

# Four Paths of Divine Guidance

As described in the second paragraph on page 14 of the “Big Book”

*These were revolutionary and drastic proposals* (the proposals Bill is writing about are the Four Steps of Surrender, Sharing, Amends and Guidance), *but the moment I fully accepted them, the effect was electric* (Bill feels the sensation of electricity). *There was a sense of victory, followed by such a peace and serenity as I had never known* (Bill feels the additional sensations of victory, peace and serenity). *There was utter confidence* (Bill knows he is having spiritual experience). *I felt lifted up, as though the great clean wind of a mountain top blew through and through* (Bill sees himself on top of a mountain and hears the wind). *God comes to most men gradually, but His impact on me was sudden and profound* (Bill knows he is having a rapid conversion experience).

<u>Method of Communication</u>	<u>Path</u>
<p><b>True Seeing (Visualizing)</b></p> <p>Perceiving, detecting or experiencing as if by sight. For example, mental perceptions and images, such as day-dreams, photographs, paintings or collages are forms of “true visualizing.”</p>	<b>Sight</b>
<p><b>True Hearing (Listening)</b></p> <p>The process of receiving auditory stimuli such as sounds, melodies, noises or tones. For example, hearing “a still small voice,” words, music, or songs are forms of “true listening.”</p>	<b>Sound</b>
<p><b>True Feeling (Sensing)</b></p> <p>A generalized body consciousness or sensation. It can include touch, taste, smell, or feelings such as happiness or sadness, confidence or fear, serenity or anxiety. Manifestations can include goose bumps, blushing, tingling, or a tightening of the chest or stomach.</p>	<b>Sensation</b>
<p><b>True Awareness (Understanding)</b></p> <p>Knowledge or intelligence that produces ideas, concepts or observations. For example, inspiration and intuition are forms of “true understanding.” It has been referred to by some as the “vital sixth sense.”</p>	<b>Knowing</b>