

*Al Kohallek Is Guided Through
A Spiritual Transforming With Luke 21st Chapter*

Understanding A Transformation Cycle - A Mini-Workshop

Know
This
Well
There
Is
A
Season
For
Each
Level
Of
Being



To
Be
Able
To
Realize
This
Can
Improve
Our
Quality
Of
Life

When "Everything" Seems To Stop Working
It Could Be A Transformation Cycle Time

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A Transformation Cycle

The metaphysical meaning of Luke is: the luminous state of mind, light-giving. Luke was called a “physician,” because the light heals, he was a true healed, healer, healing. (Unity Metaphysical Bible Dictionary)

Why this 21st Chapter of Luke? We will start with questions and end up with an answer, solution.

When I Joined Alcoholics Anonymous, on February the 6th 1957, I could not read. I had promised myself when I could I would try to read the Bible first hand. I knew it would be difficult for me plus I was fearful to do so, as I was still holding on to some old ideas about the Bible. I was given the suggestion to just open the Bible at random. On my first try I turned to the 21st Chapter of Luke. By God’s grace I intuitively knew what it meant for me. The Bible has a lot of examples of the Spiritual Transformation Cycle process. I did not have a name for it then but I could understand and identify with the process, which I was going through at the time. I did not have the words to explain the process I was going through and I not too sure I have them now. I had about 1½ year in the program at that time. I will share in principle what I am able to pass on by telling some of Al Kohallek’s story. Words are symbols of symbols, which are twice removed from Reality. Look beyond the words, symbols to the spiritual meaning they are pointing at.

The main characters in this transformation story are Al Kohallek (Alcoholic), his wife, Allienon (Al Anon) and Al’s sponsor Lou-is Pazeniton (Lou is passing it) This story is more or less true. The names of the characters have been changed to the protect the guilty and the innocent.

Lou-is, a long time member, has gone through a number of these transformation cycles, so he was able to help Al go through this process without a whole lot of discomfort.

***The left-hand side is from
The 21st Chapter of Luke
King James Version***

21:1 And he looked up, and saw the rich men casting their gifts into the treasury.

A Transforming Message

What is a Transformation Cycle? How does it work? What’s in it for me? As spiritual beings in a human experience/condition we pass through many different types of cycles at every level, both short term, one 24 hour day; we are re-born each morning, we experience some tiny growth and then we “die” each night when we go to sleep. Then we have the forty-day cycle, and of course a human lifetime cycle: spiritually, mentally, physically, emotionally and socially. Symbolized by human birth, infant, childhood, adolescence, adult and the elder. In each of these there is some growth and some transformation, however the Spiritual Transformation Cycle is far more intense. It gives a profound meaning to the idea that we must die to be re-born. As Jesus demonstrated with his birth, life, death and resurrection. This process is repeated in every true Spiritual Transformation Cycle.

The following is a pathway through a complete cycle of a spiritual transformation. Which is one of the greatest fulfillments we can experience in this human condition and one of the most fearful, painful and dangerous experience we can have, sometimes it proves to be fatal. At some point in our life experience everything stops working, this time has been called the Dark Night Of The Soul. Our fighting or resisting the natural cycle can cause great problems, fear, anger, depression, destructive acting out or turn on one’s self. The more we try to live on yesterday’s bread – experience, the more pain, frustration, anger and fear. This is a time; I believe that many of us do very destructive things to our self and or others.

Our Higher Power or Higher Self will direct and guide us if we are willing to surrender to the process. Pain comes from our resistance – so let go and let our Father guide us Home.

