

## The Twelve Steps of Heart t' Heart

- 1 We admitted we were powerless over compulsive addictive behaviors\* – that our lives had become unmanageable. (Mosiah 4:5; Alma 26:12)
- 2 Came to believe that a Power greater than ourselves could restore us to sanity. (Mosiah 4:9; Alma 26:12)
- 3 Made a decision to turn our will and our lives over to the care of God as we understood Him. (2 Ne. 10:24; Omni 1:26; Mosiah 3:19; 2 Nephi 4:34)
- 4 Made a searching and fearless moral inventory of ourselves. (Alma 15:17; Mosiah 4:2; Jacob 4:6–7; Ether 12:27)
- 5 Admitted to God, to ourselves, and to another human being the exact nature of our wrongs. (Mosiah 26:29; Alma 22:18)
- 6 Were entirely ready to have God remove all these defects of character. (Helaman 3:35; 2 Nephi 31:19; Mosiah 2:20–21)
- 7 Humbly asked Him to remove our shortcomings. (Alma 36:18; Alma 38:8; Moroni 10:32; Mosiah 5:2; Alma 34:15–16)
- 8 Made a list of all persons we had harmed and became willing to make amends to them all. (3 Nephi 12:9; 3 Nephi 12:24; 3 Nephi 12:44–45)
- 9 Made direct amends to such people wherever possible except when to do so would injure them or others. (Mosiah 27:35; 3 Nephi 12:25; Mosiah 26:30)
- 10 Continued to take personal inventory and when we were wrong promptly admitted it. (2 Nephi 4:18; 2 Nephi 10:20; Mosiah 26:30)
- 11 Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out. (2 Nephi 32:3; Alma 37:37; Helaman 10:4)
- 12 Having had a spiritual awakening as the result of these steps, we tried to carry this message to others still suffering from the effects of compulsive behaviors and to practice these principles in all our affairs. (Alma 5:7; Mosiah 27:36–37; Moroni 7:3)

\*Any problem may be inserted here, in place of "compulsive addictive behaviors." Permission to use the Twelve Steps of Alcoholics Anonymous for adaptation granted by A.A. World Services, Inc.

*Dearest Friends,*

## God Won't Tell Us "No"

C.S. Lewis once penned the staggering truth, "In the end there will really only be two kinds of people. Those who say to the Lord, "Thy will be done," and those to whom the Lord says, "Thy will be done." (Paraphrased from page 75 of *The Great Divorce*.)

So often, what I've wanted to do wasn't really a sin, it just wasn't good either—and I could feel it. It was just "okay." I knew it wasn't good. It wasn't the best thing to do. It wasn't wrong, but it wasn't right either. I knew it, but I thought maybe,...just maybe,...I could serve them both—the lust for "the things of this world," (like people's approval and applause) and the purposes I knew God was calling me to.

One of the greatest challenges I have ever faced is learning that God will not tell me "no" if I am determined to hear Him say, "Okay." Remember Joseph and the first 116 pages of the Book of Mormon manuscript? Martin Harris' wife worried him, he worried Joseph, and Joseph worried the Lord,...the Lord said, "Okay."

I've had so many situations in my own life that are parallels of Joseph's loss of the 116 pages due to my "lust" for something besides trusting the Truth's witness to me. There have been so many times when I've really, really wanted something to go a certain way. Times when I've been trying to get along with other people, trying to appease or please them, and justifying it to myself because there's no commandment against what they're doing. For example, buying more "toys" isn't breaking a commandment. Eating in the unhealthy ways that appeal to me and that fit in with the habits of the people around me is another major compromise of mine.

I've learned that if I am about to make a choice and I take it to the Lord and perceive His response to be something closer to the word "okay," instead of a firm, enthusiastic,

## God Won't Tell Us "No"

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"That would be good, Colleen," I'd better hesitate and reconsider what I'm asking for. Why? Because it usually means that what I'm wanting to do isn't really the best thing, but because of God's commitment to allowing me to learn by my own experience, He's not going to tell me "No." He's going to let me have my way—and (of course) the consequences that come with it.

