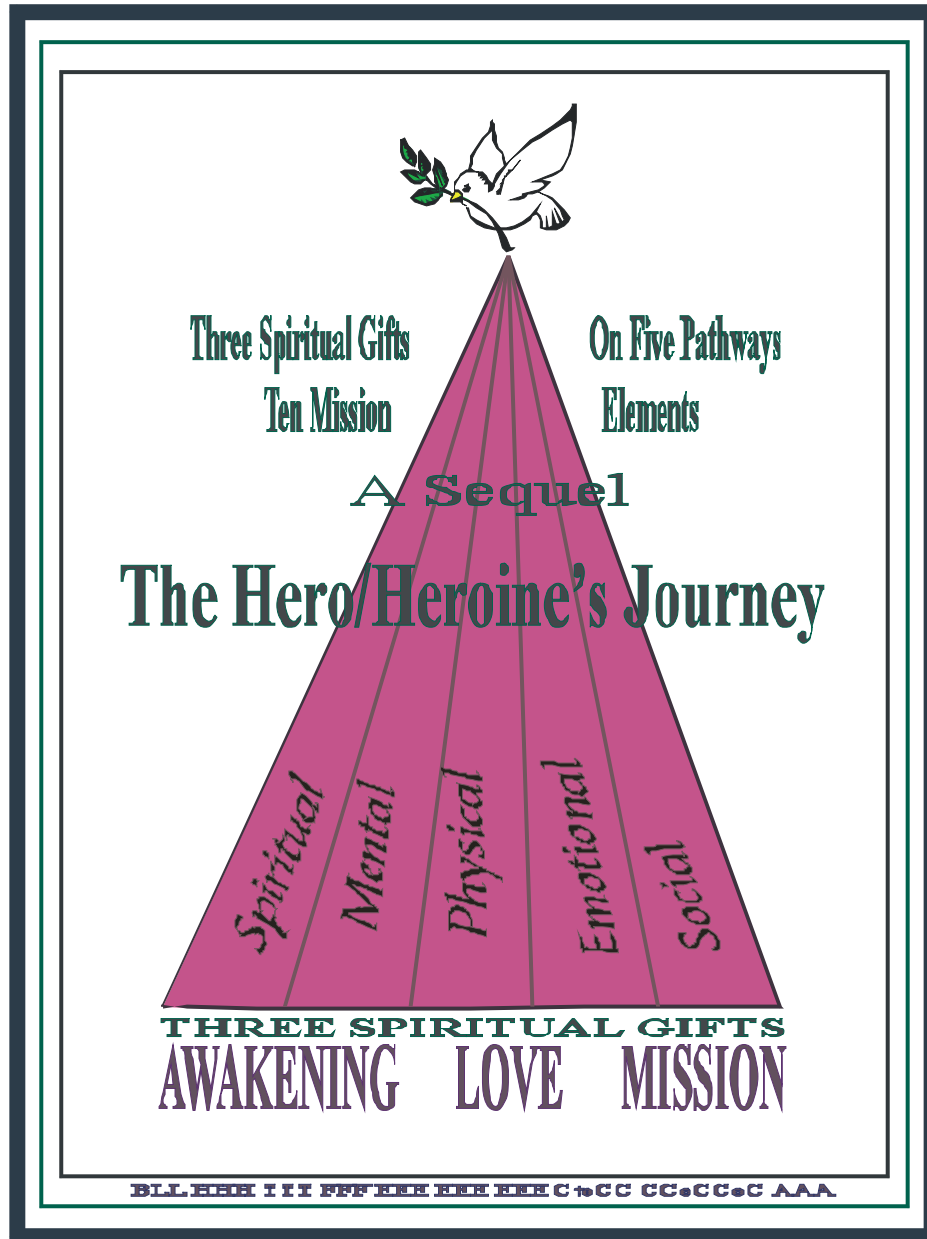


The Hero/Heroine's Journey – A Sequel To
The Three Spiritual Gifts On Five Pathways With Ten Mission Elements



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AWAKENING TO AND LEARNING TO LIVE AS THE INDIVIDUAL EACH OF US WAS CREATED TO BE IS OUR PERSONAL HERO OR HEROINE'S JOURNEY.

This is a great time to be in this world, because it is becoming clear that we are going through a great transformation. Major Spiritual ways of life is becoming more inclusive. Our mental ability expanding with easy access to just about any information to draw from. We are at last coming into conscious contact with the physical bodies, world and universe. We are experiencing the possibility of all six loves and emotional awakening. We are growing numbers in realizing we are one life, one creator, with the opportunity to live, move and have our being as one.

Founded in Reality instead of our personal "reality", the one we made up or went along with, we would not have the problems we do. If we would stay awake, instead of sleepwalking even our personal "reality" would offer greater opportunities. Our spiritual, mental, physical, emotional, and social experiences are filtered and shaped by our personal "reality". Our personal "reality" is made up of everything we've experienced. Everything done, felt, thought, seen, heard, experienced, what we did or did not, plus who we did or did not do it with, Real or illusion, makes up our filter personal "reality". We react as though the experience is Real. We may even draw other beings or facts into our conscious experience, but that alone does not make it Real. We believe that each individual creation starts off with a pure Divine Design. As that pure Design passes through our personal "reality" filter we may distort it so badly that it does not look anything like our creator's original pure Divine Design.

Nature at times will shape a tree contrary to its Divine Design within the seed. For example a tree along the coastline is subject to a prevailing wind; the tree bent and shaped to reflect the wind's influence. Our habits of thoughts and feelings are much like the prevailing wind's effect on our Father's original individual Divine Design. We designed this workshop to uncover and discover our personal "reality", giving us an opportunity to own it. Our part is a willingness, commitment and faith in our Higher Power. We need to ask ourselves, "Am I willing to have an open mind and open heart"? "Am I committed to do all the daily assignments"? "Most important do I have faith in my Higher Power to do for me what I cannot do"? This workshop is to help us change what we feed our personal "reality". Once we own our personal "reality" we can take part in its transformation. We change our personal "reality" into thoughts then we replace our thoughts. We can surrender these to our Higher Power because we own them. Our Higher Power can transform these thoughts and feelings into His image and likeness, His will. He upgrades our personal "reality". By the grace of our Higher Power we can experience the ***Three Spiritual Gifts: Awakening, Love, and our Mission***, deeper than words through the ***Five Pathways: spiritual, mental, physical, emotional and social***. Many of us have received the fruits of these Spiritual Gifts on our serendipity journey. We're given the action tools to share these Spiritual Gifts; we call these the ***Ten Mission Elements. These action tools are: loving, healing, teaching, forgiving, empowering, enlightening, enriching, communicating, co-creating and awakening to the One Source.*** This gives us a new meaning of abundance. Today we are realizing the next frontier in practicing these principles in all our affairs, which will include fulfillment of the spiritual, mental, physical, emotional and social pathways.

Our Higher Power, our Creator is omnipresent. We live, move and have our being within Him and He is within each of us doing the works we call life. Why aren't we aware of His Presence? The Power that created each of us still maintains us. We often look too far for the proof of that Divine Presence within each of us. The simple fact that we are living, breathing is that proof. In part we do make up or co-create our personal "reality" but we did not create ourselves. We are subject to the experience our personal "reality" filters.