***The right-hand side is
Al Kohallek’s response
to each verse***

1. Al Kohallek was thinking; “It seem like I am always sharing something I value. What do I have an abundance of that I don’t want or need today to give away?” “I’ll clean out my closet of old clothes, the ones I did value a long time ago.” Whatever Al valued that he gives even a little of away is to him a great gift. A labor union leader once said; “When we don’t know what to ask for we ask for more money.” Al “knew” that money was valued by “all”, so he

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	<p>dropped \$5 in the hat. He knew there would be some watching, most of them would put only a \$1 in the hat, if that much. He was not rich by any means but he was better off than most around here. His five bucks should impress others and they would see just how rich and generous he was and probably be jealous. Al was selfish and self-centered but he was smart enough to know that it is much easier to give a little money instead of him self.</p>
<p>21:2 And he saw also a certain poor widow casting in thither two mites.</p>	<p>2. At the beginning of a transformation cycle we must be willing to surrender all we are, all we have. This poor widow was wise enough to do just that. The way Al saw it when she drops her little two mites in the hat was that all who was watching must be thinking, “boy Al is really something special, generous, and very well to do.</p>
<p>21:3 And he said, of a truth I say unto you, that this poor widow hath cast in more than they all:</p>	<p>3. Anything less than all of our self is not enough. We have to be willing even if we are not able to give all. Al always felt empty when he gave “things” away.</p>
<p>21:4 For all these have of their abundance cast in unto the offerings of God: but she of her penury hath cast in all the living that she had.</p>	<p>4. “Half measures avail us nothing” – The rich ones gave of their stuff – she gave of her self with a great faith that God would supply all her needs. What now God? – What next God? When Al heard what had been said that the poor widow had cast in more than all these, he thought; was that person blind or what? Who ever this was must not have seen me drop in my five bucks or he may have been working the poor like some do. Like; “It’s spiritual to be poor,” or “You will get your reward when you get to heaven.” Sure you will! Plus this way we don’t have to help them. Someone must have known Al thoughts – As he said something like; “all the rest of you gave out of your abundance, perhaps a little of your money, stuff, etc. The poor widow gave all she had. She was wise enough to know that ½ measures will not get it done.”</p>
<p><i>Here’s the shortcut---</i></p>	<p><i>If Al could have followed the poor widow’s lead – that is turn EVERY-THING over to the care of God at the beginning of a Spiritual Transformation Cycle he would not have to go through the hell that is to follow.</i> <i>“There comes a time when no human power can keep us from drinking.” [or being insane to the point of self-destruction I may add.] “We have to stop fighting everyone and everything”(Alcoholics Anonymous)</i></p>
<p>21:5 And as some spake of the temple, how it was adorned with goodly stones and gifts, he said,</p>	<p>5. Al could see “good” in “things,” in human power, the intellect, in the rich and famous. He believes in their ability to give him value, meaning or worth.</p>
<p>21:6 As for these things which ye behold, the days will come, in which there shall not be left one stone upon another, that shall not be thrown down.</p>	<p>6. Everything that is not our God created Self will fail to “give” us true meaning, worth and cannot have the power to determine our worth – these may be channels or agents but not the First Cause/Source. Al had not realized this yet.</p>

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21:7 And they asked him, saying Master, but when shall these things be? And what sign will there be when these things shall come to pass?
21:8 And he said, Take heed that ye be not deceived: for many shall come in my name, saying, I am Christ; and the time draweth near: go ye not therefore after them.
21:9 But when ye shall hear of wars and commotion, be not terrified: for these things must first come to pass; but the end is not by and by.
21:10 Then said he unto them, Nation shall rise against nation, and kingdom against kingdom:
21:11 And great earthquakes shall be in divers places, and famines, and pestilence; and fearful sights and great signs shall there be from heaven.
21:12 But before all these, they shall lay their hands on you, and persecute you, delivering you up to the synagogues, and into prisons, being brought before kings and rulers for my name's sake.
21:13 And it shall turn to you for a testimony.
21:14 Settle it therefore in your hearts, not to meditate before what ye shall answer:
21:15 For I will give you a mouth and wisdom, which all your adversaries shall not be able to gainsay nor resist.
21:16 And ye shall be betrayed both by parents, and brethren, and kinsfolk, and friends; and some of you shall they cause to be put to death.
21:17 And ye shall be hated of all men for my name's sake.