I pray for us all that we may begin to experience "conscious

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contact" with the Truth and begin to feel the difference between His response, "Okay, if

that's what you want," and "Yes. That would be a good (given of God) thing to do.

P.S. I look forward to seeing you soon at the HtH annual conference. (July 14-15). It is always one of the greatest thrills of my life to meet you, not only Heart t' Heart, but face-to-face. The Spirit of honesty and of recovery is always so powerful at conference!

—Colleen H. □

## Judgment Day—Whatever We're Accustomed To

**R**ead 2 Nephi 2:5-10. These verses talk about the Atonement and judgment.

Sometimes this is how I think it works:

You have truth and light, which are synonymous. God is all truth and all light.

So here on earth we have opposites—good and evil; truth and lies; light and dark. We spend our lives choosing between the two.

For the sake of analogy, let's say that choosing the light is like living above ground in the full sun and daylight. Let's say that choosing the dark is like living in a cave or below ground. As we spend time either above or below ground, we adjust to our surroundings. We become accustomed to the light or to the dark.

Like that old Charlton

Heston movie, "The Omega Man." A plague created by biological warfare caused people to become ultra sensitive to light. They were forced to live underground. Even the light of a full moon caused them literal, physical pain.

So let's say that all our lives we've chosen evil, or dark. To suddenly be thrust into the presence of God, or truth and light, would be unbearable. If instead we've chosen truth and light, then over a lifetime we have gradually become accustomed to more and more light.

Sometimes I don't think Judgment Day will really need to be a review of our sins. I think God will just stand there in all His truth and light. If we've chosen the dark, God's glory will be too much for us.

We will be unable to open our eyes to face Him and look upon Him. The light will be so overwhelming to our unconditioned senses that we will be forced to turn away, perhaps to rush from His presence to get away from the pain and discomfort His light causes.

But if we've lived in a way that we're accustomed to light, then we might blink or squint or need to shade our eyes with our hands, but His light will be bearable. Our eyes will adjust and we will not only see him in all His glory, but we will be able to abide in His presence.

Sometimes I think that's the way Judgment Day will work. It's a matter of what we've chosen to become accustomed to.

—KB □

# That We Might All Be Edified Together— Use the Tool of Writing

*And he also taught them concerning the records...that were it not for these...we must have suffered in ignorance, even at this present time, not knowing the mysteries of God.*

*For it were not possible that [we] could have remembered all these things, to have taught them to [our] children, except it were for the help of these [writings]...*

*I say unto you, my [friends], were it not for these things, which have been kept [written] and preserved [captured, recorded] by the hand of God, [through our willingness to write, to take dictation from him] we should have been like unto our brethren...who know nothing concerning these things [the history of God's dealings with our fathers], or even do not believe them...because of the traditions of their fathers, which are not correct. —Mosiah 1:3-5*

When I came into the Twelve Step program, they told me that if I *really* wanted to heal, I needed to be humble enough to write. For me that was easy, having always had an inclination to write. But I have watched others struggle mightily with the tool of writing. I recognize that for many, writing feels like the ultimate of “going to any length” to get recovery.

Well, if it is, then what? Do you want recovery? Are you willing to go to any lengths? Even write? Even if it feels awkward and unfamiliar at first? Even if you have to feel stupid and foolish at first? (Remember Nephi's advice; that we must be willing to become fools if we would have God open the way of recovery unto us. [2 Nephi 9:42])

And why? Why is all this writing important? There are a multitude of reasons but in these verses Benjamin touches on a primary one.

*For it were not possible that our father, Lehi, [or us] could have remembered all these things...*

To be willing to write is to be humble enough to admit that mortal memory, *your* memory, is not sufficient. To write the insights and flashes of

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understanding you hear come into your thoughts as you sit at a meeting is to demonstrate to Him that you are willing and ready to learn. You are willing to participate in the process of repentance and recovery. It is to demonstrate to Him that you're ready to accept your limitations (poor spelling, poor penmanship, whatever). It is to demonstrate to Him that you value the light and understanding He's sending right now. As Heaven sees you're ready and willing, you will find the light increase until you come to that “perfect day”— that day of being clean, sober and abstinent, *all day*.