This workbook will help us improve our conscious contact with our Higher Power, our Higher Selves and all others. This workbook can help us identify our hero or heroine both within ourselves and in the world around us. Our personal "reality" needs to upgrade our individual created purpose, our mission. Our personal "reality" in its selfish, self-centered fearful world view made up illusions of separation, the root of the problem between our Higher Power, ourselves and all others. By grace our selfish, self-centered interest is transformed into enlightened self-interest. We will intuitively know what our Boss would have us do next. Each daily assignment reminds us who and what we are, an open channel and agent of our Creator, everyday heroes and heroines. There are a great many benefits by first re-centering your attention on your Higher Power, asking for guidance then sharing this workbook with another person or a group. Some of these are:

- We get the benefit of others experience, strength and hope dealing with heroes and heroines.
- We build a trust and unity of consciousness each time we meet.
- Responding to the questions our understanding, awakening, love and ability to share will increase.
- As we awaken and grow our responses become more useful, wise, enriching, fulfilling.
- Of course our illusion of separation lessens while our enlightened Self-interest grows.
- Our Higher Power invites us to rethink the judgments we made up about heroes, heroines and life in general.

NOW – HOW ABOUT TAKING THIS WORKBOOK FOR A FORTY DAY TEST-DRIVE?

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A Tri-Partnership is an optional useful tool. Are you willing for 40 Days to enter a Tri-Partnership with your Higher Power and one other person to help you move toward your Heart's Desire, your Hero or Heroine's Journey? Are you willing to commit to your Higher Power to improve your conscious contact with Him or Her? You are to make a conscious contact with your Higher Power and personal contact each day with your partner in person, by telephone or email, with an open mind, open-heart, as willing, and honest and trusting as you can, proving your commitment. Ask your Higher Power for guidance to practice your daily assignment. Act as a coach for each other, sharing when on or off the mission path, your Hero or Heroine's Journey. Once you have committed to living your mission for the next 40 days the fun begins.

This 40-Day Tri-Partnership is as follows: State a Long-term goal, your Heart's Desire or mission we are calling your Hero or Heroine's Journey; living, moving and have your being as your created Self. Treat this as your Mission in life as you see it now, subject to change, as all journeys are. In other words doing your Higher Power's will. Ask your Higher Power to remind you of His or Her will for you here and now. We believe He or She whispered in your open-heart and open-mind what it is and calling you to say yes to your Hero or Heroine's Journey.

Long-term goal: for the next forty days let's have a common long-term goal, to seek and find our individual purpose and meaning which is our mission, which is our Hero or Heroine's Journey. To know and to do our Higher Power's will, the way of fulfilling our heart's desire, our mission.

Intermediate goals: What will it take for you to realize your Long-term goal? What are the spiritual, mental, physical, emotional and social equivalents or skills you need to build or develop, which will enable you to realize your Long-term goal, Heart's Desire? By working the little assignments each day, keeping your long-term goal in mind you will realize some of the tools and skills to help you carry out your part of your mission, note these on a separate paper.

Short-term goals: What can you do here, now, that will contribute to the building or receiving of your Intermediate goals. What tools or skills will help you to realize your Long-term goal? What are you doing or not doing contrary to your Intermediate or long-term goals? Remember as long as you do not linger on what was contrary, no harm done. When negativity comes you need to own them as part of your personal "reality", discredit them, and take back the power you gave them. Surrender negative stuff to your Higher Power to heal or transform into an asset. If you cannot stop thinking or feeling negative stuff, choose one of A.A.'s greatest tools - get out of yourself by helping someone else. See what you can do to help another person. Don't tell them about your problems, but focus on helping that person find a solution or acceptance. As you go about your daily assignments you will more clearly see what will contribute and what is contrary to knowing and doing your Higher Power's will for you. Action is the magic word.

The three goals are; Long-term, intermediate and daily. These you share with your Higher Power and your partner for 40 days, helping each other stay on your Hero or Heroine's Journey or to get back on it. Your Hero or Heroine's Journey is the coming to know and do your Higher Power's will for you. As you practice each daily assignment by tying them to what you believe to be your Higher Power's will you're drawn to your Hero or Heroine's Journey. Your Intermediate goals will enable you consciously and consistently to realize the skills you need to foster your Long-term goal. Our decisions and actions here and now make it possible to receive our Higher Power's grace. If we fail we can choose once again to get back on the path, and when we have a little success we can choose to increase what works. This workbook is designed to help you build a profile of your Hero or Heroine, so when their attributes and characteristics show up you can join your Hero or Heroine on their serendipity journey

For many of us in the Program Emmet Fox is a true hero. What he has to say about our heart's desire is insightful. An old adage says: "God has a plan for everyone, and He has one for you." Our only real problem, the only problem we have, is to find our true calling in life. Everything else will fall into place. We will be happy; and on happiness, health will follow. We will have all the supply that we need to meet our needs; this means that we will have perfect freedom; for poverty and freedom cannot go together.

Our Higher Power created each of us, a spiritual entity, as we are, having a special purpose, a special place, only one person can fill it. But how is one to find his or her true place in life? Are there any means whereby we may discover what it is that God wishes each of us to do? The answer is divinely simple; God Himself whispers into our heart that wonderful thing called our heart's desire. [We're calling this your Hero or Heroine's Journey.]

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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 workshop may cause you to let go of some of your personal "reality," and even become 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 resent-

ments, pains and fears. You could even find yourself with a new understanding, awakening. You may find your Higher Self. Neither this workshop 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.

WORKSHOP'S PRIMARY PURPOSE

This workshop's primary purpose is to offer you a set of useful tools to help you on your Hero's Journey. These tools can enable you to be aware of the *Three Spiritual Gifts on Five Pathways with Ten Mission Elements*, and ways to apply these tools in our everyday life. *Tools* are worthless unless we learn how to use them and then use them. Well that's what this little workshop is about. Our main focus is learning new ways to expand our application of the program of Alcoholics Anonymous. 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)*. This little workshop will be on the Three Spiritual Gifts and the Five Pathways with Ten Mission Elements. *Awakening (Gift One)* we believe is the correct word because it does happen as the result of applying the spiritual principles, which open us up to our Higher Power's grace. We can choose to use this information and understanding to chip away all that is not the *Love* we are (*Gift Two*). We will realize our God-created Self with purpose and meaning, our true *Mission (Gift Three)*. This workshop will help us realize our Spiritual Gifts, our true nature. We will apply these Gifts in each area of our human condition: Spiritual, mental, physical, emotional and social. We will express our loving Mission by the gift of grace. We will awaken to our individual Mission with its Ten Mission Elements: loving, healing, teaching, forgiving, empowering, enlightening, enriching, communicating, co-creating and awakening to our Higher Power. Using these tools we are more likely open to our Higher Power's loving grace, mercy, miracles and the promises.

Our 1st Spiritual Gift Awakening To Our Hero's Journey

"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 are 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 workshop 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. Our 1st Spiritual Gift is the first part of Step Twelve, "*Having had a spiritual awakening as the result of these steps*". This spiritual awakening is our first Gift of our three primary goals of this workshop.

