the one holding my viewpoints. I owe it to myself to hold viewpoints that feed myself and others at this potluck banquet Life. When I was ready I relinquished the viewpoints that sustained the lead role in the cage I had built for myself. The 12 Steps help me see limited or faulty viewpoints. The 12 Steps opened the door to the ‘walk on part’ in Life that now feeds my soul. My willingness to grow along spiritual lines, embracing the 12 Steps, and understanding personal agency, have opened my window and the Light flows. Speaking of viewpoints…

It is foundational to my viewpoints in Life that this is the moment of Creation, the birthplace of everything, since the beginning, and beyond now. Creation is an unbroken continuum of change which is the birthplace of all change. Life as we know it, this moment, is amidst this ever-changing moment of Creation.

Time is a measure of change. In the absence of change there is no such thing as a measure, and there is no time. Someone had a precise recognition of regularity in change that resulted in predicting change. Time was born based on recognized patterns. Sunrise, sunset, full moon, no moon. Seasons and so on. Patterns were recognized and time was born.

Similarly, the wheel came to life. I can imagine some cave dwellers dragging a huge animal carcass a great distance to their cave. At one point the carcass moved more easily. One of the carcass draggers observed it was easier to drag because they dragged it over a bunch of boulders that rolled. I can see him or her saying to some of the carcass draggers “Hey, bring those round the front to drag the carcass on.” From this moment forward there were two classes of workers among the carcass draggers, the draggers, and those who brought the rolling boulders around to the front. From something like this the wheel was eventually developed, and wheels were called round!

I won't even try to shine any light on how we learned to create and control fire. It is sufficient to say there were lessons, including cooking, and healing burns.

Agriculture, energy, mobility, flight, moon landings, the internet, social media, and infinitely more, represent continuums of change that have occurred in this birthplace, Creation. Change emanates from prior continuums of change, all having direct lineage to Creation's first moment. These changes emanate from experiences that are so consistent they lead to knowledge, predictable outcomes.

Physical science is a field of study and knowledge about non-living things like matter, energy, space, and chemistry. Physical science arose from a similar process as the discovery of the wheel above. Chance led to curiosity which led to predictable experiences being replicated. These experiences led to knowledge, which opened the door to ever more complex understanding and knowledge.

The complexity of our physical world is breathtaking. Look around you. We don't notice the smallest particles, electrons and quarks. These are in abundance, shimmering with activity. There are 10 quintillion electrons orbiting the nucleus of atoms at 1,264 miles per second, in the quintillion molecules of H2O, in a snowflake! And quarks would be nothing without gluons. This is knowledge which is fruit of our human capacity to learn, replicate, and build on our knowledge. Physical scientists know about such things.

We would be speechless if we could see the beauty of this, everything all around us, infinitely shimmering. H2O manifests as snowflakes, rainbows, oceans, rivers, lakes, steam, clouds, glaciers, etc., and is essential in all life forms, including us! Oak trees, amoebas, ants, humans, giraffes, bacteria, dogs, roses, all forms of life include more H2O than anything else, 60% to 90%. While understanding H2O is not required for hydration, I must be hydrated, or I die.

So it is with the life of the spirit. Understanding is not required. I must be willing to grow along spiritual lines, or the life of my spirit dies. I have known spiritual bankruptcy, and I know spiritual life. Willingness to grow along spiritual lines is essential. Now it is time to introduce the Higgs Field...

Scientists who know about such things as the structure of molecules, atoms, and smaller components of matter, observed there is a field of energy present that is essential to all forms of matter. Anything that has mass has mass thanks to this field of energy. They were certain about it and could not prove it.

It is identified commonly as the “Higgs Field”, named after Peter Higgs, a British physicist who was among those who wrote papers in 1964 describing this field. The Higgs Field is an invisible, all-permeating field of energy responsible for giving matter its mass. Without this underlying field, elementary particles would zip through the universe at the speed of light, unable to clump together to form atoms, stars, planets, cell phones, peanut butter, cats, other living things, or this essay! If this field ever ceased the whole structure of the universe would cease at once. The existence of the Higgs Field was proven 48 years later, in 2012, at CERN near Geneva Switzerland. They knew this field of energy exists, they articulated how true it is, and it was proven. Google the “God Particle” and the “Higgs Boson” for more insight.