Just think what a blessing it would be if you had an alcoholic (or otherwise addicted) parent, grandparent or great-grandparent, and he or she had left behind a journal. Think of how much it would help, if they had recorded the lessons they learned. You could have built on what they learned, rather than continuing their unrighteous traditions, repeating over and over again the same mistakes. Whether they triumphed in their struggle or not, you could begin where they left off on the road to recovery.

We are all traveling this road, with and for one another. Both our sins and our repentance affect those who have gone before us and who are yet to come after us. (See Words of Mormon, v. 2.) Our mistakes are destined to be repeated until we decide to learn and record the lessons those mistakes offer. Writing our recovery speeds it along and offers the gift we've been given (lessons learned) to any who come after us who care enough to read and be edified together with us.

—Colleen H.

# Faith in Christ Leads to One Action—Surrender to Him

While reading through *The Lectures on Faith* years ago, I was awakened to this truth: Faith is a principle of action. In other words, you can believe something and never take action on it. When you take action, you can know that your belief has matured into faith.

This morning, though, I saw further, deeper into the heart of Truth, of God. Faith in Jesus Christ is a principle of action, too. However, it elicits only one choice from me, one act that I can consider “my part” in what follows. That act is the act of surrendering my life to Him. Giving up and letting Him be the Savior. Giving up and letting Him deliver me.

What do I give up?

I give up trying to figure out an “easier, softer way” than surrendering to God.

I give up thinking there’s just got to be a gimmick out there that will make this easier than surrendering to life on His terms—on terms I can’t change, the terms that I have to accept.

There is none. No gimmick. No quick fix. No way around life on the terms Life has handed me.

Letting go and giving up, surrendering to Him feels like a death to me. It feels like He’s going to wrench some of my “babies,” (or “darlings” as Brigham Young put it in the quote on p. 54 of *He Did Deliver Me*) out of my arms, out of my gut, out of my soul. The truth is, though, that my “darlings,” are

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my idols. They are parasites that have taken up residence in me. They are draining the hope, the joy, the life, the energy, the desire to even live out of me. (I am reminded of the “Red Lizard” story from C.S. Lewis.)

Tomorrow will mark three weeks of 100% deliverance from the insanity of my addiction. Three weeks with only one day when I had to tighten my grip (resort to praying in my heart, crying out as Alma to my Savior Jesus Christ) multiple times—several times an hour through the hardest part of the day. So, I guess you could say that I experienced a white knuckle day. But not because I was clinching my fists in self-determination or effort, but because I was holding on that tight to Him—to His image, to His spirit, to His words, to His “hand.” And to do that, I had to become in my attitude like a little child—desperate and stripped of pride.

I was so tempted by pride, so tempted to be humiliated. I was taunted by the enemy of my soul, “You wimp! You liar! You might as well give up and

give in. Look how hard it is for you.” I looked to Jesus, though. I sought Him that much harder—clinging to Him, cleaving to Him in thought and in spirit—and I found Him faithful, worthy. As my spasms of temptation passed, I remembered, once again, it is not my worthiness, but *His* that saves me (any of us.)

I wish I could express this miraculous reality to others in a way that would open their eyes and deliver them from the lie of pride and self-sufficiency. I realize that many will not believe this testimony of my experience, but the truth is that I’ve not done anything to keep myself abstinent for three weeks! I’ve just surrendered to the truth about how I have to behave myself in relationship to food (insert your own temptation here), which is otherwise a rampant, ravenous addiction for me. And the Truth, the Spirit of Truth, the Spirit of the Lord, has empowered me to accept and live that truth, one day at a time.

Let me say it again: I have not done anything according to the teachings of the world.