Our 2nd Spiritual Gift Our Love to Share on Our Hero's Journey

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 3rd Spiritual Gift Our Mission Expressing our Hero's Journey

Our Mission: Awakening to the created individual Self that we are with purpose and meaning. In other words, consciously and consistently living our mission, 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 Program. When we're God-centered even for a moment we have all the power and wisdom we need. In that moment we're told or shown what to do, say, think and feel in a way we can currently hear, understand and follow. *Practicing our Mission in all our affairs through the Five Pathways: Spiritual, mental, physical, emotional and social, using our Ten Mission Elements is our goal.*

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Our Ten Elements of Our Mission These Are The Fruits Of Our Three Spiritual Gifts To Share On Our Hero's Journey

I believe we receive by grace the action tools, the Ten Mission Elements that enable us to share with those we're drawn to. First we're opened to the love we are. We're created by Love, for love, to love, therefore a ***beloved lover loving (BLL)***. Each of us living this program experience healing within one or more of the Five Pathways, which makes us a ***healed healer healing (HHH)***. Because we become teachable we're ***taught teachers teaching (TTT)***. Through our Higher Power's mercy we're forgiven, which makes us a ***forgiven forgiver forgiving (FFF)***. We are no longer powerless when we take responsibility for our decisions and actions and leave the results to our Higher Power. If we live the Program the best we can we're enabled, allowed and supplied with the means to carry out our mission. In other words an ***empowered empower-er empowering (EEE)***. When we're Spiritually awakened we're enlighten to some degree, which makes us an ***enlightened enlighten-er enlightening (EEE)***. Many of us become enriched within one or more of the Five Pathways, which makes us an ***enriched enricher enriching (EEE)***. We find ourselves communicating better with others, ourselves and our Higher Power, which makes us a ***communicated to communicator communicating (CtoCC)***. Starting our day with prayer and meditation we co-create our day. This means we are a ***created co-creator co-creating (CcoCcoC)***. As the results of practicing this Program we awaken to our Higher Power which can do for us what we cannot do alone and unaided. The tenth Mission Element is: an ***Awakened Awakener Awakening (AAA)***.

It came to me there are two main hero or heroine themes = Type number one is that person who shares his or her special gifts and talents unconditionally. When our Higher Self is in union with our upgraded personal "reality" we may share the gifts of grace each of us have received. We may both give and receive love unconditionally. Because we have experienced healing to some degree we can share that healing. We may share the teaching that we're taught. We are forgiving to the extent we're forgiven. We are empowered beyond our made up blocks and share that ability. We may share the enlightenment as the Divine Wisdom intuitively through us. We may enrich others with the abundance given us. We may lovingly communicate in a way that is deeper than words. We may awaken to our Higher Power within each of us doing the works we call life. This Number One hero or heroine brings only good, never intentionally harming to another. We expand beyond our current belief in limitation by sharing what we receive. This hero or heroine lives and shares the same Divine Path as our greatest Spiritual teachers. "The works I do you will do greater works" Jesus Christ who I believe came to show us the True Hero/Heroine's Path to the Kingdom within each of us. Who came to reveal to us our own Higher Self, that individual soul which our Father created us as? Mother Teresa was a great heroine, demonstrating a devotion, love and service unmatched. This hero and this heroine brought healing, love and compassion deeper than words into this world. Living our mission, our Father's Divine Design causes us to be our True Self as every day heroes and heroines. This workshop will help you uncover some of the gifts you have received from your good heroes and heroines, and it will help you uncover and discover some of the main characteristics of your good heroes and heroines.

Type number two is the hero or heroine theme portrayed in movies, producers of pain and suffering. These are the ones who punish the wrongdoers, the bullies, those who prey on the weak, powerless to defend themselves. These heroes and heroines freely use the most common drug, guilt and punishment. They receive great praise and honor for doing for us what we would have liked to have done, but could not or would not, vicariously living our violence through type two heroes or heroines. The use of the drug, guilt and punishment, is taught to us early in life. Our teachers were those who care for us, passing on what they were taught. This hero or heroine is deeply embedded within us; to change will take the transforming grace of our Higher Power. This workbook will help you realize that we have a choice. Do you want to keep this type two hero or heroine, after all it really works? Which of these two types of heroes or heroines do you most often practice?

What about the victim, always looking for a Knight in shining-armor to rescue them? The rescuing Knight may be a type one or two hero or heroine. What about the daydreamer who becomes everything he or she ever hoped for? He or she may be the victim or the Knight or perhaps a dreaming alcoholic or drug addict. Sometimes reality and dreams collide and one may have all kinds of struggles coming in any form Spiritually, mentally, emotionally, physically or socially, in all shapes and sizes.

I've had a real breakthrough about the drug guilt and punishment. I am reminded that everything in the Hands of our Higher Power has a good, loving, useful purpose - I am reminded that this drug was taught to me very early in life by my caretakers "for my own good" I was made to feel guilt and punished for what their personal "reality" caused them to believe to be a "crime" - most often a withholding of love until I got back into their alignment, which was part of the

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punishment. I am now awakened to the reality that guilt and punishment is a Divine Thermostat for the purpose of realignment with our Higher Power’s will, a loving call for a correction, in no way a punishment or a withholding of love, but an expression of love. Giving His angels charge of us to help us out of any ditch we may fall into. Following His loving guidance I realize that what I’ve believed for most of my life was my misuse of guilt and punishment. It is no less than a Spiritual, mental, physical, emotional and social thermostat, a loving device to guide us Home.

DAILY ASSIGNMENT: *Each time you start your daily practice - ask your Higher Power for guidance and inspiration and thank Him or Her. When you have finished that Daily Assignment thank Him or Her.*

a.) Note the current Day Number and insert the Date. b.) One of the three Spiritual Gifts. c.) Daily Assignments: the questions and statements you are to respond to in the right column of one of the following seven Response Boxes. The questions and statements start with how you experienced your early days in the Program up to the present. In the response column write what first comes to mind, do not analyze it. Remember, there are no wrong answers.

RESPONSE BOXES: The first two Response Boxes are: d.) Note one of the Ten Mission Elements you’re able to apply to the Spiritual Gift of the day, write your response in the right column. e.) States that you’re unable to apply that Mission Element to that Spiritual Gift, writing the reason in the right column. These Ten Mission Elements are: awakening, loving, healing, teaching, forgiving, empowering, enlightening, enriching, communicating and co-creating.

In the **following five Response Boxes** column one notes one of the Five Pathways, which are: f.) Spiritual, g.) mental, h.) physical, i.) emotional and j.) social. In column two write an example of how you can or cannot apply this Pathway to b.) The Spiritual Gift of the day.

a.) Day # Date	b.) One of the Three Spiritual Gifts	c.) Daily Assignment
d.) Able to apply this Mission Element		
e.) Unable to apply This Mission Element		
f.) Spiritual		
g.) Mental		
h.) Physical		
i.) Emotional		
j.) Social		

k.) Write what increases what works and decrease, what does not work or is too limited or harmful.

If you need more writing space, use the facing page or a separate sheet of paper.

