

Al Kohallek Goes On A Forty-Day Serendipity Journey

DAY 23 - 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 – STEP SIX PREP WORK

STEP SIX - (WILLINGNESS)

WERE ENTIRELY READY TO HAVE GOD REMOVE ALL THESE DEFECTS OF CHARACTER.

1. Workbook assignment - Underline those things that were most useful for you and follow suggestions *A – B – C – D – E* on pages 85 – 86.
2. Today’s reading assignment from Alcoholics Anonymous is page 76- first paragraph, reading time 1 minute.
3. List the most important ideas you can relate to, identify with as a result of today’s reading. How do these ideas directly relate to the area you are currently working this Forty Day Commitment? Give examples.

4. Today’s reading assignment from Twelve Steps and Twelve Traditions is Step Six - Average reading time 13 minutes
5. List the most important ideas you realized as a result of today’s reading, the chapter on Step Six 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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The key to this Step is in the wording. “Were entirely ready to have God remove all these defects of character.” First of all, we really want something when we are entirely ready. This really wanting something is often the beginning of healing. Second, it is God that is to remove all, not us alone and unaided. Third, the wording tells us which defects are to be removed. At this time, “these” implies that we have identified specific defects.

Al: The rest of the Steps will be a piece of cake after taking my Fifth Step.

Lou-is: I want to remind you not to take any of the Steps too lightly. Each Step is an important part of the process. In case you have forgotten, our minds will play tricks on us. For example, with this Step our conscious mind tells us, “Of course, I want all of these defects removed.” Knowing now just how harmful, useless, or painful these defects are, I will just let them go. Two problems with that well intended statement. First, generalizing will not get it done. Second, we are not the ones to remove these defects, alone and unaided. Just follow the *A – B – C – D – E* - down below.

(A) Lou-is: Once again, I am reminding you; just because something is simple does not make it easy. Now that you found some of your patterns, “these defects”, it will be useful for you to follow the following suggestions: That you take each one of “these defects” and ask yourself if you are really ready to have God remove this.

1. If your answer is yes move on to the next defect (patterns).
2. If not go back to Step One just for that defect and run over the First Step Questions to help increase the pain of holding on to that defect.
3. If that is not enough to convince you, try this: We know that our problems, as with everything in this life, is progressive. Our problems will worsen if nothing really changes at the level of our habits (personal “reality”, patterns). With the passing of time we will get “better” at our defects. Another way to increase the pain of holding on to this defect is by extending it into the future.
4. What will it be like if this does not change in another year or five, ten, or twenty years?
5. Have you had enough or are you thirsty for more?
6. If you are now ready, continue this process until you have gone over each and every one of your defects.

(B) Lou-is: Going over each defect in such detail will help us in a number of ways:

- a. It will help us with our owning each of our defects; our defects center in our own mind.
- b. We will be reminded just how powerless we are to remove these defects alone and unaided.
- c. At the same time by doing something constructive about these defects we will experience a new level of hope.
- d. It will help us see that some of our listed defects are just different parts of the same pattern. This will help us combine them, which is part of the next suggestion.

If you have followed this suggested process, you have gone over and over your uncovered defects, combining them into the smallest number of patterns. If you have not done that, please do so now.

Al: Yes, I have gone over them until I am even sick of them. I hope God is not too busy to remove them quickly.

Lou-is: You sound like one of us, “Do it quickly, at least by Friday so I can have a great weekend”. I find that I still have all the defects I had when I came in the Program. Those defects I have, experienced some healing by God’s Grace, have become assets, tools, and Early Warning Signals. Those defects do not come about as often; they don’t last long, and they are not very intense. This is a sure sign of growth, and awakening.

Lou-is: We are building a new way of life and we feel it’s so very important to understand it is a long-term process. It’s not another quick fix. We did not get here overnight but by practicing limited, sick