I have *let* something happen to me. I have *let* Him do something in me. I’ve surrendered to the truth of how I have to behave myself with food. As soon as I surrendered, it became easy. I find His yoke easy and His burden light, just as I knew it once before and forgot.

—Name Withheld □

# Our Minds Have a Direct Link to the Light of Christ

There is a Power for good that fills the Universe (D&C 88:7-13), and through faith in Jesus Christ, you can access it and apply it for good in your own life.

If you will accept the easiness of this way (Alma 37:46) and follow the steps described and upheld by years of testimony, you will find yourself engaged in the greatest experiment and adventure of your life—learning to know and trust the revelations of Christ to your own soul.

Your mind has a direct link to this Power, to the Divine guidance and empowerment through the Light and grace of Jesus Christ—through that “built in” connection with His spiritual influence. He desires to be your source of enlightenment when you are confused or ignorant; your source of strength when you are weak, your source of light when you are overwhelmed by darkness.

It is your truest, deepest nature to long for this connection with Him and to follow Him. You followed Him into mortality (1 Nephi 8:5-7). Cry out now, as Lehi did (v.8)—no matter how long you’ve been wandering in darkness, and He will bless you with His perspective—His Faith, His Hope, His Peace, His Counsel, His Comfort.

You must look to Christ as the personification of *the* answer to your every prayer, the fulfillment of your every need.

**He desires to be your source of enlightenment when you are confused or ignorant; your source of strength when you are weak, your source of light when you are overwhelmed by darkness.**

His words are *as one* with the Father’s own mind and will and words. Know that your Father in Heaven *is* answering your prayers, through His Son Jesus Christ.

Faith in Jesus Christ (not just faith in general, not just faith in anyone or anything besides Him) opens your direct access to His Light and His grace.

We can draw on this Power (See Bible Dictionary—“grace.”) with complete certainty. When we follow His counsel, accept His comfort, seek His word and His grace to obey—then all gifts from the Father through Him, including the Holy Ghost (John 14:26; John 15:26), will be yours, as is expedient in His will (D&C 18:18).

Why shouldn’t you have an unlimited faith in Jesus Christ? After all, He is the One who created everything, including your body. He knows your spiritual self intimately—better than you know yourself right now, while you are handicapped

by the veil/fallen state of mortality.

I pray we all come to realize how much we need Him and His guidance and grace—every hour of our lives. There is no other name, way or means of salvation (Mosiah 3:17; Alma 34:15.)

—CH □

## Let God and Let Go

Let God and let go  
He will lead you right  
It’s hard, I know  
To trust all, despite  
That small little doubt  
Etched deep in your mind  
Let God and get out  
Leave the hard life behind.

Let God and let go  
He is really there  
Let God, let Him know  
Every concern in prayer  
Experiment on these words  
Ponder them in your mind  
Let God and get out  
Leave the hard life behind.

—Michael T. □

# Yes!

*You can still register  
to attend the  
Heart t' Heart Conference  
"Lord I Believe; Help  
Thou Mine Unbelief"  
July 14 & 15 at UVSC, Orem, UT*

Although early registration  
is over on June 30th,  
you can still register  
by phone (1-888-790-7040)  
or fax (1-801-796-0923)  
or online at [www.heart-t-heart.org](http://www.heart-t-heart.org)  
up until July 13th.  
You may also register at the door.

*(You can not order meals after June 30th.)*

## New Meetings

**ID-16—Pocatello, ID. Monday, 9:00 a.m.** Book Study, Writing and Sharing: HDDM. Focus: Codependency. Women only. Call for location. Barbara (208)233-0191.

**EN-01—Tipton, Westmidlands, England. Tuesday, 7:00 p.m.** Book Study, Writing and Sharing: HDDM. Call for location. Leigh 0121-520-7883.

## Donating to Heart t' Heart

It is the responsibility of each Heart t' Heart group to collect Seventh Tradition donations, and to send a portion of those donations to the GSB.