7. Al's experience is beginning to show him that each "thing" has a built in disappointment – as each thing falls short of giving long-term worth or real meaning. The sign is disappointment and the sign often reads "Is this all there is?"
8. Al has often thought; "If I only had this ____ or that ____ I would be whole." "If I joined this group _____ or practice this _____ I would surely have a Spiritual Transformation." Lou-is assured Al that we need not waste our time and energy on these but most often we do. Remember - <i>The Kingdom of God is within.</i>
9. As Al entered the Dark Night Of The Soul everything in his life was brought into question and that was a terrifying time. Lou-is knows from his own experience that most often the Spiritual Transformation Cycle must run its full course because very few will completely surrender from the very start of the cycle. So this questing is just part of the normal path but not the end solution.
10. Al is learning that each of his "powers"; his habits of thoughts and feelings shall rise against each other, one level of consciousness against another level of consciousness, spiritual, mental, physical, emotional and social.
11. Every earthly belief Al has will be shaken. He will no longer receive nourishment from these limited old habits of thoughts and feelings that were once his gods, sources. His Spiritual Consciousness will try to communicate with his human condition but he does not have the Eyes to see or the Ears to hear, yet.
12. Al's old beliefs, personal "reality" resentments, fears, lack of forgiveness will imprison him. Each of his old beliefs – patterns are his kings and rulers, his place of worship. Each one of these old beliefs will be brought before his Higher Self, the Father within.
13. Al is asked to choose whom will he serve, our Father's Will or his personal "reality."
14. Al is learning from experience that he cannot enter with a closed mind, with a fixed judgment based on old ideas and expect to have any growth. He knows to ask for an open mind, heart and soul.
15. Al is seeking to let the Father within do His good works and guide him Home. At some level he knows if he can be still he will intuitively know - what now, what next Father.
16. Lou-is had told Al that some of his old ideas that he accepted while growing up would continue to betray him, limit him. Doing this transformation process everything he has learned up to this point must be surrendered even for an instant so these may be transcended. Some of these old ideas must die that he may experience a re-birth, transformation.
17. Al is learning that all human thoughts and ideas are limited, even what he calls spiritual. When he

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	has chosen to trust his Higher Power instead of his little personal “reality” he experienced a resistance. However this is nothing new for Al, he has a habit of resisting every change good or bad.
21:18 But there shall not a hair of your head perish.	18. Lou-is was helping Al to come to believe that his true Spiritual Self could not be harmed.
21:19 In your patience possess ye your souls.	19. One thing Al’s experience has shown him was the fact that in this human condition he could never fully understand the Divine Wisdom because it is infinite and the human is finite, so he was will to learn a little patience.
21:20 And when ye shall see Jerusalem compassed with armies, then know that the desolation thereof is nigh.	20. According to the Unity Metaphysical Bible Dictionary Jerusalem is one of the symbols for a spiritual consciousness of peace, so when Al experienced spiritual conflict then he knew he had a war on his hands. Al found this Dictionary very helpful for understanding Biblical Names and symbols.
21:21 Then let them which are in Judea flee to the mountains; and let them which are in the midst of it depart out; and let not them that are in the countries enter there into.	21. Judea is the spiritual symbol for “the praise of Jehovah (God) – Mountains is the symbol of a “spiritual high plane of consciousness.” In Al’s prayers and affirmations during this time of conflict, he praised our Father by turning his consciousness away from the problem and to the most High quickly. He chooses to leave the place of conflict ASAP. If he was not part of the conflict he did not go there.
21:22 For these are the days of vengeance, that all things, which are written, may be fulfilled.	22. Al was willing to accept the reality that during this transformation process it is a time of vengeance, but not a time to punishment but a time to correct. That is be quick to turn it back to our Father for this correction, that all of the process may be completed as it was Divinely written.
21:23 But woe unto them that are with child, and to them that give suck, in those days! For there shall be great distress in the land, and wrath upon this people.	23. Al accepts the truth that the things that he made up (not co-created) are his children and if he is unwilling or unable to surrender these to our Father’s care they will suck our energy dry and cause great distress. We need all our gifts of energy to take care of our Father’s business.
21:24 And they shall fall by the edge of the sword, and shall be led away captive into all nations: and Jerusalem shall be trodden down of the Gentiles, until the times of the Gentiles be fulfilled.	24. Al’s most common mindset is a conflict between his ego (personal “reality”) and his higher self. We could say that’s a normal human condition. Even our highest beliefs will be trodden down by the Gentiles (non spiritual, worldly thoughts – thoughts pertaining to the external) until the external have served its purpose.
21:25 And there shall be signs in the sun, and in the moon, and in the stars; and upon the earth distress of nations, with perplexity; the sea and the waves roaring;	25. At one time Al put great stock in the signs of the alignment of the sun, moon, planets and stars. Also assigning mystic power to the normal cycles of the physical world. As though the “gods” were punishing him. Looking for something to explain or blame.
21:26 Men's hearts failing them for fear, and for looking after those things, which are coming on the earth: for the powers of heaven shall be shaken.	26. Since Al turned his will and life over to the care of his Higher Power he has experienced, to some degree that the spiritual will expand with its use. Material and ego things deteriorate with use. He understands better than ever before that the human condition, including spiritual pride has a built in obsoles-

