

Prologue

“Sailing the Breath of God - 12 Steps for All” (aka Sailing the Breath of Love, Life, Creation, Simply Sailing the Breath!)

By Billy N with Laura W (sailingthebreath@gmail.com)

This is the moment of Creation, the birthplace of everything, since the beginning, and beyond now. Life, as we know it, 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 time. Agriculture, energy, mobility, flight, moon landings, the internet, and so on, represent changes that have occurred in this birthplace. These changes have been built on prior changes. Like the wheel, fire, and charcoal, time is a useful tool. Since humanity began our journeys in Creation, countless insights and actions have led to our world today. How we observe and respond to Creation's beckoning gives us our future.

The following supports what I just wrote. There is a Here here! Patience may be required.

1. There are 2 Hydrogen atoms and 1 Oxygen atom in a molecule of H₂O.
 - a. Hydrogen atoms each have 1 electron. Oxygen atoms each have 8 electrons.
 - a. There are 10 electrons in a molecule of H₂O (1 + 1 + 8). Each electron exists with such energy that it is as if it orbits the nucleus at 1,264 miles per second.
 - b. There are a quintillion molecules of H₂O in a snowflake.
 - c. This means 10 quintillion electrons with such energy, as if orbiting the nucleus at 1,264 miles per second, are in the molecules in a snowflake!
 - d. Whether or not we understand this, we know there is a lot going on in the magnificence of a snowflake. Matter is shimmering. We could not speak if we could see the beauty of this, everything all around us shimmering.
 - e. H₂O manifests as snowflakes, rainbows, oceans, rivers, lakes, steam, clouds, glaciers, etc., and is essential in all life forms, including us! Oak trees, ants, humans, giraffes, bacteria, dogs, roses, all forms of life include more H₂O than anything else, 60-90%.
 - f. While understanding H₂O is not required for hydration, we must be hydrated or we die.
2. A team of scientists who know such things as in 1. above, about the structure of matter, observed there is a field of energy present that is essential to all forms of matter, anything that has mass. They wrote about it in 1964. They were certain about it, and they could not prove it.
 - a. The smallest particle of all Creation requires the presence of this field for its existence.
 - b. If this field ever ceased the whole universe would cease, at once.
 - c. This was proven 48 years later, in 2012, at the Hadron Collider near Geneva, Switzerland.

- d. It is named the "Higgs Field" after the team leader Peter Higgs. Google "the God Particle".
3. 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".
 - a. I remember standing outside, about 11 years old, experiencing an unbreakable unshakeable love of God and of Life. I wanted to share this when I grew up.
 - b. Fast forward seven years....
 - c. I graduated high school during the Vietnam War. I passed the physical for the draft and was classified 1-A. I received a telegram from the Marine Corp on a Friday that I would be drafted by the Army on Monday.
 - d. That Monday I went to the Selective Service Office and applied for Conscientious Objector classification. It took a year, and I was re-classified from 1-A to C-O.
 - e. I was in the first draft lottery for assigning birth dates December 1, 1969.
 - f. 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.
 - g. 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 this realm of possibilities.
 - h. Alcohol, marijuana, and a bit of psychedelics were helpful to vacate the world of aspirations. Eventually I forgot about living life.
4. My love of God and Life had completely disintegrated by the time I washed up on the shore of a 12 Step way of Life.
 - a. I was 35 years old, 70 years old on the inside, and spiritually bankrupt. My "unbreakable unshakeable love of God and Life" had disintegrate to disdain for God if there was a God. God was some kind of joke.
 - b. The 12 Steps are a doorway to a walk-on part in Life and opened from the side I was on.
 - c. It was some kind of Gift, Blessing, or Grace, that I was willing to exit the cage I had built for myself, and learn to embrace this walk-on part in Life.
 - d. 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.
 - e. I was encumbered by lack of vision and inspiration, inebriation, fear, loss, and much more.
 - f. 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."
 - g. I learned willingness to grow along spiritual lines is foundational to my spiritual fitness.
 - h. I embraced this invitation to "willingness to grow". There was no ceiling, only sky!
5. I had brain damage when I was "out there". I am slow. I am bright. I am willing to grow.

- a. My spiritual life began in baby steps.
 - a. I believed these people knew how to be clean and sober.
 - b. I believed they “came to believe a Power greater than themselves could restore them to sanity” about alcohol. (Step 2, p. 59, “Alcoholics Anonymous”)
 - c. I believed it could happen for me.
 - d. I began with as little understanding about God, as I understood then about H₂O.
 - e. I took the Steps toward embracing my Higher Power. I began to grow.
 - f. Cleaning up the wreckage of my past opened the door to being at peace in the present, with myself, and with others, in conscious contact with my Higher Power.

6. I was over 35 years in the 12 Steps way of Life when I went back to the Church of my childhood to see what is there.
 - a. In my lifetime I have read the Bible. I don’t study it. There are great messages and not great messages in it.
 - b. Great messages are pervasive in Life, as well as not great messages.
 - a. At over 35 years sober I read a few verses of the Gospel of John.
 - b. “In the beginning was the Word (Breath). The Word (Breath) was with God. The Word (Breath) was God. Through the Word (Breath) all things were made. Nothing was made except what was made through the Word (Breath).” I place “Breath” in parenthesis to add life to “the Word”.
 - c. I got goose bumps and my hair stood up when I read this. It was about what the “Higgs Field” discovered, and proved!
 - c. This is the moment of Creation! There was a beginning and never a cessation. Remember, if the Higgs field ceases the whole universe ceases.
 - d. We are of the Higgs Field, of the Breath, of the Word, of the Source of Creation.
 - e. Being human includes the availability of conscious contact with the Breath, Creation, the Word, God, Higher Power, the Light, the Love, name it as you would.
 - f. As with H₂O hydrating my body, Creation is where my Spirit is quenched.
 - g. Understanding more is not required to make a beginning.

7. I am of Creation.
 - a. When I am consciously present in this sacred moment, Creation, I receive two gifts.
 - a. I observe Creation and see how Creation is beckoning for my participation. I call this observance of Creation “reading Creation”.
 - b. By the power inherent in Creation, including the gift of willingness, I bring to Creation what Creation is beckoning. I call this “writing to Creation”

- b. The life of a spiritually healthy person is reading Creation and writing to Creation.
 - c. Life is a potluck banquet in the heart of Creation. We learn to bring these gifts to Life daily.
8. I lived with a “lead role in a cage” of my own making, before embracing the 12 Steps way of life,
- a. 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 presence to Creation.
 - b. I am walking in the shoes of the man I thought I would be when I was a child.
 - c. My love of God and of Life is unbreakable and unshakeable, even when I am not feeling it.
9. There are moments in my spiritual life that are like black ice on a highway.
- a. Now and then I am not feeling my usual connection with Creation, which is present, strong, and dynamic.
 - b. I think of this as spiritual black ice. I don’t make sharp turns, I don’t speed up, and I don’t hit the brakes.
 - c. I trust the road I am on, Creation. I am on the right path. The felt wholeness of my connection will return soon. This spiritual “black ice” is usually due to fatigue, lack of sleep, hunger, lack of exercise, or dehydration.
10. 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 question and answer. 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. I sought the answer and it came to me. “You are spiritually fit when you are willing to grow along spiritual lines. Spiritual fitness is according to willingness to learn and to grow. If there is a measure for spiritual fitness that must be met, then it must be the willingness to grow. There is no measure for the infinite path this willingness presents.”
- a. Love and close connection to Creation are results. 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. In even the darkest moments I can take the lemons and make lemonade. From my dark times I learn compassion for others having a dark time.
11. 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”?