If your group meets in an LDS meetinghouse, and therefore, does not collect Seventh Tradition donations, you may donate directly to Heart t' Heart using the Individual Donation form on page 7 or by donating through the online store at [www.heart-t-heart.com](http://www.heart-t-heart.com)

There has been a substantial decline in GSB donations this past year, even though we've had an ever increasing number of new groups starting up. If you feel that Heart t' Heart is of benefit in your recovery program, please consider supporting it through a donation to the GSB. Donations cover the cost of the website, phones, printing, postage and other overhead expenses.

# May's GSB Contributions

OR-01 .....\$75.00

Total Income .....\$75.00

Total Expenses .....\$257.25

Net Income ..... —\$182.25

*Heart t' Heart has a small, prudent reserve built up to offset expenses, but we rely heavily on donations to run the organization. If you feel inclined, please use the form below to donate to Heart t' Heart.*

*\*If a donation is not accompanied by a group number, it is listed as a Private Donation.*

## HEART T' HEART

### CONTACT INFORMATION:

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**Editor's Note:** Please remember, the opinions shared in *Heartbeats* are of the person sharing. We hope and pray that you will read, ponder and pray for direct inspiration and counsel from the Lord. Take what you feel confirmed in your own heart concerning the sharing and toss the rest.

# Online Meetings

To attend one of the online meetings go to:  
<http://www.heart-t-heart2.org/chat>.  
 (Note: New address.)

All are welcome to attend. If this is your first time, review the information on the regular Heart t' Heart webpage:  
<http://www.heart-t-heart.org>.

**OL-04—Sunday through Friday:**  
 Every morning, 6:30 a.m.–7:30 a.m.  
 General Focus (MST).

**OL-02—Tuesday, 11:00 a.m.–12:30 p.m. Mountain Time Zone (USA).**  
 General Focus. Book Study:  
 HDDM. Open Sharing.  
 Colleen (435)245-4744;  
[colleenh99@comcast.net](mailto:colleenh99@comcast.net)

**OL-01—Thursday, 7:00-8:30 p.m. Mountain Time Zone (USA).**  
 General Focus. Book Study:  
 HDDM. Open Sharing. Mary S.;  
[mtshaver@mts.net](mailto:mtshaver@mts.net)

**OL-03—Saturday, 7:00-8:30 a.m. Mountain Time Zone (USA).**  
 General Focus. Book Study:  
 HDDM. Open Sharing. Colleen  
 (435)245-4744; [philh22@comcast.net](mailto:philh22@comcast.net)

# Seventh Tradition Individual Donation

Individuals can donate to Heart t' Heart at any time! We especially encourage those who participate in the Heart t' Heart forum, e-mail meetings, or other situations where a 7th tradition is not collected to donate on an individual basis. Mail in this form or use the website shopper at: [www.heart-t-heart.org](http://www.heart-t-heart.org)

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# Heartbeats

P.O. Box 247  
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New Subscription  Renewal

Subscription Rates:  
 USA & Canada — \$12.00/year

Please remit in US funds via credit card, check or money order made payable to Heart t' Heart. Do not send cash. Send this form with payment to the address above.

We encourage reader contributions to Heartbeats. Ideas for articles:

- In-depth study/analysis of principles found in Steps or Traditions
- Personal experiences with the Steps, Traditions, Tools; how they work in your life
- Capturing from the scriptures, Big Book, He Did Deliver Me
- Open Sharing with positive recovery messages
- Program from the Prophets – quotations from modern prophets with a “recovery” message
- Short quotes, thoughts or one-liners

Send articles to: Heartbeats  
P.O. 247, Pleasant Grove, UT 84062  
hthorder@hotmail.com

*All submissions are considered a donation to Heartbeats. There is no payment for use. Implied rights include permission to publish in monthly issues of Heartbeats and permission to reprint in “The Best of Heartbeats.” Submissions will not be returned. Submissions may be edited for space and content at the discretion of the editor.*

## **What’s inside this issue of Heartbeats...**

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2006 Conference Dates:  
July 14 & 15, 2006

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