

Al Kohallek Goes On A Forty-Day Serendipity Journey

DAY 14 - 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.”*

INDEX FOR THIS DAY’S ACTION – FORGIVENESS

USING THE LIST BOXES – In principle you are to follow the same procedure for each of the List Boxes. **ACTION (1)** (page 47) is the first part of our Step Four Inventory Format. **a.)** Choose the items from the List Boxes you have complied with or violated. **b.)** Note your frequency choices by marking one of the columns: (R) Rarely – (S) Sometimes – (O) Often – (I) Intense or very Important. **c.)** If your Intense or most Important are not included in the List Boxes add them to the list. Take the next suggested action for each of the List Boxes after you have identified and noted your frequency choices. Each one of the List Boxes is followed by a Supplement sheet for additional space.

ACTION – After you have completed the Forgiveness List Boxes using **ACTION (1)** follow the same procedure below to complete the second part of this Forgiveness assignment.

- a. In column one write the name of person, place or thing you are having a problem forgiving.
- b. In column two write the cause, i.e. what was or was not done - take away or not given.

The willingness to forgive is the key to all healing in all types of relationships. The key to an open mind is the willingness to forgive. The key to self-forgiveness is the willingness to forgive others. The key to our spiritual growth and awakening is the willingness to forgive. We may not be able to forgive for one “reason” or another but we can be willing even if our only motive is selfish, like “I just don’t want to feel this way or I’m tired of being negative and resentful.”

The importance of forgiveness is often dismissed with little or no thought. One possible reason may be as simple as not knowing how to forgive. Often we are just unable to forgive or let go. More often it is from the core belief that when someone does something “wrong”, even if that someone is our self, he must be found guilty and punished. Yet when we are wrong most would love to be forgiven quickly. Not only that, we don’t want to see our “crime” made into a capital crime. If I want this kind of forgiveness, I must be willing to extend it to others.

A naive person both forgives and forgets; a stupid person nether forgives or forgets; a wise person forgives but does not forget. The wise person can use this experience of love to share even more than ever. Remember this: What I can do is my responsibility; all else is God’s responsibility. So all I can do at any given time is to be willing; that’s enough. Let our Higher Power do the rest.

Al: I want to forgive everyone even myself, NOW. Lou-is: How about one at a time?

Al: As I understand it, if want the fullness of life – if I want loving, caring relationships with whom-ever – if I want to be joyous, happy and free, if I want an open heart, mind, and soul then I must be willing to forgive all, even myself, perhaps not able but willing. Then I can look to our Father to do the deed.

Lou-is: I recall you telling me, if the doors of my consciousness were clear of clutter caused by my holding on to old useless or harmful beliefs, judgments of others and myself – realizing my part in all

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of this is no more nor less than my little personal “reality.” Our Program demonstrates that we can, through its process, become forgiven forgivers forgiving.

Al: Is there a time when forgiveness is not needed even when some “wrong” was done?

Lou-is: Yes. “We will not regret the past nor wish to shut the door on it.” (*Alcoholics Anonymous* – p83) In those areas we have experienced some degree of awakening, healing and/or transformation we have no need for guilt, punishment, resentment or fear. This area being healed has become an asset, which we may share with others. We have let go of our harmful judgments of others and ourselves to some degree. Without these judgments we have no need of forgiveness. This is the very best kind of forgiveness – none needed.

Lou-is: Here are brief excerpts from: *To Give Is To Receive* by Gerald.G.Jampolsky “The emphasis underlying this course is that inner peace can be reached only when we practice forgiveness. Forgiveness is the letting go of the past, and is therefore the means for correcting our misperceptions. Our misperceptions can only be undone now, and this is possible only through the process of letting go whatever we think other people may have done to us, or whatever we may think we did to them. Through true forgiveness we can stop the endless recycling of guilt, and look upon ourselves and others with love. Forgiveness permits us to let go all thoughts that seem to separate us from each other. Without the belief in separation, we can accept our own healing and extend healing love to all those around us. Healing then, becomes the thought of unity. Whenever I see someone else as guilty, I am reinforcing my own sense of guilt and unworthiness. I cannot forgive myself unless I am willing to forgive others. Only through forgiveness can my release from guilt and fear be complete.”

