

CHAPTER TEN

MORE WILL BE REVEALED

1 As our recoveries progressed, we became increasingly
2 more aware of ourselves and our world. Our needs and wants,
3 our assets and liabilities were revealed to us. We came to
4 realize that we had no power to change the outside world;
5 we could only change ourselves. As recovering addicts, we
6 found that without our drugs, we hurt. The program of
7 Narcotics Anonymous provided an opportunity for us to relieve
8 our pain by applying spiritual principles.

9 The N.A. program provides a healthy environment for
10 growth. As a Fellowship, we love and cherish one another,
11 supporting our new way of life together. We do this because
12 of our common desire to stay clean.

13 We are encouraged to work the Twelve Steps, practice
14 the Twelve Traditions, go to meetings, get a sponsor, find
15 a home group and ask for help. We place principles before
16 personalities. We work our own program and we do it for our-
17 selves. The Steps are there for us to work and the people
18 are there to help us. We use the tools of the program to
19 shape our inner being. The slogans: Just For Today; An
20 Addict Alone Is In Bad Company; If It Works, Don't Fix It;
21 The Lie Is Dead; Clean and Serene; are simple reminders we
22 use to help keep us on the right track.

23 While using, we didn't know who we were, or where we
24 were going. We were constantly being deceitful, lying to

others and ourselves, and closing people off. We came in 1
knowing only what we didn't want. By coming to our first 2
meeting, we admitted our ways of dealing with life didn't 3
work. Chemicals always had the last word. In other 4
words, we were unable to deal with life on its own terms. 5
Through working the program, we are rebuilding our dis- 6
ordered and fractured personalities. 7

Any addict is welcome regardless of their drug of 8
choice. We cannot afford the luxury of arrogance in any 9
form. Within the Fellowship of Narcotics Anonymous, there 10
is no caste system relating to drug of choice. We believe 11
that chemical dependency in any form is addiction and we 12
encourage the addict to seek whatever recovery works best 13
for them. 14

We found that forming sweeping opinions and genera- 15
lizations with limited insight was dangerous. We found our 16
own place in the world and took it. The ability to accept 17
our place and be grateful for it is very special. Many of 18
us have had great opportunities in our lives but were faced 19
with a baffling inability to accept them or make the most of 20
them. We have found a safe and certain usefulness in our 21
new way of life. The old rules no longer apply and we can 22
live in peace and harmony. 23

Often it means simply listening to those hunches and 24
intuitive feelings that we think would benefit others or 25
ourselves and acting on them spontaneously. We are then 26
able to make decisions based on principles that have real 27
value to ourselves. 28

In N.A. we begin new lives, and we discovered a need 29
for balance. Where we were excessive, we learned modera- 30
tion; where we were weak, we grew strong. Balance comes to 31
us gradually in ways we can accept. Sometimes these ways 32
appear to be coincidental and we recognize them as the grace 33
of God only in time. Coincidences are miracles in which God 34

1 chooses to remain anonymous.

2 When we pray for something, we have spiritually pre-
3 pared ourselves for the realization of our prayers. Know-
4 ledge of God's will for us guides us to make wise choices
5 when we pray. If our Higher Power forced his goodness on
6 us, we could never learn to distinguish good from bad, and
7 enjoy the happiness of being a spiritual person.

8 As we grow, we become more aware of the key to willing-
9 ness. Willingness lets us relax and do what we can, just
10 for today, to improve our lives in any area. When we are
11 unwilling, we have to fight and constantly deny the need for
12 improvement. This attitude leads to even greater problems.
13 Today we have learned with God's help, to face each problem
14 as it arises. God never gives us too much to handle in any
15 twenty-four period.

16 We are grateful for open-mindedness. Open-mindedness
17 opens the door for new ideas, from all areas in our lives.
18 Through active listening we can hear things that will stay
19 with us for the future. This ability is God-given and grows
20 with us. Life takes on new meaning when we leave ourselves
21 open to experience this gift. To be able to receive we
22 must give and more importantly we have to receive in order
23 to have something to give. Open-mindedness becomes an
24 admirable quality for which we strive.

25 In recovery, we strive for an attitude of gratitude.
26 We feel grateful for ongoing God-consciousness. Whenever
27 we confront a difficulty that we do not think we can handle,
28 we have learned to pray that God will do for us what we
29 cannot do for ourselves.

30 Remember, we are all in this together. None of us are
31 too good or too bad to improve. We are not here to get good;
32 we are here to recover. Help is there only if we reach for
33 it. We had only to get clean, open our minds and hearts to
34 be free to live. Humility is a fact of ongoing recovery.