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Al Kohallek's example:

	Gift Three Mission	Today's Mission Element, a beloved lover loving. Our love is a healing power touching our Divine Design into wholeness. Enough love casts out all that is not love. By sharing our loving mission with others we are taking on the role of a type # one the good hero or heroine expressing the individual our Creator intended us to be. Type # two may be your mission path but their main characteristic is to punish the wrong doer not to love. How do you express the love you are in the hero or heroine's role: spiritual, mental, physical, emotional, and social?
Able to love		I am able to love because I was created by Love to love so my real nature is to love. I love loving as the primary role of the good hero. Now I realize love is one of the main mission elements and characteristics of type one - the good hero or heroine – It puts me in alignment with my Divine Designed mission and the fruit of the Three Spiritual Gifts.
Unable to love		I am unable to love consciously and consistently when my personal "reality" is running the show. I lived my life for years as if I were alone and powerless to love or attract someone else to love me. I made up useless, harmful or too limited "laws" about love. At best I could not even dream of being a # one good hero. I did use the drug guilt and punishment. When I was hurt I wanted to hurt others
Spiritual		I am reminded that our Creator is love, even as the good type hero. I affirm this truth when I pray and meditate. I did not create myself nor do I maintain myself. The food I ate is transformed into flesh and bones, thoughts and feelings, in other words everything we call life within lovingly by grace. I love sharing the good hero role by our Father's grace
Mental		We are One Mind, and each of us is using it every time we think. It is co-creating when in harmony with our mission. When making up illusions of separation we're governed by our little personal "reality". As we think we experience what we made up or co-created. I can choose how I use my mind even when it comes to heroes and heroines.
Physical		When I am practicing my loving mission I take care of my physical body and world, my mission vehicle taking me about our Creator's will. Making up love is more an act of co-creating the ability to love but love comes by grace. When I'm controlled by my personal "reality" I too often fall into an old selfish way of life, not the good hero but the punishing hero.
Emotional		Too often I attached my love to feelings. True love is far beyond and deeper than feelings and thoughts. Love is the foundation of my mission and the number one type good hero who uses all the six loves (see The Six Loves workshop www.12stepworkbook.org .) My mission is making a loving difference the hero's way. The type two hero is made up by my personal "reality".
Social		I don't think I am antisocial but more like asocial. I did not like being around people in a social way or business. For a great many years I have shared with all types of human contact, from one-on-one to large conventions. When I was growing up I wanted to be Batman, a loner. He would be a number one type good hero helping and saving people. He could also be a number two type hero who punished the wrong doers; I identified more with this one.

What can you do to increase your ability to be a number one type good – loving hero or heroine?

Our Program is one of the best ways to practice increasing our ability to both give and receive the great benefits of a loving hero or heroine. Every time we share our way of life by practicing the loving principles embedded in the Program it is an act of a hero or heroine. As we learn how to share the loving power we are given through the ten Mission Elements given to us by grace our life makes a good difference. By practicing my mission through the three Spiritual Gifts, the ten mission elements: Spiritually, mentally, physically, emotionally and socially I am increasing my usefulness, lovingly giving of myself, an expression of the number one type of the good hero. Here's an opportunity to practicing the principles of our Program, our love in all my affairs. I call this an everyday hero.
I can decrease my lack of love by loving. I can decrease the illusion of separation by living our Program. It gives us the tools to chip away all that is not our True Self, and all that is not love. We have, by grace the ability to replace the number two type of hero who punishes the wrong doers. We can willingly forgive all even ourselves. I am no longer powerless to change because I now know it is our Higher Power within me doing the works called life, proof of His Presence and unconditional love. The True Hero.

REMEMBER: Silence is our first language; everything else is a poor translation. Love is our Creator's primal action, we are love. We're called often to use words to communicate, but remember words are symbols of symbols, twice removed from reality, ever changing, use them wisely with love. At each beginning seek your Higher Power's guidance which goes deeper than words. I love change and my love is changing.

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Day 1	Gift One Awaken	Today's Mission Element, an awakened awakener awakening. Many of us have awakened to the reality that we are individuals, which means that each of us must have a purpose, a mission in life. Some hero stories have given us hope that our life could make a good difference. What are the hero or heroine's journey themes which inspired you to be your true self: Spiritual, mental, physical, emotional and social?
Able to awaken		
Unable to awaken		
Spiritual		
Mental		
Physical		
Emotional		
Social		

What can you do to contribute to your awakening to your Hero or Heroine's Journey?

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Day 2	Gift Two Love	Today's Mission Element, a beloved lover loving. Who were your heroes or heroines growing up? What were their loveable characteristics? Has your choice of a hero or heroine changed or has the same hero or heroine changed their characteristics, Spiritual, mental, physical, emotional and social? Were these Spiritual heroes or heroines?
Able to love		
Unable to love		
Spiritual		
Mental		
Physical		
Emotional		
Social		

What can you do to increase your love for your hero or heroine's journey?

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Day 3	Gift Three Our Mission	Today's Mission Element, a healed healer healing. Was or is your hero or heroine a Spiritual, mental, physical, emotional and social healer? Did or do they use magic or super-human means? If you are on a hero or heroine's journey does that mean that you would have to have super-human gifts? Or have a Spiritual Transformation? Or can you be an everyday hero or heroine just being your created individual self, one day, one event at a time?
Able to heal		
Unable to heal		
Spiritual		
Mental		
Physical		
Emotional		
Social		

On a hero or heroine's journey how can you increase the ability to heal or decrease what causes the need to be healed?

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Day 4	Gift One Awakening	Today's Mission Element, a taught teacher teaching. Who were your heroes or heroines growing up? What were their teachable characteristics? Has your choice of a hero or heroine changed or have they changed their characteristics as you awoken? What have you learned from them: Spiritual, mental, physical, emotional and social? Did they teach you by walking their talk?
Able to teach		
Unable to teach		
Spiritual		
Mental		
Physical		
Emotional		
Social		

How can you become more teachable like your hero or heroine, decreasing un-teachable-ness?

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Day 5	Gift Two Love	Today's Mission Element, a forgiven forgiver forgiving. Early in life many of us wanted to be a hero or heroine. For some of us our hero dream became a punisher instead. We would punish or withdraw from those who ran over us or others that could not defend themselves. Was that a kind of hero or heroine? Drinking had nothing to do with punishing bullies. Some of us felt bad when we let someone get by without punishment. How did you deal with bullies: spiritual, mental, physical, emotional, and social?
Able to forgive		
Unable to forgive		
Spiritual		
Mental		
Physical		
Emotional		
Social		

What can you do to increase your ability to forgive and decrease your unforgiving as your hero or heroine would?

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Day 6	Gift Three Our Mission	Today's Mission Element, an empowered empower-er empowering. Does your hero or heroine use super-human powers to overcome the "evil doers"? Is this super-human power: Spiritual, mental, physical, emotional and social? Does this mean that you cannot be a hero or heroine? If one is on a Spiritual path then it is the Higher Power within doing the works, which mean, Omnipotence comes in to play.
Able to empower		
Unable to empower		
Spiritual		
Mental		
Physical		
Emotional		
Social		

What will increase your empowerment and ability as a hero or heroine and decrease your lack of power?

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Day 7	Gift One Awakening	Today's Mission Element, an enlightened enlightener enlightening. Often our hero or heroine will have to face a chronic Spiritual Disease, pride and self-righteousness, like an AA Pharisee with lots of rules; "My way or the hi-way," much like a computer; lots of rules with no mercy, with a false humility disguised as a form of enlightenment. An AA Pharisee is a blind guide; deluded into thinking his or her darkness is light/enlightenment. At some point he or she hits a bottom and experiences a Spiritual Transformation. Have you experienced this or seen it in your hero or heroine: Spiritual, mental, physical, emotional and social?
Able to enlighten		
Unable to enlighten		
Spiritual		
Mental		
Physical		
Emotional		
Social		

What can you do to increase your enlightenment and decrease what isn't enlightening?

