

Al Kohallek Goes On A Forty-Day Serendipity Journey

DAY 19 - 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 so 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
RULES/PATTERNS LIST BOXES**

USING THESE 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.

After you identify your patterns by marking the columns you choose, go back over them and give a “make fun of” name. This name will be useful in the discrediting and dis-empowering of your old habits of thoughts and feelings. Out with the old rules/patterns and on with building the new ones. This process will be used in some of the remaining Steps, primarily in Step Six and Step Ten.

Al: I’m not very good at making up funny names about my worse defects.

Lou-is: What are some of the funniest characters to you on TV or the movies? Name some of these and use that creative mind of yours to come up with a few that make a chuckle come to mind.

Lou-is: The sooner we can laugh at ourselves the sooner our healing will step up to a new level. We want these “Make fun of” names to be like an unwanted guest who comes to our door; we can choose to invite that person in and dwell on a “who done me wrong” song or we can turn that person away as soon as we see who it is. A “Make fun of” name will dis-empower that person to a large degree where they are less likely to harm us, upset us or cause us to experience that fear we get when someone or something intimidates us. When we lose respect for that person to the point we can laugh when we think of them, we have come a long way in being free from their control over us. In one way or another we gave that “power” to them. It’s time to take it back and give it to our real Boss.

Let me give you an example:

“Make fun of” name	R	S	O	I	#	
Jeal - o-saurus					29	These rules/patterns are being violated or complied with. Violated and complied with are just two sides to the same rule/pattern. I have a lot of problems with jealousy. <i>(I had this problem so long it seems like it started with the dinosaurs – but when I think of it as a jealous dinosaur I can lighten up.)</i>

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Peppy le Few					8	I practice the “law” of lack, never enough of anything (love, money, time, etc.).(Same as above)
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Al: Ok, let me try one.

Peter Perfe- ctor with a P on my chest					19	I judge by such high standards that all must fail. I am driven by perfectionism. <i>(No matter what I do it is never good enough – I started feeling this way it seems like my first day in school – A family motivator - Beatings will continue until grades improve)</i>
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Lou-is: You’ve got the main point. Now finish the task. It would be useful for you to come up with some of your own important patterns.

The first three, the Three Spiritual Gifts are primary patterns and they are not subject to any real change. We came equipped with these three Spiritual Gifts even though we are not fully awakened to them.

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

“Make fun of” name	R	S	O	I	#	These rules/patterns are being violated or complied with. Violated and complied with are just two sides to the same rule/pattern.
					1	Awakening to the Presence of our Higher Power.
					2	Awakening to the Love that we are.
					3	Awakening to the individual we were created, with purpose, meaning.

The following rules/patterns are common to most of us. ***These patterns are suggestions only. If you cannot find a pattern in the following that serve your needs, make up your own list.***

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

“Make fun of” name	R	S	O	I	#	These rules/patterns are being violated or complied with. Violated and complied with are just two sides to the same rule/pattern.
					4	I know I am of more worth or value than I can prove.
					5	I look to other people, places and things to determine my: worth, meaning, purpose, happiness, sadness, fulfillment, etc.
					6	I compromise myself to get what I need or want, then resent it.
					7	I have been in denial.
					8	I practice the “law” of lack, never enough of anything (love, money, time, etc.).
					9	I am quick to forgive. I seek correction. I realize that guilt and punishment are an illusion, like a drug, a quick fix.
					10	All must be controlled with guilt and punishment, even myself.
					11	I project my experience and beliefs, and call it reality.
					12	I know I am far more loving than I am able to give or receive.
					13	The beginning of a relationship (love, friends, business, etc.) is like this: I believe you believe in me, that I am special. The beginning of the end of this relationship is when I no longer believe you believe in me.
					14	I resist change. I am likely to procrastinate.

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				15	I blame the past, project negatively on the future, fear the present.
				16	I experience fear in most areas of my life including success and love.
				17	I have to earn everything or know the “right” people or get lucky.
				18	I have hurt others, but the harm was done without malice.
				19	I judge by such high standards that all must fail. I am driven by perfectionism.
				20	I change roles within the same pattern, thinking I have changed: i.e., one time a victim, the next time the aggressor; or I am a user, and the next time I am being used.
				21	I make “deals” and promises, but I don’t keep them.
				22	What I can have I don’t want, and what I want I can’t have.
				23	I lack ability to form a true relationship with another human being.
				24	I feel I don’t belong. I feel emptiness no one or no thing can fill.
				25	I keep attracting the same kind of sick relationships (love, business, friends, etc.)
				26	I just cannot find the willingness to do whatever “it” takes.
				27	I am doing just great; then I fall into an old rut. This is a rebound.
				28	I am too negative, fearful and angry so I withhold and withdraw.
				29	I have a lot of problems with jealousy.
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