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	cent, yet he stills has a great “faith” in stuff and human intelligence, when it fails, which it will, his world is shaken. Even his limited spiritual “powers” shall be shaken.
21:27 And then shall they see the Son of man coming in a cloud with power and great glory.	27. Now that the transformation cycle is nearing its completed course Al intuitively know he has to totally surrender to his Higher Power. As he did this even for an instant he experienced a loving Presence comes shinning through clouds of depression.
21:28 And when these things begin to come to pass, then look up, and lift up your heads for your redemption draweth nigh.	28. At this time Al lifted up his consciousness in prayer and thanks giving. He experienced some peace but it was not over, yet somehow he knew the end of the despair was near and his transformation was coming soon.
21:29 And he spake to them a parable; Behold the fig tree, and all the trees;	29. Jesus often spoke in parables because he was teaching us about principles not details. He used everyday things as an example, in this case the seasonal cycle of trees. Al has a whole new regard for the story telling he has taken for granite for some time in his program.
21:30 When they now shoot forth, ye see and know of your own selves that summer is now nigh at hand.	30. Al was told that the transformational cycle was in principle like the seasonal cycle. The spring, the summer, the fall, the winter and then comes the new re-birth of a cycle with spring.
21:31 So likewise ye, when ye see these things come to pass, know ye that the kingdom of God is nigh at hand.	31. Al is learning and awakening to the common phases of the Transformation cycle. This awareness has become part of his early warning signal. Knowing the transformation cycle process in principle, has given him a great deal of peace.
21:32 Verily I say unto you, This generation shall not pass away, till all is fulfilled.	32. This is a very important key to Al’s understanding –“This generation shall not pass away, till all be fulfilled.” This implies that this is an on going process that has a beginning, and end here and now, it is not a historical event. This transformation cycle is in Al’s generation, <i>each and every generation.</i>
21:33 Heaven and earth shall pass away: but my words shall not pass away.	33. Al is now blessed with an open-mind after so many years of a closed-mind. Since coming into this way of life, every idea, belief he had about heaven and earth and everything else has passed away, because his human condition is finite, while universal spiritual principles will not pass away, these are infinite.
21:34 And take heed to yourselves, lest at any time your hearts be overcharged with suffering, and drunkenness, and cares of this life, and so that day come upon you unawares.	34. After awhile in this Dark Night Of The Soul Al was overcharged with suffering. As he sees it now his pain came from his resistance to the transformation cycle. His experience has shown him that those who have any kind of addiction will at times crave problem stuff; if we give in we are likely to miss the joy of the present transformation coming full cycle.
21:35 For as a snare shall it come on all them that dwell on the face of the whole earth.	35. Al felt better when Lou-is told him that everyone on the face of the earth must go through these Spiritual Transformations. This is the way of the evolution of consciousness to higher more loving levels.

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21:36 Watch ye therefore, and pray always, that ye may be accounted worthy to escape all these things that shall come to pass, and to stand before the Son of man.

21:37 And in the daytime he was teaching in the temple; and at night he went out, and abode in the mount that is called the mount of Olives.

