

# Fifth Step Reconciliation Rite

A Fifth Step is done to re-establish friendship and harmony with oneself and one's Higher Power.

- Think of one word to symbolise all you have disclosed.
- Hold out your hands to form a cup, as if someone were going to pour water into your hands.
- Say the word that represents your Fifth Step. Imagine the word resting in your hands.
- Slowly pour your Fifth Step from your hands onto the ground, as if you are letting water pour from your hands. Brush your hands as you would to brush off sand.
- If you are doing this in the presence of your guide or your group, have them say to you, while they place a hand on you, "That which has kept you divided within yourself is gone. You are whole."
- Repeat the phrase for yourself, "That which has kept me divided within myself is gone. I am whole."
- Allow yourself to feel your feelings and meditate a few moments longer.

The feeling of being forgiven by a Higher Power can lead to self-forgiveness. Forgiving oneself begins the process of healing our brokenness.

## Reflections on the Fifth Step

It strikes us when, year after year, the longed-for perfection of life does not appear, when the old compulsions reign within us as they have for decades, when despair destroys all joy and courage. Sometimes at that moment a wave of light breaks through our darkness, and it is as though a voice is saying, “You are accepted.” YOU ARE ACCEPTED, accepted by that which is greater than you and the name of which you do not know. Do not ask for the name now, perhaps you will know it later. Do not try to do anything, perhaps later you will do much. Do not seek for anything, do not perform anything, do not intend anything, SIMPLY ACCEPT THE FACT THAT YOU ARE ACCEPTED.

—Paul Tillich, *The Courage to Be*

Read the Paul Tillich quote above and reflect on the acceptance you experienced from doing your Fifth Step.

Record your feelings in your journal.

*The Fourth and Fifth Steps teach us about the importance of engaging our feelings. Unexamined feelings feed our addictions; honestly examining our feelings helps us heal from addiction.*

From Patrick Carnes, *A Gentle Path through the Twelve Steps*, Hazelden Publishing, 2012.