

RICHARD ROHR CHAPTER FOUR 'BREATHING UNDER WATER'

Step Four: "Made a searching and fearless moral inventory of ourselves".

The problem of fear and shame: "I am convinced that some people are driven to addiction to quiet their constant inner critic" 29 and 'it gives them another thing to hate about themselves'.

**Classroom experience of professor asking whom in the class had or did experience 'fear of failure' -
I'm the only one who raises her hand!**

Growing up in a critical family system - someone had to always be in the 'hot seat'.

"We are now our own problem and that in fact, is the final value of a moral inventory" "Moral scrutiny is not to discover how good or bad we are and gain some moral high ground, but to begin some honest 'shadow boxing'."

Jesus says the truth will set you free, but first it tends to make you miserable! It creates in us a necessary sadness and humiliation from seeing our failures and weaknesses - and places us in a real situation in which we know we must and can turn to God, without Trust in God, and in God's Love for us we can't do it.

But we need the struggle, to go 'deeper into consciousness by intentionally struggling with contradiction, conflict, inconsistencies, inner confusion, sin.

St. Paul : The law was given for to multiply our fallings.

"God actually relishes the vacuum which God alone can fill" 31

Taking a moral inventory is 'not an avoidance of all sin', that is not possible (Rom. 5:12) but the struggle and the encounter leads to wisdom and a kind of 'luminosity of awareness' which leads to compassion for the world.

The truth as all alcoholics/ addicts know is that even after 30, 50 years addicts are still always addicts and imperfect people. So God has 'trapped us all inside of a certain grace and enclosed all things human in constant need of mercy.' 30

"Seeing our faults is not so much a gift to us as it is to those around us."

"People who are more transparent and admitting of their blind spots and personal flaws are quite easy to be with and love" God wants honesty and humility.

"Our shadow side is not evil, it is just the part of ourselves we do not want seen, our unacceptable self by reason of nature, nurture, and choice."

AA Saying: Denial is not a river in Egypt.

"We all have that which we cannot see, will not, dare not see. It would destroy our public and private persona, personal self-image." We are attached, even addicted to our 'persona' so therefore we need conflicts, relationship difficulties, moral failures to show our 'shadow' side. Jesus says it best: "Why do you observe the splinter in your brother's eye and never notice the plank in your own?" Mt. 7:4, 5

"He knows if we see rightly, the actions and behaviours will eventually take care of themselves."

"Evil proceeds from a lack of consciousness" We need to create a 'good lamp' inside us.

God is best known for 'transmuting and transforming' our very evils into a more perfect good." 33

Q.: What parts of yourself do you not want to see? What are you afraid would happen if you're honest with yourself? Can you imagine being free of that fear?