21:38 And all the people came early in the morning to him in the temple, for to hear him.

36. Lou-is had impressed on Al how important it is that we keep an open-mind. Lou-is reminded him that the human consciousness is so very limited, filled with illusionary judgments based on old ideas. To pray always seems like an unreachable ideal goal. Lou-is was able to share a way to do this that works for him. One way to do this Lou-is said something like; we can remind our self of our Father's Presence – Attributes at every new beginning that is any shift in our conscious focus. We can build a habit of anything even prayer if we do it often and long enough. It is very wise and useful to remind our self that our Father is the only true source of everything. The shortcut for standing before the Son of man is found in the poor widow's way – the willingness to surrendering everything to our Father at the first sign of a Spiritual Transformation Cycle. If we are unwilling or unable to do this at the very beginning of the cycle we are most likely to go through the process of a full cycle. The widow's way is the best way.

37. In the fullness of the Divine Light Jesus was teaching the Way, the Truth and the Light, in the temple (the Presence of our Father – a place of worship.) At night abode in the mount (the symbol for a state of exaltation, a high plane of consciousness, a state of spiritual realization) of Olives (olives and olive trees signify the spirit of love, wisdom and peace – olive oil is symbolical of the Holy Spirit, also peace and love.) There are a number of Bible references to the olive; The "dove" returned to Noah in the ark with an olive leaf (Gen 8:11.) Some additional references are: Hosea 14:6, Psalms 52:8, Romans 11:17, Revelation 11:4. Each of these symbolizes love, wisdom and peace and this was/is Jesus' code, the Way, the Truth and the Light.

38. Lou-is said to Al; "have you ever noticed that those who are awakening come early in the morning and throughout the day to a spiritual (the Christ) consciousness in devotion, prayer, meditation and/or worship. As the Spiritual Transformation Cycle is completed even for an instant we are given the Eyes to See (not a pair of glasses but Eyes) and the Ears to Hear (not a hearing aide but Ears.) We have a new understanding to be translated into our human experience. At some point this too will not be enough and a new cycle will begin and when it does we have a decision to make – total surrender as the poor widow did or another journey through another cycle.

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Most of us are aware of the fact that we have gone through life changing transformations at one or more levels of this human condition; spiritual, mental, physical, emotional and or social. These may range from a major change in one area to what may be called a re-birth. The process may have come about through the educational type or a dramatic awakening, like a snapping into a new level of life, understanding.

These transformations cycles do not have to be painful, however most of us resist the natural process to one degree or another and when we do; here comes the pain, anger, frustration and fear. We could avoid much of the negative downside if we would not resist. But only if “ifs” and “buts” were candy and nuts, we would all have a merry Christmas.

When an important area or everything seems to stop working ask your self these two questions. If the answer to one or both is yes take whatever action it takes to correct it.

1. Am I doing something I should not be doing?
If your answer is no, move on.
If your answer is yes, stop it for a while and see if that helps.
2. Am I not doing something I should be doing?
If your answer is no, move on.
If the answer is yes, take whatever action you need to and see if that helps.

If there is no real change you may be entering a transformation cycle.

VERY IMPORTANT SUGGESTIONS:	The A.A. Program is based on principles and will work if we are able to live it. If we are going through a natural transformation cycle it does not mean that the Program isn't working, it means we are going through a way of transformation. When winter rolls around we could find ways to accept it and even enjoy the short, cold, dark days until spring comes around. The four seasons come and go – so it is with this time of transformation. It is so very important that we do not stop the basics: <ol style="list-style-type: none">1. Keep going to our meetings (set a minimum)2. Keep trying to help others (get out of your self)3. Keep turning to your Higher Power (no matter how useless it feels)4. Keep reading some Program books (even if it is only a line or two)5. Don't withdraw (Spiritually, mentally, physically, emotionally, socially)6. Talk about what you are going through in meetings or someone in recovery
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The follow is a mini inventory using the 21st Chapter of Luke. The numbers on the left correspond with a verse from this chapter. You may get some helpful hints from Al Kohallek's response on the right of each verse. If you choose to complete this inventory it will provide you with a better understanding of these life-changing cycles. You do not need to be going through a transformation now for this to be useful. Just answer the questions the best you can.

