

Lifeliner

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ETHEREAL UNDERSTANDING

For today this appears to be a difficult subject for me to write about. I have to remember the things in my life (mostly actions and behaviors) that cause me to feel spiritual or not. I looked up spiritual in the thesaurus, it says 'ethereal'. Then I looked up 'ethereal' and it says 'light, airy, fragile, and gaseous'. That sounds a little like the way I was feeling when I was practicing my drinking career. Especially the airy and gaseous part.

Getting back to spiritual awakenings, maybe I'm still waiting to have mine. I can only share what I know to be true in my life today. I know that I have seen miracles. I know that the program of Alcoholics Anonymous will help you learn how to live without drinking. I know I feel spiritual when:

I do a kindness and expect nothing in return.

I see the size and power of the ocean.

I'm giving and getting a hug at the same time.

I complete a task that I have procrastinated on.

I give a compliment.

I'm taking good care of me.

I understand and accept another person.

SPIRITUAL AWAKENINGS

A Freeway Awakening

submitted by
Gabriel D., Laguna Beach

My name is Gabriel and I'm an alcoholic. I have been coming in and going out of Alcoholics Anonymous since June 1988 getting sober but not able to stay sober.

Recently on a Monday night when

I got home from work late, my roommate asked me where I was going.

"To an AA meeting," I said. "I can't wait until my 90 meetings in 90 days is up. Then I can go to whatever meetings I want. That's what I thought.

Driving down the freeway later, I was hurrying to get to the meeting and feeling upset. I had been angry, wondering if my friend would expect me to go to another meeting after the one I was heading for. I was, also resentful with the meeting I was going to. I had done this stuff over and over many times and I still felt the same as I had for the last seven years.

The last thing I remember about the freeway was the traffic slowing down and I was slowing down with it. Suddenly, it was OK being stuck in traffic a few miles from the meeting. I was at ease as I had

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