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The Three Spiritual Gifts On Five Pathways With Ten Mission Elements

Day 8	Gift Two Love	Today's Mission Element, an enriched enricher enriching. How has your hero or heroine enriched your life and others: spiritual, mental, physical, emotional and social? What did you do with the enrichment you received? If the enrichment was love, who did you express it on and with? Do you believe that your hero or heroine is Spiritually driven?
Able to enrich		
Unable to enrich		
Spiritual		
Mental		
Physical		
Emotional		
Social		

What can you do to increase your enrichment for your heroes or heroines and, decreasing what doesn't enrich?

The Hero/Heroine's Journey – A Sequel To
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Day 9	Gift Three Our Mission	Today's Mission Element, communicated to communicator communicating. By example our hero or heroine shows us how to pass through the temptations of the human condition. We cannot overdo our mission if it is the will of our Higher Power, or can we? A good sign that we are in alignment with our Higher Power's will is that we are more likely to experience peace of heart, mind, soul, serenity. How do you communicate this; Spiritual, mental, physical, emotional and social?
Able to communicate		
Unable to communicate		
Spiritual		
Mental		
Physical		
Emotional		
Social		

What can you do to improve your communication skills as your hero or heroine's way, decreasing what is not?

The Hero/Heroine's Journey – A Sequel To
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Day 10	Gift One Awakening	Today's Mission Element, a created co-creator co-creating. Sometimes it is difficult to know when we are co-creating and when we are making up illusions. If your hero or heroine is on a Spiritual path they are most likely in that mystical conscious union with their Higher Power while co-creating? Have you awakened to the Spiritual hero or heroine's path of co-creating: Spiritual, mental, physical, emotional and social?
Able to co-create		
Unable to co-create		
Spiritual		
Mental		
Physical		
Emotional		
Social		

What can you do to increase your ability to co-create while decreasing your making things up?

The Hero/Heroine's Journey – A Sequel To
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Day 11	Gift Two Love	Today's Mission Element, an awakened awakener awakening. Awakened and living our hero or heroine's journey we experience a degree of what our Higher Power must experience, while loving us all, all the time. We are likely to love some, some of the time and to be loved by some, some of the time. In our Higher Power's image and likeness we awaken to the reality that we can love all by praying for each created individual to be themselves, having all it takes to do so. How can you extend the love you are as your Spiritual hero or heroine awakens you: Spiritual, mental, physical, emotional and social?
Able to awaken		
Unable to awaken		
Spiritual		
Mental		
Physical		
Emotional		
Social		

What can you do to awaken and decrease your sleepwalking?

**The Hero/Heroine's Journey – A Sequel To
The Three Spiritual Gifts On Five Pathways With Ten Mission Elements**

Day 12	Gift Three Our Mission	Today's Mission Element, a beloved lover loving. I believe it is correct to state that our Higher Power which created each of us is love, therefore so are we. It follows that our hero or heroine are fine examples of that love. To express the hero or heroine within each of us we express our love as we share our mission. As a hero or heroine how do you express love: Spiritual, mental, physical, emotional and social the hero or heroine's way?
Able to love		
Unable to love		
Spiritual		
Mental		
Physical		
Emotional		
Social		

What can you do to increase sharing the love you are as the hero or heroine's way, and decreasing withholding love?

The Hero/Heroine's Journey – A Sequel To
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Day 13	Gift One Awakening	Today's Mission Element, a healed healer healing. Many of our World War One wounded heroes were given morphine, and often became addicted to morphine. The producers of Bayer Aspirin, with good intentions produced what they called The Hero's release from pain and free of addiction that <i>was heroin</i> . What an awakening that turned out for the well - intended healers. Have you ever followed one who you thought was a hero or heroine: Spiritually, mentally, physically, emotionally and socially, which caused the need for a real healer?
Able to heal		
Unable to heal		
Spiritual		
Mental		
Physical		
Emotional		
Social		

What can you do to increase your capacity to heal and decrease the need for healing your hero or heroine's way?

The Hero/Heroine's Journey – A Sequel To
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Day 14	Gift Two Love	Today's Mission Element, a taught teacher teaching. Nothing good or bad will go away or be disempowered until it has taught us what we need to know. What do you keep experiencing over and over again that limits your hero or heroine's path: spiritual, mental, physical, emotional and social? Does your hero or heroine teach only love?
Able to teach		
Unable to teach		
Spiritual		
Mental		
Physical		
Emotional		
Social		

How can you increase your hero or heroine's way of teaching and decrease the useless or harmful teaching?

The Hero/Heroine's Journey – A Sequel To
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Day 15	Gift Three Our Mission	Today's Mission Element, a forgiven forgiver forgiving. Most of us believe that our hero or heroine should always live like your ideal hero or heroine. Are you able to forgive them when they disappoint you? Do you believe that others are judging you when you fall short of your mission? Do you judge others when they fall short of their mission: Spiritual, mental, physical, emotional and social or do you quickly forgive them and yourself?
Able to forgive		
Unable to forgive		
Spiritual		
Mental		
Physical		
Emotional		
Social		

Can you accept your disappointment for ***not*** carrying out a wrong you were tempted to do and forgive yourself?

The Hero/Heroine's Journey – A Sequel To
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Day 16	Gift One Awakening	Today's Mission Element, an empowered empower-er empowering. Do you believe our Creator, our Higher Power is Omnipresent, Omnipotent and Omniscient. If so how can He or She be absent, powerless or ignorant? How can we remain powerless when our Higher Power within each of us is Omnipotence? How can we remain ignorant if we are created in His or Her image and likeness? Have you awakened to your hero or heroine's way of empowering others and yourself: Spiritual, mental, physical, emotional and social?
Able to empower		
Unable to empower		
Spiritual		
Mental		
Physical		
Emotional		
Social		

How can you awaken to the reality that you are empowered by grace even as your hero or heroine?

The Hero/Heroine's Journey – A Sequel To
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Day 17	Gift Two Love	Today's Mission Element, an enlightened enlightener enlightening. Passing through the dark night of the senses and dark night of the Spirit everything that seemed to work well before stops working. This is part of a Spiritual Transformation; everything is taken out of our control. Our hero or heroine's journey will take us through this experience; for it is the Father within each of us that is doing the works we call life. Love yourself by sticking to the basics, what are these basics: Spiritual, mental, physical, emotional and social.
Able to enlighten		
Unable to enlighten		
Spiritual		
Mental		
Physical		
Emotional		
Social		

How does the hero or heroine increase enlightening love and lighten up the darkness of not loving?

The Hero/Heroine's Journey – A Sequel To
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Day 18	Gift Three Our Mission	Today's Mission Element, an enriched enricher enriching. By taking ownership of your personal "reality" you have the right to ask that it be dismantled. Deliberately let go of your desire to avoid someone or something or have someone or something, detaching with an open-heart and open-mind. This calls for your hero or heroine within to carry this out. How does this take place: Spiritual, mental, physical, emotional and social?
Able to enrich		
Unable to enrich		
Spiritual		
Mental		
Physical		
Emotional		
Social		

Following the hero or heroine way, how can you increase and enrich your Mission, decreasing what's not?

