

Al Kohallek Goes On A Forty-Day Serendipity Journey

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This Forty-Day Program is designed as a guide through the Twelve Steps. Our goal is to work through this complete Workbook, the first 164 pages of the book Alcoholics Anonymous and the Twelve Steps of the book Twelve Steps and Twelve Traditions. This process is not for the light-hearted. It will take a firm commitment. The benefits are well worth whatever it takes. Once you began stay with the process even if it takes more than forty days. Do not short or jump a day' full assignment.

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covery from alcoholism only Use of the Steps and Traditions in connection with programs and activities which are patterned after A.A., but which address other problems, or in any other non-A.A. context, does not imply otherwise.

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THE TWELVE STEPS OF ALCOHOLIC ANONYMOUS

The following Twelve Steps and Twelve Traditions are reprinted in the original series, un-altered and un-separated.

1. We admitted we were powerless over alcohol that our lives had become unmanageable.
2. Came to believe that a Power Greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God as we understood Him.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong promptly admitted it.
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.
12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.

THE TWELVE TRADITIONS OF ALCOHOLIC ANONYMOUS

1. Our common welfare should come first; personal recovery depends on A.A. unity.
2. For our group purpose there is but one ultimate authority – a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.
3. The only requirement for A.A. membership is a desire to stop drinking.
4. Each group should be autonomous except in matters affecting other groups or A.A. as a whole.
5. Each group has but one primary purpose – to carry its message to the alcoholic who still suffers.
6. An A.A. group ought never endorse, finance, or lend the A.A. name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary purpose.
7. Every A.A. group ought to be fully self-supporting, declining outside contributions.
8. Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.
9. A.A., as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
10. Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy.
11. Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films.
12. Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.

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DAY I - Today is _____

When you start your daily practice you may ask your Higher Power – *“Cause me to have all the honesty, willingness and open-mindedness I may need here and now. I ask, for the guidance, love and wisdom that I need to work through this process and gain the most I can at this time. I am as willing as I can be to set aside everything I even think I know about this area, this way of life so that my chances for an open-mind and to be teachable are better, and that I may realize Your Three Spiritual Gifts: Awakening to You, to be the love I am and to be the individual You created me as. Thank You.”*

Michelangelo took a rough piece of marble and chipped away everything that did not look like the vision of David he held in his mind. Working this Program the best you can will help you chip away much of what is not like your Higher Power’s vision for you individually. You may experience your heart’s desire, His Will for you.

INDEX FOR THIS DAY ACTION

1. Review the Contents on page 1 of this Workbook; in fact take a few minutes to review the whole workbook before you start the Daily assignments. Just from this brief review, what comes to mind? Write it down. After you have finished this Forty-Day commitment see how your perception differs from the start.

2. Workbook Reading assignment pages 1 through 8 – Underline those things that were most useful for you and/or caused you to have questions. Write them down.
3. Today’s reading assignment from Alcoholics Anonymous is the Preface and all of the Forewords (Fourth Edition pages xi – xxiii) Average reading time 24 minutes
4. List the most important ideas you can relate to, identify with as a result of today’s reading; Fourth Edition pages xi – xxiii Alcoholics Anonymous. How do these ideas directly relate to the area you are currently working this Forty Day Commitment? Give examples.
5. Today’s reading assignment from Twelve Steps and Twelve Traditions is the Foreword (pages 15 – 18) Average reading time 7 minutes
6. List the most important ideas you realized as a result of today’s reading; The Foreword – pages 15 – 18 in Twelve Steps and Twelve Traditions. How do these ideas directly relate to the area you are currently working this Forty Day Commitment? Give examples.

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DAY 1

CAUTION: THIS COULD BE HAZARDOUS TO YOUR OLD WAY OF LIFE. USE THIS WORKBOOK, OR ANY OF ITS CONTENTS, AT YOUR OWN RISK.

Doing what's suggested in this workbook may cause you to let go of some parts of your personal "reality." It could cause you to be less limited. You may stop blaming other people, places, and things. You may stop being a user and become an owner of your own stuff. You may find yourself giving up some of your old resentments, pains and fears. You could even find yourself with a new understanding and/or awakening. Maybe you will find your Self. Neither this workbook nor any of its contents are for sale. They are for sharing. Pass it on freely to those you love and those you don't.

OUR MISSION - We will introduce you to this set of useful tools; however, tools are worthless unless we learn how to use them and then use them. Well, that's what this little workbook is about. Our main focus will be learning new ways to expand our application of the program. To help you awaken to the powerful spiritual principles embodied in the Twelve Steps (Recovery), Twelve Traditions (Unity) and Twelve Concepts for World Service (Service). The main focus of this Workbook will be on the Twelve Steps. *Awakening* we believe is the correct word because it does happen as the result of applying the spiritual principles. We want to dispel the illusion that we are to impose an understanding by applying the principles found in our program. In fact, we use information and understanding to help chip away all that is not our God-created self to help us open up and realize our Spiritual Gifts, our true nature.