Watching others grow in recovery increases our capacity for 1
tolerance towards members who seem to need growth in many 2
areas. We learn that the principle of personality change 3
will transform them from catapillars to butterflies or 4
allow us to see that they were butterflies all along. 5
We have seen many areas of personal and seemingly perma- 6
nent difficulties yield to the ongoing practice of doing 7
what we can. When we do what we can, God takes care of the 8
rest. 9

Surrender to the program of Narcotics Anonymous is an 10
ongoing thing. In a sense the newcomer surrenders to the 11
wisdom of those who have gone before and those with time 12
clean surrender to the spirit and vitality of the new. 13

The opportunity to witness recovery of a suffering addict 14
is one of the greatest experiences this life has to offer 15
us. We are always willing to help. We are willing to go 16
anywhere at anytime to help the suffering addict. Having 17
been down the road, we understand the problems of a recover- 18
ing addict. As we look back, we are grateful for the events 19
in our lives that have brought us here. 20

We want constantly to remind the newcomer and our- 21
selves that there are plenty of people ready and able to 22
help. What recovering addicts want most if to feel good 23
about themselves. If we become self-destructive, we die. 24
Today we have real feelings of love, joy, hope, excitement, 25
sadness and friendship--not the old drug induced feelings. 26
We heard a man say, "Everytime he lost faith in another 27
human being, he died a little bit". The program is giving 28
us so much belief that we want to live again. We have to 29
surrender at each stage of recovery in this program. The 30
only way to win a losing battle is to surrender. 31

For most of us, N.A. was our last hope. We were so 32
afraid of being rejected here that we were reluctant to 33
open up. We were all shocked to hear others speak openly 34

1 of things we had done in our own past that were shameful,
2 embarrassing and humiliating. In the beginning, we were all
3 frightened to speak freely about ourselves. There is nothing
4 between us but that first pill, fix, drink or toke. At one
5 time we were not willing to seek help and were so close-
6 minded. Living in a world of insanity is difficult to
7 understand for those who haven't experienced it. The old
8 ideas and our addiction kept us from obtaining a new way
9 of life and kept us deep in our addiction.

10 In time, we may find ourselves with old ideas on the
11 program. Our roots of recovery are important, but in on-
12 going recovery we need to constantly review our feelings
13 and thinking if we are to stay fresh and in touch with the
14 growth of N.A. as a whole. This freshness may well be the
15 key to ongoing recovery. We are each others eyes and ears;
16 when we do something wrong, our fellow recovering addicts
17 help us help ourselves by showing us what we cannot see.

18 When a newcomer admits his powerlessness, he opens
19 himself up to the Fellowship. We are responsible for making
20 him feel loved and supported. We all remember the painful
21 feelings of guilt, remorse, shame and self-loathing. We
22 can share our experience that these feelings were gradually
23 removed by working the program.

24 We realize that we cannot do it alone. We begin to
25 look at our brothers and sisters and become willing to do
26 whatever is in our power to give them what we have. We have
27 hope for we know that a better day is coming and we have
28 love. Our Fellowship grows and keeps on growing like our
29 belief in our Higher Power, we cherish this experience.

30 Life has many brick walls for us even though we are
31 clean. If we can see these dead-end paths, we won't feel
32 the need to pursue them. Some of our hopes and dreams made
33 us self-destructive. We fell short of our goals. We
34 figured we were bad people if bad things happened to us.

Other roadblocks in our path included our reluctance to pray, 1
our laxiness, and unworked Steps. There were a lot of 2
people we did not see eye to eye with, especially when 3
our character defects and personality differences got in 4
the way. Some of us used this rationalization to stay away 5
from the Fellowship and use. We were dying and could not 6
stand being around people we thought were full of hypocrisy. 7
The people in the Fellowship were staying clean and had a 8
chance to change and grow. What chance did we have? How 9
could we grow if we couldn't even stay clean? Some of these 10
roadblocks led some of our fellow addicts to relapse. Un- 11
fortunately, some of them never returned. They were destined 12
to die using. 13

In N.A. we have feelings we never dreamed of having. We 14
are able to entertain ourselves today. We do things beyond 15
our wildest imagining. Some of us take on new hobbies, join 16
sports teams, become adventurous and do things we always 17
wanted to do but couldn't because of drugs. Free from drugs, 18
we can have good clean fun. 19

When we came into the Fellowship, one of our biggest 20
reservations or fears was the thought of how boring life 21
would be without drugs. Our fears were short-lived. We 22
soon found that living clean was not only fun, but that it 23
was excitingly simple. 24

