

MAY YOU AND I HAVE THE PROGRESSIVE REALIZATION TO DO TO BE THE INDIVIDUAL INTENDED BY OUR CREATOR.

May you and I have the progressive realization of the grace to be


the individual intended by our Creator



the individual intended by our Creator

May you and I have the progressive realization of the grace to be

MAY YOU AND I HAVE THE PROGRESSIVE REALIZATION TO DO TO BE THE INDIVIDUAL INTENDED BY OUR CREATOR.

<p style="text-align: center;">Trevor's Assignment Inspired Al Kohelet's "Pay Forward" Plan Of Action For The 9<sup>th</sup> Edition I greet The Indwelling Omnipresence.</p> <p>In the movie Pay It Forward; young Trevor responds to a school assignment with a plan to help three people who will, in turn, help three more, and so on, in an ever-widening circle. However, Trevor touches more people than he expected, including his abused mother, his physically and emotionally scarred teacher and a journalist who's investigating the plan. Trevor's plan sounds like, in principle, Alcoholics Anonymous' plan of action that a great many have experienced, beginning with our co-founders, Dr. Bob and Bill. We are suggesting that today, as our prep-day, let us pray and meditate; improving our conscious contact with our Father. Let us seek and find everything we need to practice our plan of action, one day at a time. Using "Today's Pay Forward" gift each day will increase its effectiveness and make a greater difference. It's your choice. You could have a lot of fun sharing this and make a good difference, if you choose.</p> <p>Look to this day, For it is life, The very life of life. In its brief course lie all The realities and verities of existence, The bliss of growth, The Splendor of action, The Glory of power – For yesterday is but a dream, And tomorrow is only a vision, But today, well lived, Makes every tomorrow a vision of hope. Look well, therefore, to this day. Sanskrit Proverb – Kalidasa. Thy Love, Thy Will be done.</p>		<p style="text-align: center;">CAUTION</p> <p>THIS COULD BE HAZARDOUS TO YOUR OLD WAY OF LIFE. USE THIS BOOK, OR ANY OF ITS CONTENTS, AT YOUR OWN RISK.</p> <p style="text-align: center;">I greet The Indwelling Seeker.</p> <p>Doing what's suggested in this book may cause you to let go of some parts of your personal "reality." It could cause fewer limits for you. 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 resentments, pains and fears. You could even find yourself with a new understanding and awakening. You could find your Self. Neither this book nor any of its contents are for sale. They are for sharing. <b><i>Pass it on freely to those you love and those you don't.</i></b></p> <p>This 9<sup>th</sup> Edition's Theme – Father it's me again "What we really have is a daily reprieve contingent on the maintenance of our spiritual condition. Every day is a day when we must carry the vision of God's Will into all of our activities. "How can I best serve Thee – Thy Will (not mine be done)." These are the thoughts which must go with us constantly. We can exercise our will power along this line all we wish. It is the proper use of the will." Alcoholics Anonymous page 85 Thy Love, Thy Will be done</p>
---	---	---

MAY YOU AND I HAVE THE PROGRESSIVE REALIZATION TO DO TO BE THE INDIVIDUAL INTENDED BY OUR CREATOR.

Impatience – How It Works  
“Pay Forward” #3

*I greet The Indwelling Wisdom.*

Today’s “Pay Forward” gift is – Impatience – How It Works Some days; I’m in the wrong place, doing something I told myself not to do. What a waste of time and energy. Who wouldn’t be impatient? One of the hardest things about practicing patience is that impatience feels so right. Impatience was one my major defects. I sponsored a guy for about three years; he had PhD Degree in Philosophy and a Master’s degree in Business. I asked him a simple question, like how many meetings are you going to a week? He studied the question, like ten minutes before he answered. One time it was too much for me, and I told him I felt like a detective when I tried to share with him. I turn to our Father seeking guidance, and the answer came to me. I realized whenever I am impatient, there is one thing in common; I don’t see any value or purpose in it for anyone. By our Father’s grace I changed the way I share. Everyone I share with brings me a gift, and I have a gift for them, if I don’t pay attention, I will miss it. At the first sign of impatience, I turn once again to our Father and He blessed me with the answer. Love as patience is passive waiting to begin; not in a hurry, calm, ready to do its work when the summons comes, for love understands and therefore, waits. Thy Love, Thy Will Be done.