21:01 What do you have an abundance of that you don't or need to give away (clean a closet - give the clutter away)?

21:02 In the beginning of a transformation cycle would you be willing to surrender all you have all you have? List it?

21:03 What does it mean to you to give all of your self?

21:04 How is it possible that someone can give so little and another seems to give so much more yet it is as nothing?

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21:05 List examples of how you value the rich and famous.

21:06 List examples of those things you once believe where of great value until you got them.

21:07 Have you come to the awakening that “things” have a built-in disappointment? How’s that?

21:08 Fill in the space:

If I only had this or that ___ I would be whole.

If I joined this ____.

If I would just live this way _____ or practice this _____

21:09 As you found yourself in the Dark Night Of The Soul (important areas stop working) what terrified you most?

21:10 Which of your “powers” are in conflict with each other? How so?

21:11 List three habits of thoughts/feelings, beliefs that no longer nourish you or they are too limited or harmful.

1.

2.

3.

21:12 How do/did your compulsions, addictions (your gods, kings, rulers) persecute, control or devalue you .

21:13 What have you been telling yourself about this transformation cycle?

21:14 Which of your old ideas are you still trying to “fix” this with?

21:15 Write a simple prayer or affirmation asking your Higher Power for love, wisdom and guidance for each day.

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21:16 Who are those you have depended on for your support and guidance that failed you?

21:17 Surrendering everything to our Higher Power will generate lots of resistance. What have your experience?

21:18 Our pain comes from resistance, if we could surrender completely this need not be. What's your experience?

21:19 What are the problems you are having with patience and trust?

21:20 When your personal spiritual beliefs conflicts with the Higher Power's guidance what happens?

21:21 When you are in the middle of a conflict do you turn from the problem to the solution? If so how quickly?

21:22 Do you accept the reality that the transformation process is a dangerous place? How do you deal with danger?

21:23 The personal "reality" we made up are our children, those not surrendered will drain us. List these children.

21:24 Our beliefs from the least important to the highest will be called into question. What's still unquestioned?

21:25 What signs do you look for? Do you hope for magic and or miracles?

21:26 In what ways do you still believe that people, places and things are your Source, not just a channel?

21:27 What cloud or clutter stills stands in the way of your complete surrender?

21:28 We will intuitively know when we have truly surrender., Can you give an example of this.

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21:29 Story telling is one way to convey principles while bypassing personalities. Share one on Transformation.

21:30 Can you give an example of one of your life cycles?

21:31 What is your understanding of a transformation cycle?

21:32 Transformation cycles are common to this human condition not just special people. Give examples.

21:33 Our understanding of heaven and earth is ever changing but not Spiritual Principles. Give examples of each.

21:34 What has been the conflict you have experienced during growth or transformation cycles?

21:35 Humans pass through transformations; spiritual, mental, physical, emotional and social, give examples.

21:36 Do you seek guidance at each turning point of a transformation process? How do you stay focused?

21:37 Write out your spiritual active; first thing in the morning, during the day, in the evening.

21:38 In the past when a transformation cycle was completed who got the credit for the awakening?

Write everything you can remember about one of your transformation cycles.

1. Before your transformation cycle stated what was going on: If you are in a 12 Step Program how was it going? Did you take an active part in meetings? How many meetings per week? How was your spiritual life going? How well were you relating to others? What areas of your life seem to be going well?
2. Describe how you felt, what did you do or did not do when “things” stopped working? What was working well before that “stopped working,” but you kept trying to make it work? Each time “it” failed to work how did you react? Feel? Think? In what ways did you resist the process? At what point did the pain really get bad? How did you react? Feel? Think? Were you able to have a conscious contact with your Higher Power? At what point did you surrender? Or did you?
3. Describe what happened when the transformation completed its cycle, when the snap came. Describe what it felt like, what you were thinking and sharing. Who or what did you give credit to for the snap?