Talking and sharing experiences with our fellow addicts 25
was a pleasurable experience. The simple games and pleas- 26
ures that life offers, which had been lost in our using days 27
were rediscovered. Playing ball, going to parks, hiking, 28
things we just didn't have time for when we were using. 29
Being clean is anything but dull and boring. 30

By living clean we are giving up using. We are giving 31
up the right to be close-minded, selfish, dishonest, hateful 32
and generally unhappy. And what are we giving up all these 33
precious things for? Simple, unconditional happiness. 34

1 Having fun and being happy doesn't have to be searched
2 for; it surrounds us. It is all there. So just do it. Be
3 clean, have fun and be happy.

4 In N.A. we do not mope around crying because we're
5 addicts. As a matter of fact, it is seldom that we mope
6 because there is always a friend around to lift our spirits.
7 God has restored us to sanity but that does not mean we are
8 boring or prudish. We are a group of life lovers and we
9 used to try too hard to have fun. We exhausted ourselves
10 trying to figure out what to do. Now it's very natural
11 and spontaneous. We used to be afraid of going insane---
12 now we enjoy ourselves. This is a big change from the wild
13 parties we used to attend while we were using and the "fun"
14 we used to have. It is important for us to have fun in our
15 recovery without the dying. Many of us would not have con-
16 tinued in Narcotics Anonymous had we not been able to enjoy
17 it.

18 Many newcomers are amazed by their first dance or party
19 to find members laughing and dancing like high school kids.
20 It helps break the ice of isolation. Many newcomers have
21 the problem of their faces hurting from the unaccustomed
22 smiling. A sense of renewal pervades conventions and get-
23 togethers which draw together members and old friends from
24 different areas.

25 Complacency does not go with recovery. The deadly and
26 insidious nature of our disease can disguise itself as
27 boredom or superiority and generate the old "apart from"
28 feelings. Separation from the atmosphere of recovery and
29 the spirit of service to others slows our spiritual growth
30 and can threaten relapse. This book is not the final
31 answer to addiction. The Spirit of our Fellowship is
32 constantly leading us into new awareness. Recovery is a
33 journey, not a goal. This is a life time school; our
34 graduates get loaded. We have attempted to record a way of

life which includes many addicts from many areas. Our 1
program could not encompass so many types of addicts from 2
differing backgrounds if not for the spiritual nature of 3
our groups. The spiritual truths at the heart of our 4
program do not change but the edges are constantly growing. 5
On the practical level, adjustment occurs because what is 6
appropriate to one phase of our growth may not fit another. 7
Vigilance is required to maintain the atmosphere of recovery 8
as a small group grows in size from three members at the 9
weekly meeting to three hundred. Concern and attention on 10
the part of trusted servants is required at every meeting, 11
group and service committee. Spiritual vigilance is re- 12
quired to apply our Twelve Traditions and to bring up at 13
times the ties which bind us together. Complacency has no 14
place in all this; openness, freedom, and spirit are the 15
marks of recovery. It is this spirit which will guide our 16
ongoing process as members and as a Fellowship. Ours is a 17
message of the Spirit, not of words. Words can describe 18
the process but not explain it completely. Experience alone 19
can make it real to us. Surrender to the disease begins our 20
recovery, surrender to the basic mystery of recovery sustains 21
it. No one we know understands the program totally and the 22
program has defied reduction to formula by the most deter- 23
mined efforts of some of the most skilled rationalizers in the 24
world. No sooner we make a breakthrough in terms of personal 25
growth than we realize how much more we need to grow so that 26
we may remain clean. 27

Our conceptions of fun have changed drastically since 28
we surrendered to N.A. as a whole. We can enjoy simple 29
things in life, like fellowship with other addicts, whereas 30
we once isolated ourselves. This was especially true after 31
we received help through N.A. and fellow addicts. 32

We enjoy sharing experiences, strength, and hope for 33
we know that we can't keep what we have unless we give it 34

1 away. Through N.A. and the Twelve Steps, we are able to
2 grasp a new understanding of fun. We realize we don't
3 have to create fun--we just live it. It happens to us
4 as a result of complete abstinence from all drugs. As
5 we look back, we are grateful to enjoy life, because
6 it's so unlike the events in our lives that brought us
7 here. When we used, we thought we had fun and straight
8 people were deprived of it. God helps us to live to the
9 fullest, without forgetting who we are, and what our pur-
10 pose is. We have learned how to love ourselves and others
11 and not to be so afraid. We find that God usually grants
12 us the ability to see the obvious. Since we've been
13 clean, we have found joy doesn't come from material things
14 but is within ourselves if sought. We find when we lose
15 self-will we lead richer, happier and much more fun lives.
16 When there are no longer conditions put on our lives,
17 everything that we need is given to us in order to live
18 today. We do not forget to live each day to its fullest,
19 as a gift from our Higher Power, and just share, care, love,
20 and live the N.A. way.