POWER - OUR FIRST SPIRITUAL GIFT - "Lack of power, that was our dilemma. We had to find a Power by which we could live, and it had to be a *Power greater than ourselves*. Obviously. But where and how were we to find this Power? Well, that's exactly what this book is about. Its main object is to enable you to find a Power greater than yourself which will solve your problem." (Alcoholics Anonymous page 45 reprinted with permission) The main object of this workbook is to be in concert with that. Working the first eleven Steps will assure us of having a personality change, a shift in our perception sufficient to cause a spiritual awakening. Step Twelve opens with: "***Having had a spiritual awakening as the result of these steps...***" This spiritual awakening, this Gift, is the first of our three primary goals of this workbook.

LOVE – OUR SECOND SPIRITUAL GIFT - One of the most common human needs is love. The second part of Step Twelve is; "***...we tried to carry this message.***" This is sharing; this is Love. We give but little when we give of our possessions, it is when we give of ourselves that we truly give. In the act of giving, "passing it on", what we have received, we realize that giving and receiving are the same? In fact, the only way we can become a Master Receiver is to share with others everything we want for ourselves. We can love because our deepest nature is love. The messenger is the message.

OUR HEARTS DESIRE – OUR THIRD SPIRITUAL GIFT - Awakening to the individual self we were created to be with purpose and meaning, in other words, to consciously live our Heart's Desire, God's Will for each individual. The third part of Step Twelve is: "***...and to practice these principles in all our affairs.***" The only way we can fully realize who we are is to share what we currently are as the result of this process. When we are God-centered even for a moment we will have all the power and wisdom we need. In that moment we will be told or shown what to do, say, think and feel in a way we can currently hear, understand and follow.

A Twelve Step Workbook - Al Kohallek Goes Stepping

DAY 1

INTRODUCTION TO A FORTY-DAY COMMITMENT

The use of forty days as a time period to effect a change has been around a very long time. Using forty days for a transformation places us in some very powerful company;

- Noah's life was transformed by 40 days of rain.
- Moses was transformed by 40 days on Mount Sinai.
- The spies were transformed by 40 days in the Promised Land.
- David was transformed by Goliath's 40-day challenge.
- Elijah was transformed when God gave him 40 days of strength from a single meal.
- The entire city of Nineveh was transformed when God gave the people 40 days to change.
- Jesus was empowered by 40 days in the wilderness.
- The disciples were transformed by 40 days with Jesus after his resurrection.

If we want to build a new habit and if we consistently practice for forty days we are well on the way to a new or different life long habit. There is no doubt there is a spiritual purpose in (doing) a 40-day process of change, but we will see how we can experience transformations at other levels as well - mentally, physically, emotionally, and socially.

This human condition we live in has many cycles; women are aware of the physical 28-day cycle; however men go through a 28-day physical cycle also. This 28-day cycle for men is manifested differently, but there are some parts of this cycle all humans have in common. For example, at times we feel full of energy and love just doing physical stuff, at other times we feel physically drained of energy for no identifiable reason. We are suggesting that we have cycles at other levels. For example, there are times when we are over-flowing with new ideas. At other times we are alert mentally and

at other times we can hardly remember our own name. What about the times when we are so emotionally sensitive, positive or negative, that we seem to be separated from our "reality" and at other times we don't seem to feel much of anything? What about the times we want to be very social and other times we seem to need to be alone?

This brings us to a very important point. We believe that we pass through these 40-day cycles as a normal part of this human condition. In building a new habit and then practicing that desired thing consistently for forty days, we will be practicing it through a set of normal cycle changes. This means that we would be experiencing this desired thing in the highs, lows and in between. We can take any of life experiences and realize that we react differently as we pass through these normal cycles.

Most of us have experienced what I call resistance movement while we were working through a growth process. When we really decide to make a real change in our personal "reality", our resistance at one level or another pops up. Some of the common forms are- we begin to see this same problem all around us, at times seemingly getting worse, or it feels like we have stirred a beehive and have managed to make the bees very angry. At times we may feel elated with the possibility of a new-enlightened understanding. At other times we are filled with anger at others or ourselves. At times we are filled with fear of changing and fear of not changing. At times we may feel we are nearing an early closer and we want to stand on a rooftop and declare a victory. At other times it seems like it will never end. At times we know something very important wants to come out but does not. If we are willing even for an instant to totally surrender to the process, a break will happen and we do awaken. Nothing is ever the same.

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Many of us at one time thought that the sole object of our Program was the overcoming of difficulties, problems. To limit our Program to problem fixing only is much like judging the power and abundance of the ocean by a few empty shells on the beach. Knowledge and a better understanding of the Program can be useful tools if we put them to work. The real object of our Program is to seek and find a Higher Power that will do for us what we cannot do for ourselves. In turn It will help us awaken, to realize, to develop our own higher faculties and powers. In other words His will for each of us is individualized. In reality any learning, awakening is but the preparation for a life filled with a good amount of joy, happiness and freedom to be our created Self.

An overview. First let us review all of the Forty-Day Commitment's papers which will give us an overview of what we are being asked to commit to. Then we will have to decide if we are willing to make a total commitment to work through this process. We may be asking questions like: What is it? How does it work? What's in it for me? Is it for me?

