

*Al Kohallek Goes On A Forty-Day Serendipity Journey*

DAY 27 - 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 NINE**

*This the day you start making your amends.*

**STEP NINE - (LOVE IN ACTION, JUSTICE - MAKING IT RIGHT)**

**MADE DIRECT AMENDS TO SUCH PEOPLE WHEREVER POSSIBLE, EXCEPT WHEN TO DO SO WOULD INJURE THEM OR OTHERS.**

1. Today’s reading assignment from Alcoholics Anonymous is the Promises at the bottom of page 83 and top of page 84.
2. 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.


3. Having done your prep work for the taking of Step Nine as best you could at this time including making as many appointments as possible, you are ready for this DAY 27 - the day when you go about making your amends. When you start each of your amends you will find it useful to use your daily opening affirmation.
4. Take your first appointment and work through your complete list the best you can. Good luck and may God bless you.
5. If you have anyone in your number 3 group ([3] page 93), the ones you are resisting or saying "no never", and you have been unable to upgrade them to group number 1 or 2 follow the guidelines on page 98 on forgiveness.

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FORGIVENESS is the key to all happy and loving relationships with God, others, and us. Sometimes the hurt seems to be too much for us to forgive. In this case willingness to forgive is the key. However, we may be unable or unwilling to forgive (check out the Forgiveness List Boxes). For those whom we have a difficult time forgiving, it is suggested that you pray for the willingness to forgive. Put these people on a prayer “hit list.” Pray for this person five times a day (upon awakening, mid morning, noon, mid afternoon and before you go to sleep), for two weeks or whatever time it takes for you to experience that you have forgiven.

Perhaps the most difficult is the forgiving of ourselves. There are a number of reasons for this, one being the fact that we have too much inside information, including an abundance of experiences when we have fallen short. We hear a lot of talk about this program and life in general being a process, going from limited to less limited ad infinitum. However, most of us believe some day we will graduate, once we get “it” right or when we earn “it.” Instead of seeing each experience as a stepping-stone, we often view it as stumbling block, a cause for disappointment and this calls for guilt and punishment. The beatings will continue until we become perfect. We would be far ahead of the game if we would be willing to forgive quickly and seek correction, leaving the results to our Higher Power.

One of the most common problems with forgiveness is the forgiveness of those with whom we have had long-term relationships . We believe the primary reason is that we change the “crime” as the years roll by. We have forgotten what we were upset about when the “crimes” happen and we read in today’s understanding. The following format will help you let go of the past. God can and will do for us what we cannot do for ourselves, if we trust Him.

On a separate sheet write out the following:

1. Name of the one who harmed you.
2. What did they do or not do to harm you?
3. How did you react at the time the harm was done?
4. How did you feel and/or think at the time the harm was done?
5. What about now? How do you feel and/or think about the harm done?
6. How do you react when you think of, hear about, or see the one that harmed you?
7. Go to the right hand column of the Forgiveness List Boxes page 61. Which of those items stand out?
8. Are you now willing to forgive so you can be free?
9. Now ask your Higher Power to bring about this forgiveness at all levels, even for this one moment. You can always take it back if you don’t care for the freedom. It is important to seek the healing for the way you thought and felt at the time of the “crime” as well as the present.
10. As a rule it is useful to follow up after the forgiveness with a visit or a call to make sure the wall is down, unless it would cause the other person harm. When the thought of this person comes to mind, bless them and turn again to your Higher Power.

Can you now upgrade your number 3 group to a group 1 or group 2? If not go back through the Steps on that needed amends until you find a workable solution.

Keep your amends list until you have completed all of your amends. As you complete each one of your amends write a brief summary of your experience. Would you do something different? If so what? Share this experience with your sponsor or with another Program person.