21 A day at a time we have no way of knowing what will
22 happen to us. This is why we live in today. However, it
23 has been very funny how things have worked out for us!
24 We find that if we would have written a list of things
25 that we wanted upon entering the program we would have been
26 cheating ourselves.

27 It has been our experience that by clean living and
28 working the Steps, our dreams have come true. We do not
29 mean we became great leaders, champion race drivers or rock
30 stars, though some of us may have. What we mean it that
31 our deep inner dreams come true for us in recovery.

32 Things that we had given up hope on a long time ago
33 come true. Like being happy most of the time or seeing our-
34 selves succeed in some areas where we had failed miserably

before. 1

In our experience, the Twelve Steps give us a way of 2
life which does more than keep us off drugs. Not only is 3
this way of life superior to the old using life, it is 4
superior to any life that we can conceive. So, when we 5
say that clean in the program is our dreams come true, we 6
can speak from our experience. Before 1953, addicts did 7
not recover except in special cases. They did not dream 8
that recovery was even possible. We died, went insane 9
and were locked up. Unfortunately, too many of us are 10
being locked up still, and being killed by a disease. 11
Our small population today numbers twenty thousand. 12

We have a much loved member who says to newcomers 13
with a twinkle in his eye, "Just stick around and watch 14
the miracles happen". And they will. 15

Deepening ties are even now being forged so that no 16
addict need ever die seeking help. To us this is truly 17
exciting. The possibility of being used as an instrument 18
to save lives is exhilarating to us. 19

When times are hard for us in the Fellowship, we can 20
ask our Higher Power, as we understand Him, to guide us as 21
to what to do. He reveals Himself to us a little at a time. 22

In our recoveries we have witnessed God's healing 23
powers take a dying addict and turn them into a new person 24
with a new, totally different life. 25

Things we never dreamed of become true. We find our- 26
selves daring to care and love and with love, all things 27
are possible. We find ourselves advancing as human beings 28
along spiritual lines and doing a great service. 29

We get the very finest friends. These are some things 30
many of us could not conceive of. Before, we thought in 31
terms of self-centered materialism that could not possibly 32
bring us happiness. Now we live with a new outlook, that 33
of caring and sharing the N.A. way. 34

1 We are surrounded by like-minded addicts, who once were
2 at the depths of misery and despair, and now serious about
3 their own recovery and helping the suffering addict.

4 We are living and enjoying life without drugs. At
5 times we look in the mirror and find it all so hard to
6 believe. The great fact is that it's O.K. It does get
7 better and we never have to be alone again.

8 We have, in recovery, experienced difficult times when
9 we could not decide our next move. The truth has been re-
10 vealed to us. In meditation we may concentrate on a dream
11 of service for our fellow man and find that the rest is
12 just willingness and foot work. More will be revealed.
13 It takes work to uncover it but it is, we believe, the one
14 thing worth working for--Twelve Steps of recovery.

15 Today we are free from the obsession to use compul-
16 sively even when we are beaten. We are free to live as we
17 see fit without drugs. The ability to accept God's will
18 and feeling serene inside is freedom for us. Faith has
19 replaced our fear and has given us a freedom from our-
20 selves. Today we have the freedom of choice.

21 The program of N.A. is truly a program of freedom.
22 N.A. has given us back the freedom that we lost when we
23 turned to drugs in our search for freedom. We had believed
24 that drugs were the answer. When we were under the control
25 of our addictions we had given up all of our freedom to
26 choose--the only choice left to us were jails, institutions
27 or death. At last, with the help of the Fellowship and
28 our Higher Power, we have regained our freedom.

29 When we first came to the program, many of us felt
30 defeated, beaten and ashamed. As a newcomer it is some-
31 times hard to see that through our defeat and surrender
32 we had regained some control of our lives once more.
33 Through our freedom we begin taking responsibility for our
34 lives again. In our freedom we have found that our dreams

come true, if we choose to make them happen. 1
Through the freedom in our new lives we are finally 2
able to see the special qualities that we possess as indi- 3
viduals--qualities that we used to envy in others--never 4
realizing the potential within ourselves. 5