What is it? It is a forty-day program designed to guide us through all of the Twelve Steps of Alcoholics Anonymous. "A.A.'s Twelve Steps are a group of principles, spiritual in their nature, which, if practiced as a way of life, can expel the obsession to drink and enable the sufferer to become happily and usefully whole." Foreword to the Twelve Steps and Twelve Traditions.

How does it work? It is suggested that we work on this process at least one hour per day, everyday for forty days. Yes, this includes weekdays, weekends, and holidays. Forty hours to devote to a life changing process is a very good investment. When we are building a new habit it is useful to be consciously consistent. The habits we are seeking to replace run 24/7. Another important reason to work consistently, on this life changing process, is that we will get into a solution mode. We will find,

after a few days, as we are doing our normal day to day stuff, an important insight will come to mind about the area we are focusing this forty day process on. As these insights pop up, write or record a key word or two. This will help us reconstruct this insight later. It is suggested that we carry something to write or record on while working this process. Each day we will have a daily assignment with suggestions and tips. Finish this day's assignment before we go to the next. This means that some days we may invest more or less than an hour.

Plan of Action. To expand on our first suggestion, set aside at least one hour a day. Make this a firm commitment. Let everyone know that we would love to have the freedom from all distractions including the telephone while working on this Forty Day program. We may start our daily practice with affirmation which will be suggested or create your own, but we believe it will be useful to ask for guidance from your Higher Power.

Each of the Twelve Steps has a special meaning, in this healing process. They are written in order for a very good reason. As part of this process each Step prepares us for the next Step in the process. Due to the fact that some of the Steps are paired up there is a temptation to work them as one and the same. For example, some of our members will do their 4th Step and 5th Step together, as if these were one Step. We believe for the best results, take one Step in order at a time. They have much more depth, and there is a better chance of being honest. The 6th Step and 7th Step are often viewed as one step. We will experience the difference when we treat them as two individual steps. Doing the 8th Step and the 9th Step as one step causes special problems. We will go over these pairings when these Steps come up.

What's in it for me? If we will totally commit ourselves to this forty-day process we will never be the same. We will realize a set of Spiritual Tools that may be used on every area of our life to enrich it. We will most likely

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come away with a new depth. So we ask our self is it for me? The only way to answer that question is to go through this process the best we can here/now, giving it a fair chance to bring us more happiness, peace and joy.

What will we need to get started? We will need a copy of Alcoholics Anonymous (The Big Book), A copy of the Twelve Steps and Twelve Traditions and a copy of this Workbook – Al Kohallek Goes on A Forty-Day Serendipity Journey (Like all of our workshops, papers, and workbooks This workbook is free. Contact Jim W. 16607 Blanco Road, Suite 401, San Antonio, Texas 78232-1940. Fax 210 493 3946, email jwillis257@aol.com) At a later date we will include it on our website www.12stepworkbook.org for a free download. For information contact our office. A copy of both Alcoholics Anonymous (Big Book) and Twelve Steps and Twelve Traditions can be purchased at a local A.A. Central Service Office Or Intergroup Office. These two A.A. textbooks may be purchased in a hardback, soft-cover, on tape and on a computer CD. They both have a wealth of useful information, so it would serve us well to have our own copy. The Textbook Reference page numbers for the Big Book (Alcoholics Anonymous) will be from the Fourth Edition. As we read our assignments, underline, highlight or take notes on those ideas most important to us individually. We will need something to write with and something to write on.

NOTE: If using the First Edition of Alcoholics Anonymous and older printings of the Twelve Steps and Twelve Traditions or earlier printings of the Workbooks the page numbers will be different. Be guided by the Chapter Titles instead of the page numbers.

It is important that we read all the suggested assignments. We could say we are filling up

our toolbox, which can be useful for the rest of our life in every area of our life. For each of these suggested readings we have noted an estimated average time to read that assignment. This will give us an idea how long the reading will take in a group setting or reading out loud. This is slower than the average silent reading.

Reading the Preface and the Forewords of the Big Book and the Foreword of The Twelve Steps and Twelve Traditions at once gives us a new hope and a brief overview of the fellowship growth. When I came into the Program in 1957, very few knew anything about A.A. In fact, we could safely say we would have to know someone who knew someone that may have heard of A.A. Now we can find Alcoholics Anonymous very easily, if we want to. (But) the impact of A.A. on this world is something to behold. For every one person using the Program for alcoholism it is estimated between six and seven are using the Twelve Step Program for something other than alcohol. The reason is clear - it works. Many of us have learned a great deal from observing non-alcoholics applying the Program in other areas of their lives. Some of us found their successful experience working the Program useful as we practice these principles in all our affairs.

“At some of these we balked. We thought we could find an easier, softer way. But we could not. With all the earnestness at our command, we beg of you to be fearless and thorough from the very start. Some of us have tried to hold on to our old ideas and the result was nil until we let go absolutely.” “Half measures availed us nothing. We stood at the turning point. We asked His protection and care with complete abandon.” “Here are the steps we took, which are suggested as a program of recovery:” pages 58 – 59 Alcoholics Anonymous. Reprinted with permission.