The Hero/Heroine's Journey – A Sequel To
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Day 19	Gift One Awakening	Today's Mission Element, a communicated to communicator communicating. It is important on a hero or heroine journey that we are able to communicate their awakening: Spiritual, mental, physical, emotional and social. Like our Higher Power, the hero and heroine, and our Higher Selves' first language are silence and everything else is a poor translation. How can you become fluent in our first language, silence?
Able to communicate		
Unable to communicate		
Spiritual		
Mental		
Physical		
Emotional		
Social		

What can you do to awaken to and share the hero or heroine's way of effective communication?

The Hero/Heroine's Journey – A Sequel To
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Day 20	Gift Two Love	Today's Mission Element, a created co-creator co-creating. Very early in life many of us dreamed of being a hero, and then we lost our innocence. Many of us knew little about love, yet our hunger for love and the hero or heroine's way became intent. By grace we can learn how to live our Program, which enables us to co-create an alignment with our Higher Power's will. As a Spiritual adult we take responsibility for our decisions and our actions. Many of us are seeking the loving way of a hero or heroine. Our childhood innocence is long gone but now we can experience, by grace an adult innocence. How do you co-create your hero or heroine's journey: Spiritually, mentally, physically, emotionally and socially?
Able to co-create		
Unable to co-create		
Spiritual		
Mental		
Physical		
Emotional		
Social		

How can you co-create that most loving hero or heroine's way, letting go of our illusionary made up world?

The Hero/Heroine's Journey – A Sequel To
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Day 21	Gift Three Our Mission	Today's Mission Element, an awakened awakener awakening. Perhaps one of the reasons we love the idea of having a hero or heroine is because it draws out characteristics from within that we hope and pray for. The time will come where we will not have to protect ourselves, but we need not wait, we can awaken to the hero or heroine within, which is protecting us now from the dragons in our made up world. What hopes and dreams do you envision coming to this imperfect world: Spiritual, mental, physical, emotional and social?
Able to awaken		
Unable to awaken		
Spiritual		
Mental		
Physical		
Emotional		
Social		

How can you awaken to a deeper meaning of your hero or heroine's mission and realign the surface meaning?

The Hero/Heroine's Journey – A Sequel To
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Day 22	Gift One Awakening	Today's Mission Element, a beloved lover loving. When we come to terms with our false pride and self-righteousness our hero or heroine causes us to look at, our love begins to awaken once again. The mask of false humility disguises itself as love when it is a self-serving not yet awakened love, as love. Even the violent hero or heroine is calling for love and has not awakened to the nature of love but demanding it anyway. How have you come to terms with the false self: Spiritual, mental, physical, emotional and social?
Able to love		
Unable to love		
Spiritual		
Mental		
Physical		
Emotional		
Social		

How can you like your hero or heroine increase love's awakening and decrease your fear of love?

The Hero/Heroine's Journey – A Sequel To
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Day 23	Gift Two Love	Today's Mission Element, a healed healer healing. Love is the healing power the hero or heroine draws out from within us. Trusting the hero or heroine's path within can make us willing, if only for a few moments, to give up our desire to control, our desire for approval, affection and security from other people or things. Are you able to trust the loving healing power within you, just for now to make you whole: Spiritual, mental, physical, emotional and social?
Able to heal		
Unable to heal		
Spiritual		
Mental		
Physical		
Emotional		
Social		

How can I be like the good heroes and heroines whose love is a healing power, and decrease what's not loving?

The Hero/Heroine's Journey – A Sequel To
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Day 24	Gift Three Our Mission	Today's Mission Element, a taught teacher teaching. Some of us put heroes and heroines on a pedestal, they cannot seem to do anything wrong. At some point they may fall short of being perfect. How do you react when disappointed in the hero or heroine you believed to be perfect? How did they disappoint you: spiritual, mental, physical, emotional and social? How did you react to the wrong done? Are they still a hero or heroine?
Able to teach		
Unable to teach		
Spiritual		
Mental		
Physical		
Emotional		
Social		

How can you become more teachable like the good hero or heroine, while decreasing what blocks being teachable?

The Hero/Heroine's Journey – A Sequel To
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Day 25	Gift One Awakening	Today's Mission Element, a forgiven forgiver forgiving. If we didn't have a hero or heroine we would invent or reinvent one. Our true created self knows we are better than we can prove, some of the time we intuitively identified with heroes and heroines to compensate for the lack of proof. Is there something you are unable to forgive yourself for, which judges you as unworthy to be a hero or heroine? Are you willing to forgive anything that says no to the awakening of the hero or heroine within: spiritual, mental, physical, emotional and social?
Able to forgive		
Unable to forgive		
Spiritual		
Mental		
Physical		
Emotional		
Social		

How does the hero and heroine awaken through forgiveness, how can you increase the flow of forgiveness?

The Hero/Heroine's Journey – A Sequel To
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Day 26	Gift Two Love	Today's Mission Element is an empowered empower-er empowering. One of the most common hero or heroine themes is about love. These tend to empower us because we are love, created by love, for love. Each of us at some point will come face to face, if we are working our Steps, on everything that is within our personal "reality" that is not love. The hero or heroine can empower us to carry out the love we are. What has been your experience to love: Spiritual, mental, physical, emotional and social?
Able to empower		
Unable to empower		
Spiritual		
Mental		
Physical		
Emotional		
Social		

Love empowers love, how are you increasing love's power and how do you decrease the powerlessness of not loving?

The Hero/Heroine's Journey – A Sequel To
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Day 27	Gift Three Our Mission	Today's Mission Element, an enlightened enlightener enlightening. There is a flower in the desert that only opens up after intense heat, like a fire. Can you identify with that flower, opening up after the painful "fire" of life's awakening, causing your hero or heroine within to thrive and bloom: spiritual, mental, physical, emotional and social?
Able to enlighten		
Unable to enlighten		
Spiritual		
Mental		
Physical		
Emotional		
Social		

How can you make your Mission enlightenment brighter, remember darkness is only the absence of enlightenment?

The Hero/Heroine's Journey – A Sequel To
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Day 28	Gift One Awakening	Today's Mission Element is an enriched enricher enriching. Have you ever known a moody Hero or heroine? Did they have both good moods and bad moods? When a sudden shift in mood came did you believe that moody characteristic made them more attractive to you? How did they demonstrate moodiness: spiritual, mental, physical, emotional and social?
Able to enrich		
Unable to enrich		
Spiritual		
Mental		
Physical		
Emotional		
Social		

How can you increase enriching your awakening and decrease the impoverishment you made up?

The Hero/Heroine's Journey – A Sequel To
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Day 29	Gift Two Love	Today's Mission Element, a communicated to communicator communicating. The movie or TV hero or heroine is often entertaining but unless it flows through our heart the best it can be is entertainment. When any act of a hero or heroine, real or illusion touches our heart, mind and soul our everyday life can be upgraded. Most often it is something our High Power has been trying to communicate to us. Can you give an example of this: Spiritual, mental, physical, emotional and social?
Able to communicate		
Unable to communicate		
Spiritual		
Mental		
Physical		
Emotional		
Social		

How are you communicating love through your Mission and how do you fail to communicate the love you are?