My viewpoint is this field is Infinite Eternal Love. Think of it as you will. The smallest particle in all of Creation requires the presence of this field for its existence.

Now it is time to introduce me…Then I will present the punch line of this Prologue…

I grew up in a large Catholic family, in the middle of 8 sisters, and my brother the youngest. I have a large sense of the meaning of the word “us”. I remember standing outside, about 11 years old, experiencing an unbreakable unshakeable love of God and of Life. Sharing this mattered to me.

Fast forward seven years….

I graduated high school during the Vietnam War. I had a student deferment for a while. I was re-classified 1-A and passed the draft physical. I received a telegram from the Marine Corp on a Wednesday inviting me to join the Marines, and that I would be drafted by the Army on Monday. Monday I went to the Selective Service Office and applied for a Conscientious Objector classification. It took a year. I was re-classified to 1-O.

My birthday was in the first draft lottery, assigning numbers drawn at random to birth dates. The order of birthdays to be drafted in 1970 were drawn December 1, 1969. At the end of 1970 the last birthday drafted was 195. My birthday was 199. I would have done alternative service if I had been drafted. I was free to pursue the realm of possibilities that were denied to my drafted contemporaries. I went on strike instead. I dropped out of the realm of possibilities and aspirations. Alcohol, marijuana, and a bit of psychedelics were helpful to vacate these realms. Eventually I forgot about living life. I was surviving, without ambition or direction.

My love of God and Life had completely disintegrated on my way to washing up on the shore of the original 12 Step way of Life. I was 35 years old, in my 70’s on the inside, and spiritually bankrupt. My “unbreakable unshakeable love of God and Life” had disintegrated into disdain for God if there was a God.

I saw the 12 Steps as a doorway to a spiritual life, to a walk-on part in Life. This door opened from the side I was on. It was some kind of gift, some kind of blessing, some kind of grace, that I was willing to get clean and sober. Never mind any theology. I embraced the unlimited progressivity of recovery inherent in this statement, from p. 60 “Alcoholics Anonymous”. “The point is, that we are willing to grow along spiritual lines.” There is no ceiling, only sky!

This is about a walk-on part in Life. I held and hold this willingness as my most precious gift in Life. I began exiting the cage I had built for myself. I had been living with the illusion that I was as I was, and that was it. “You would be this way too if you had my life.” I had been encumbered by lack of vision or inspiration, inebriation, apathy, fear, loss, guilt, shame, anger, and much more. Enumerating human encumbrances could be a book or chapter all its own.

I had brain damage when I was “out there”. I am slow. I am bright. I am willing to grow. My spiritual life in recovery began in baby steps. I believed these people knew how to be clean and sober. I believed they “came to believe a Power greater than themselves could restore them to sanity” about alcohol. (Step 2, p. 59, “Alcoholics Anonymous”). I believed it could happen to me.

I began with as little understanding about God as I understood then about H2O. I needed a power greater than myself like I needed H2O. This prayer was very helpful “Please reveal Yourself to me as You exist for me.” I began to grow. I experienced an unseen power connecting my mind, heart, and actions. Cleaning up the wreckage of my past opened the door to being at peace in the present with myself and with others, and to be in conscious contact with God as God revealed God to me.

I was over 35 years clean and sober in the 12 Steps way of Life when I went back to the Church of my childhood to see what is there. In my lifetime I have read the Bible. I don’t study it. There are great messages and not great messages in it. Great messages and not great messages are pervasive in Life.

I opened the Bible to the first verses of the Gospel of John. “In the beginning was the Word. The Word was with God. The Word was God. Through the Word all things were made. Nothing was made except what was made through the Word.” I got goose bumps and my hair stood up when I read this. It was about what the “Higgs Field” proved! Nothing exists except what was made through the Word. The “Word” and the “Higgs Field” are synonymous! The Word was proved.

This *is* the moment of Creation! There was a beginning, and never a cessation. If the Higgs field ceases the whole universe ceases. We are of the Higgs Field, of the Word, of Creation, of the Source, of God, of the Great Spirit, of Infinite Eternal Love. Being human includes the availability of conscious contact with God, Infinite Eternal Love, Creation, the Word, Higher Power, the Light, the Great Spirit, name this as you would. As with H2O hydrating my body, Creation is where my Spirit is quenched, being present. Whatever is in the way of presence is in the way. Understanding more is not required to make a beginning.