Brief excerpts form: The Sermon On The Mount By Emmet Fox – “The technique of forgiveness is simple. The only thing that is essential is willingness to forgive. Provided you desire to forgive the offender, the greater part of the work is already done. People have always made such a bogey of forgiveness because they have been under to erroneous impression that to forgive a person means that you have to compel yourself to like him. Happily this is by no means the case – we are not called upon to like anyone whom we do not find ourselves liking spontaneously, and, indeed, it is quite impossible to like people to order. You can no more like to order than you can hold the winds in your fist, and if you endeavor to coerce yourself into doing so, you will finish by disliking or hating the offender more than ever. We are not obliged to like anyone; but we are under a binding obligation to love everyone, love, meaning a vivid sense of impersonal good will. This has nothing directly to do with the feelings; though it is always followed, sooner or later, by a wonderful feeling of peace and happiness.”

THE METHOD - The method of forgiving is this: **Get by yourself and become quiet. Repeat any prayer or treatment that appeals to you. Then quietly say, “I fully and freely forgive X (mentioning the name of the offender); I loose him and let him go. I completely forgive the whole business in question. As far as I am concerned, it is finished forever. I cast the burden of resentment upon the [Higher Power] within me. He is free now, and I am free too. I wish him well in every phase of his life. That incident is finished. The Truth has set us both free. I thank God.” Then get up and go about your business.** Afterward, whenever the memory of the offender or the offense happens to come into your mind, bless the delinquent briefly and dismiss the thought. Do this, however many times the thought may come back. After a few days it will return less and less often, until you forget it altogether. Then, perhaps after an interval, shorter or longer, the old trouble may come back to memory once more, but you will find that now all bitterness and resentment have disappeared, and you are both free with the perfect freedom. Your forgiveness is complete. You will experience a wonderful joy in the realization of the demonstration.

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Choose by marking the columns: (R) Rarely - (S) Sometimes - (O) Often - (I) Intense/very Important.

R	S	O	I	#	WHY I AM WILLING	R	S	O	I	#	WHY I AM UNWILLING OR UN-ABLE
				1	I have a lot more to gain					14	Alone is better than hurt
				2	I want he problem corrected					15	Fear, taken advantage of
				3	I want this relationship					16	I don't know how to forgive
				4	I want to be forgiven					17	I can't let go
				5	I want to be free					18	I seek revenge
				6	I want to build a trust					19	I stuffed it
				7	I want to experience peace					20	I suffered and they went free
				8	Willing to let God do for me					21	I want to punish them
				9	I'll forgive/I won't forget					22	I'm no fool
				10	I'm tired of being fearful					23	I'm scared to
				11	I'm tired of being negative					24	Withholding/Withdrawing
				12	I'm tired of being resentful					25	Shows that I approve of ()
				13	It is the loving thing to do					26	Some like to hurt others
										27	They didn't forgive me
										28	They don't deserve it
										29	They really did hurt me
										30	They will do "it" again
										31	They will go unpunished

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WHO OR WHAT	WHAT'S GOING ON WITH THIS FORGIVENESS

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We may read a thousand menus and cook books and starve to death but if we have just one bite our nourishment begins. If we have only one moment of experiencing forgiveness our healing has begun.

Lou-is: Here is a way we can experience a true forgiveness in this present moment. This is the only Real Time we have. Yes, we can experience an **instant forgiveness**, even here and now, one moment at a time. If you do not get anything else out of this workshop but this simple process of **Instant Forgiveness**, if you are anything like me, then count this workshop a great success.

1. Pick out one of your worse resentments, one you have held on to far too long.
2. Just be sure you are **willing** to let it go – **not able but willing**.
3. Find a motive with in your self no matter how selfish it may be, one that your head and your heart can agree on. For example; *Al was so tired of being negative, fearful and angry at Sam M. that he no longer cared who did what, to whom. He just wanted to be free, so he no longer felt, thought, and acted as he did when he thought or heard Sam's name.* Al's sponsor, Lou-is Paze-niton had told him, "God answers the prayers of the heart because He put them there."
4. When you truly realize that you want even a few minutes of freedom – say something like this: **God I am so tired of thinking and feeling this way – I am so willing just for this moment to forgive myself and (name of the person, place or thing) for any wrongs, real or illusion that I did or did not do or they did or did not do.**
5. **God I am willing but not able at this time to forgive – so I entrust this to you.**
6. **Thank you,**
7. **Now let it go – one moment at a time – this one.** Repeat this any time a thought of this one comes back. Bless both of you and turn it back to your Higher Power.
8. We have the power to choose in this moment – this present one. It is the only one there is.
9. Leave the results to your Higher Power. He will do for us what we cannot do alone and unaided.