The Hero/Heroine's Journey – A Sequel To
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Day 30	Gift Three Our Mission	Today's Mission Element, a created co-creator co-creating. Five parts of a spiritual treatment: 1. Our Father has the withal. 2. He created each of us with a mission. 3. We ask our Higher Power for whatever it takes to complete our mission with the expectation that our Creator, Father is responsible to supply us with all we need. 4. Thank You. 5. I let go of any outlining as how He is to manifest it. How can you apply this to your hero/heroine's journey: spiritual, mental, physical, emotional and social?
Able to co-create		
Unable to Co-create		
Spiritual		
Mental		
Physical		
Emotional		
Social		

How are you co-creating your Mission throughout the day and how do you make up illusions of separation?

The Hero/Heroine's Journey – A Sequel To
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Day 31	Gift One Awakening	Today's Mission Element, an awakened awakener awakening. Awakening is an act of Divine grace when we can go beyond the surface meaning to a depth deeper than words. The hero or heroine act awakens us to the Transforming Power within and for a moment causes us to detach, let go of what is not our higher Self. The hero or heroine act nourishes us Spiritually, mentally, physically, emotionally and socially by awakening us to an intuitive Spiritual discernment. How have you experienced that?
Able to awaken		
Unable to awaken		
Spiritual		
Mental		
Physical		
Emotional		
Social		

Once you're awakened to the Presence of your Higher Power and your Higher Self how can you use it or misuse it?

The Hero/Heroine's Journey – A Sequel To
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Day 32	Gift Two Love	Today's Mission Element, a beloved lover loving. One of my heroines is Mother Teresa. I love her saying "Do small things with great love. Another one of her sayings, which is so appropriate for our hero/heroine journey; "We all need to find our Calcutta." Have you found your Calcutta: Spiritual, mental, physical, emotional and social? How do you express the love you are?
Able to love		
Unable to love		
Spiritual		
Mental		
Physical		
Emotional		
Social		

Today's practice is all about love, how can you increase your giving and receiving demonstrating they are one?

The Hero/Heroine's Journey – A Sequel To
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Day 33	Gift Three Our Mission	Today's Mission Element, a healed healer healing. "Pain is the breaking of the shell that encloses our understanding." (Gibran) For each type of healing we have experienced it is part of our mission to pass that healing on. In what ways have you experienced healing, Spiritually, mentally, physically, emotionally and socially? Are you sharing these with those you are drawn to?
Able to heal		
Unable to heal		
Spiritual		
Mental		
Physical		
Emotional		
Social		

How does practicing your Mission heal you or offer you hero or heroine opportunities as a healed healer healing?

The Hero/Heroine's Journey – A Sequel To
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Day 34	Gift One Awakening	Today's Mission Element, a taught teacher teaching. It is a truism that we teach what we are, what we really believe. Haven't you experienced the longing to be a hero or heroine? The fact is we do not experience something of value unless we are already half awakened within to that concept. Just for fun how about you saying openly; "My name is _____ and I am a hero or heroine." How did that feel: Spiritual, mental, physical, emotional and social? Try saying that to a loved one.
Able to teach		
Unable to teach		
Spiritual		
Mental		
Physical		
Emotional		
Social		

What have you learned from your awakening and teaching? What did you withhold when teaching?

The Hero/Heroine's Journey – A Sequel To
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Day 35	Gift Two Love	Today's Mission Element, a forgiven forgiver forgiving. A hero or heroine has the ability to accept their weakness and wrong-doing knowing they are forgiven. A hero or heroine is in correct alignment with how it works. They accept the responsibility for what they can do, and do it, and look to their Higher Power for all the rest leaving all the results to the Boss. Are you in correct alignment: spiritually, mentally, physically, emotionally and socially?
Able to forgive		
Unable to forgive		
Spiritual		
Mental		
Physical		
Emotional		
Social		

How does sharing the love you are do away with the need to forgive and when does your love call for forgiveness?

The Hero/Heroine's Journey – A Sequel To
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Day 36	Gift Three Our Mission	Today's Mission Element, an empowered empower-er empowering. We are empowered by our willingness to believe. We are more likely to have active heroes and heroines when we are willing to believe in heroes and heroines. We are more likely to have miracles happen in our life when we are willing to believe in miracles. Are you willing to believe in heroes, heroines and miracles; spiritual, mental, physical, emotional and social as part of your daily mission life?
Able to empower		
Unable to empower		
Spiritual		
Mental		
Physical		
Emotional		
Social		

How does practicing your Mission empower (enable) you and when are you disempowered or unable?

The Hero/Heroine's Journey – A Sequel To
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Day 37	Gift One Awakening	Today's Mission Element, an enlightened enlightener enlightening. Does your hero or heroine use super-human enlightenment to overcome the "evil doers"? Or is your hero or heroine the type that gives on good gifts? How is this super-human enlightenment expressed: Spiritual, mental, physical, emotional and social?
Able to enlighten		
Unable to enlighten		
Spiritual		
Mental		
Physical		
Emotional		
Social		

Darkness is absence of light, closed-mindedness is darkness of the personal "reality", darkness goes when enlightened.

The Hero/Heroine's Journey – A Sequel To
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Day 38	Gift Two Love	Today's Mission Element, an enriched enricher enriching. Each time we carry the Program's message to another it is an out flowing of love. It is the act of our own hero or heroine within when it flows through our heart and not just a duty or payback. How have you expressed your hero or heroine's journey lovingly to enrich lives: Spiritual, mental, physical, emotional and social?
Able to enrich		
Unable to enrich		
Spiritual		
Mental		
Physical		
Emotional		
Social		

How can you richly endow your treasure house with love and cast that which is not love in a dumpster?

The Hero/Heroine's Journey – A Sequel To
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Day 39	Gift Three Our Mission	Today's Mission Element, a communicated to communicator communicating. Our true mission is indeed a hero/heroine's journey. We may intuitively know our hero or heroine within us but we must communicate it by living it, sharing it in our everyday life, "practice these principles in all our affairs." "Just do it." At times our thoughts and feelings are so close to us we have to step back and take a fresh look. How do you communicate your mission, your hero or heroine's journey: Spiritual, mental, physical, emotional and social?
Able to communicate		
Unable to communicate		
Spiritual		
Mental		
Physical		
Emotional		
Social		

How can you increase your effectiveness communicating your mission and decrease what does not communicate it?