I am of Creation! When I am consciously present in this sacred moment, Creation, I receive two gifts. I get to observe Creation, and I see how Creation is beckoning for my participation. I call this observance of Creation “reading Creation”.

By my gift of willingness, and the power inherent in Creation, I bring to Creation what Creation is beckoning. I call this “writing to Creation”.

In my book, the life of a spiritually healthy person includes the willingness to be present, to read Creation, and write to Creation, according to their abilities.

Life is a potluck banquet in the heart of our Creator, Creation. We learn to bring our gifts to this potluck banquet, Life, every day.

I lived with a “lead role in a cage of my own making”, before embracing the 12 Steps way of life. Through the 12 Steps I am living a “walk on part in life” that is vastly better than my “lead role in a cage” ever could have been. I am bringing meaningful co-creating presence to Creation. I am walking in the shoes of the man I thought I would be when I was a child. My love of God and of Life is unbreakable and unshakeable, even when I am not feeling it.

Since humanity began our journey in Creation, countless insights, actions, and changes have led to our world today. Our viewpoints result in what we observe. If our viewpoints are limited, our perceptions will be less than what is offered by Creation. How we respond to Creation’s beckoning gives us our future. We have agency.

Every morning I inherit the sum of my yesterdays. Observing is imperative. Willingness to be a co-creator in this realm of Infinite Eternal Love, Creation, is where the Light of the World is joined. Willingness is the key to the door. The door opens from the side one is on.

We have conscious contact in Creation available through the 12 Steps. There are many pathways to this peace, joy, meaningfulness, and Love. Conscious contact and co-creating with Infinite Eternal Love is our birthright. We are easily distracted. We need to own our opportunity and our responsibility, and act accordingly. It Is time for humanity to outgrow our adolescence.

I got to share for 20 minutes on Step 11 (p.59 “Alcoholics Anonymous”) at a Men’s Book Study. “Sought through prayer and meditation to improve our conscious contact with God *as we understood Him*, praying only for the knowledge of His Will for *us* and the power to carry that out.” Then it was time for questions and answers. A fellow with a week or two sober asked a great question. “How do you know when you are spiritually fit?” “Great question!” I responded. The answer came to me. “You are spiritually fit when you are willing to grow along spiritual lines. Spiritual fitness is according to willingness to grow, to learn.”

If there is a measure for spiritual fitness that must be met, then it must be the willingness to grow. First day, second day, 10,000th day doesn’t matter. Willingness to grow along spiritual lines is spiritual fitness. There is no measure for the infinite path this willingness presents. Spiritual fitness is not a measure, it is the existence within of this willingness to grow, to bring to Life what Infinite Eternal Love beckons. It will likely take some time to see this. This willingness is fitness. There is no ceiling, only sky. Continuous growth in willingness, ability, and capacity to manifest the Light of this Infinite Eternal Love, and close connection to Creation, are eventual results.

There are moments in my spiritual life that are like black ice on a highway. Now and then I am not feeling “the road” of my usual spiritual connection, which is present, strong, and dynamic. I think of this as spiritual black ice. I don’t speed up, I don’t hit the brakes, and I don’t make sharp turns. I trust the path I am on. Creation is the right path. The felt wholeness of my connection will return soon. This spiritual “black ice” is usually due to fatigue, lack of sleep, lack of exercise, lack of nutrition, or dehydration. Sometimes it is due to lack of prayer, like bookends on my day. I experienced extreme spiritual black ice recently due to a cold! I do not beat myself up for experiencing spiritual black ice. I trust the path I am on. Feeling the road, conscious contact with God, returns. This is the path I am on.

I shared once that no matter what darkness is going on, or how disconnected I feel, at my core I am willing to grow along spiritual lines, always. This willingness to grow helps me see meaning in any darkness, that I learn compassion for others experiencing such darkness.

One more thing for now. Faith is like riding a bicycle with training wheels. Trust is riding the same bicycle without the training wheels. Learning to trust is foundational too.

To be Continued…what could possibly get in the way of “reading and writing to Creation” and conscious contact with Infinite Eternal Love?