The Hero/Heroine's Journey – A Sequel To
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Day 40	We may find ourselves wanting our Higher Power to rush in and rescue us, to be our Hero or Heroine when we experience temptation or a difficulty which seems beyond our ability to fix or control. If we are on a Spiritual Path it is natural that we turn to our Higher Power as our Hero or Heroine. A true Hero or Heroine will not actively intervene unless we are really powerless because the struggle is opening and preparing every recess of my being for the divine energy of grace. He or She is transforming our defects into assets so we can enjoy His or Her divine intent. We are reminded how important it was for us to hit our bottom, that is when alcohol and/or everything else stopped working. By grace we're now recreated co-creators co-creating. Each time we're in alignment with our created Self, our Higher Self, we're co-creators. If you have chosen a hero or heroine pathway in the image and likeness of your Higher Power, the ten mission elements within all levels of the five pathways using the three Spiritual Gifts are useful tools for your serendipity journey. Ask your Higher Power each morning to direct your hero or heroine journey.
<p>Gift One Awakening</p> <p>Has the hero or heroine within you awakened? These are a few thought starters you can tie into your profile of an awakened hero or heroine.</p>	Now we have awakened in a place we have always been, in the Presence of our Higher Power. The following are a few attributes of our Higher Power. Love, God is Love, so are we. Life, there is One Life that Life is God's Life, our life. Truth is another word for Reality, beyond our finite personal "reality". Wisdom is a combination of intelligence, love and timing. Consciousness or Spirit is the unseen Presence. Soul is our individualized created Self. Intelligence is infinite, deeper than words. Universal Spiritual Principles, these Principles have no limits. Omnipresence means Always Present; even our breathing is proof of His or Her Presence. Omnipotence means All Power enabling us by grace through working our Program to make a good difference. Omniscience means All Knowing, nothing hidden.
How can you use these Attributes to help you awaken the hero or heroine within?	
<p>Gift Two Love</p> <p>Would you say your hero or heroine is a real lover? These are a few thought starters you can tie into your profile of a hero or heroine as a lover.</p>	The first characteristic of a hero or heroine is love. We're created by Love through love to love, which each of us has a hero or heroine to be expressed. I have shared the Program with a great number of people and few knew how to give and receive love well. The loves we experience by living our Program are many and deep within daily expressions. We hone these love tools into skillful tools. These love tools are: patience, kindness, generosity, humility, courtesy, unselfishness, good temper, good sense of humor, innocence and sincerity. These tools can help us share the love we are, sharing the message of love we are. Check out the Workbook – Six Loves – Al Kohallek Goes on a love feast. @ 12stepworkbook.org
How can you consciously and consistently give and receive the love you are on your hero or heroine path?	
<p>Gift Three The Mission</p> <p>How does your hero or heroine fit in your mission? These are a few thought starters you can tie into your profile of a hero or heroine as a missioner.</p>	Most of us after working this workshop have a more clear insight into the individual we're created as, with purpose and meaning. Living and sharing our Mission through its Ten Elements enables us to: Love, heal, teach, forgive, empower, enlighten, enrich, communicate, co-create and awaken at a fuller understanding. We're given the characteristics of the most accomplished people throughout history to use. Here is a list of these characteristics: Higher Purpose, focus, preparedness, conviction, faith, trust, perseverance, creative, risk taking, curiosity, resiliency, independent, courage and commitment. We have a better understanding of the meaning; "to practice the Principles in all our affairs."

The Hero/Heroine's Journey – A Sequel To
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<p>How can you consciously and consistently be the individual – the hero or heroine, that Divine Design you were created as?</p>	
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How can you use the Ten Mission elements to foster your hero or heroine serendipity journey?

Awakening	
Loving	
Healing	
Teaching	
Forgiving	
Empowering	
Enlightening	
Enriching	
Communicating	
Co-creating	

The Hero/Heroine's Journey – A Sequel To The Three Spiritual Gifts On Five Pathways With Ten Mission Elements

How do you intend to practice the Five Pathways on your hero or heroine serendipity journey?

Spiritual	
Mental	
Physical	
Emotional	
Social	

A certain scientist devoted his life to developing a strain of butterfly that would be the most beautiful combination of colors ever seen on this planet. After years of experimentation, he was certain that he had a cocoon that would produce his genetic masterpiece. On the day the butterfly was expected to emerge, he gathered his entire staff. All waited breathlessly as the creature began to work its way out of the cocoon. It disengaged its right wing, its body, and most of its left wing. Just as the staff was ready to cheer and pass the champagne and cigars, they saw with horror that the extremity of the left wing of the butterfly was stuck in the mouth of the cocoon. The creature was desperately flapping its other wing to free itself. As it labored, it grew more and more exhausted. Each new effort seemed more difficult, and the intervals between efforts grew longer. At last the scientist, unable to bear the tension, took a scalpel and cut a tiny section from the mouth of the cocoon. With one final burst of strength, the butterfly fell free onto the laboratory table. Everybody cheered and reached for the cigars and the champagne. Then silence again descended on the room. Although the butterfly was free, it could not fly.

The struggle to escape from the cocoon is nature's way of forcing blood to the extremities of a butterfly's wings so that when it emerges from the cocoon it can enjoy its new life and fly to its heart's content. In seeking to save the creature's life, the scientist had truncated its capacity to function. A butterfly that cannot fly is a contradiction in terms. (Invitation to love by Thomas Keating.)

Try the following affirmation (after adding your personal touch) for the next forty days and you will be amazed at the results. Affirmations are planting seeds now into the ground prepared for you. Tend to them until the time of harvest, gather the ripe, nourishing fruits and share them with whomever you are drawn to.

“Upon awakening I turn to You, my Higher Power, (I choose to call our Father – you choose), I am filled with love and gratitude for what you have in Mind for me today. I am now devoted, dedicated and committed to know and do your will. I am receiving whatever it takes to rewrite and rewire my personal “reality” with the Spiritual, mental, physical, emotional and social equivalents of your will for me on my serendipity journey Home to You. Let me remember even for an instant to hear Your Voice telling me your will for me in a way I can currently hear, understand and follow. I am an awakened awakener awakening, a beloved lover loving, a healed healer healing, a taught teacher teaching, a forgiven forger forgiving, an empowered empower-er empowering, an enlightened enlightener enlightening, an enriched enricher enriching, a communicated to communicator communicating and a created co-creator co-creating. It is You Fa-

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ther within me doing the works, I call life, I do love You, want You, need You. I say to all openly or silently – come and let me love you, heal you, teach you, forgive you, empower you, enlighten you, enrich you, communicate with you and co-create with you, and awaken with you, and I will, I have and I am.”

Now What? If you would like to expand your experience with these concepts, keep a working journal for at least forty days to include but not limited by the following:

1. Each time you experience one of the Three Spiritual Gifts (Awakening, Love and Mission) as part of a hero or heroine path.
2. Each time you experience or express one of the Five Pathways (Spiritual, mental, physical, emotional and social) as part of a hero or heroine path...
3. Each time you experience sharing one of Ten Mission Elements (loving, healing, teaching, forgiving, empowering, enlightening, enriching, communicating, co-creating and awakening) as part of a hero or heroine path.
4. Make a mental note of the times that the subject heroes or heroines arises.

Kept something you can write or record with you at all times, even by your bed, so you can note each experience. If you are unable to take the time to reflect on the experience just write or record two or three key words to help you remember the experience later. It is ok to be brief; in fact it may be better when you review your journal. Write enough so it is clear and understandable later. This journal will help you practice your heart's desire, your mission, your individual purpose and meaning. It is an effective way to profile the hero and/or heroine.

It is clear to me that I cannot just change a life time of being on the hero path of punishing the wrong doers overnight. No matter how much I want to be a good type of hero, one who makes a good difference in this old world. My reaction to wrongs done or to the actions of bullies has been automatic since I was 14 years old. At one time my drinking and other harmful defects seemed impossible to ever change, then along came the grace of our Father and AA. I realize the Father within me has been preparing me for a long time to be transformed by grace to follow the loving serving hero way. I now surrender all that is not our Father's will for me, let His will be done and I pray with an abiding faith in His grace that my will be in union and alignment with His.

Have you had enough or are you thirsty for more?

Al Kohallek Goes Stepping – Workbooks and Workshop Papers - download free at www.12stepworkbook.org
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