Choose Wisely  
“Pay Forward” #4

*I greet The Indwelling Wisdom.*

Today’s “Pay Forward” gift is – Choose Wisely. When our subconscious mind, which is our storehouse for everything we’ve done, say or felt, accepts an idea, it begins to put it into effect. It draws on everything we have collected, most of which we don’t remember consciously. It mobilizes powers we are mostly unaware of. All created beings have within the infinite intelligence that transforms what we eat into what we call life. This Divine power is omnipresence as long as we are breathing, what happens after this life, I don’t know. However, I think it is a good idea to act as if there is a heaven, if there isn’t, we will never know anyway. If we seek through prayer and meditation, Alcoholics Anonymous suggest, we can draw on an unlimited energy of our Father. This invisible Source lines up all we need to carry out our given purpose. As many of us have found out we can misuse this gift to harm others and therefore ourselves, so it pays to choose wisely what we shall set into motion. Sometimes it succeeds quickly and sometimes slowly, but if the thing is not utterly impossible, it will come about in this outer world of expression, once the idea is truly accepted. The conscious mind may give the orders but the unseen does the work. Then we have another choice to make, what are we going to do with the outer expression? “...His secret is with the righteous” (Proverbs 3:32). Thy Love, Thy Will be done.

MAY YOU AND I HAVE THE PROGRESSIVE REALIZATION TO DO TO BE THE INDIVIDUAL INTENDED BY OUR CREATOR.

What About Faith?  
"Pay Forward" # 5

*I greet The Indwelling Guide.*

Today's "Pay Forward" Gift is - What About Faith? I have an important event taking place in a few days, and I have an abiding faith that our Father will give me all I need to fulfill it. It is becoming easy for me to trust our Father for all my future needs for carrying out the purpose He created me for. But, I need to experience my faith in His grace now. I awoken this morning with the pain in my neck, a physical one, that's distracting me from doing my daily pre-work. I am grateful for an abiding faith in His grace for a far-off point in time, but what about this moment? It's taking far more spiritual discipline for the here and now faith and trust. I don't want to downgrade my vision and plans that lies ahead, but this present distraction needs to be addressed. The pain is not going away. Father I ask You, to cause me to carry out my mission with or without this pain. This morning the demands and challenge is to have faith that I will do and be Your love and Will, and serve those I am blessed with. A.A. is teaching me to take up "my cross" and do, say, think and feel, and concern myself with those I am to share with. I know that Your Loving Guidance is always available to me. I need to stop my self-centered thinking and feeling and get on with life. Thy Love, Thy Will be done.



Love And Tender Mercy Is My Choice  
"Pay Forward" # 6

*I greet The Indwelling Compassion.*

Today's "Pay Forward" gift is – Love And Tender Mercy Is My Choice. I am so grateful that my introduction to Alcoholics Anonymous was love not fear based; "My way or the highway or your disease will get you." I was already "gotten;" I was being shown how to be "un-gotten." It is possible to help others awaken to the love we are. My guilt and shame didn't need pumping up; I was motivated by my hungry for acceptance, forgiveness and love. The very first night I came to A.A. I heard how one person, Ted W. exchanged his negative stuff into an exciting, joy filled constructive way of life. This A.A. member was making fun of his defects, his alcoholism and was not stuck in regret and remorse. He was laughing at himself, I couldn't remember a time when I could do that. I did not need to be reminded of my uselessness or powerlessness, I needed to experience the possibility that there was a way out, and I did. As I look back on that first night I realized that love had interrupted the past and opened the future to new probabilities. Some alcoholics introduced to a sober A.A. way of life responded best to a tough no-nonsense path. I already had too much of that from myself. Ted informed me that alcoholism was a deadly disease and kills the body and spirit but was no match for A.As' spiritual principles, when practiced as a way of life. Thy Love, Thy Will be done.

MAY YOU AND I HAVE THE PROGRESSIVE REALIZATION TO DO TO BE THE INDIVIDUAL INTENDED BY OUR CREATOR.

Be Still And Know  
"Pay Forward" #7

*I greet The Indwelling Divine Knower.*

Today's "Pay Forward" gift is – Be Still And Know. I am being prepared by our Father's grace. He is within, around and through us, filling all the space between all His Creators. Omnipresence is not just a kiss-up word, but a REALITY. I pray that every part of me, good and not good is being transformed into His assets, not as something to own but to live, to share. Our deepest prayers are answered before we ask, because it is our Father within guiding us into asking. His encouragement is hidden within our heart's desire. Until we are able to accept the REALITY that it is our Father within doing the works we call our life, our search is fruitless. At times our motive is so selfish and self-concerned, we may question how "this" or "that" could be our Father's Will. Well, He knows by the way of His Omniscience, and His Will is done by the grace of His Omnipotence. His Wisdom is far beyond our pay-grade. In a moment of stillness we may spontaneously experience, His Wisdom of our True Self, without planning; just being and doing, by grace. For that moment we are in alignment with our Father's Will, our heart's desire. Come let us accept our Created-Self. Yes, that takes courage to let go and let our Father Has His Way, holding nothing back. "When you come right down to it, the secret of having it all is loving it all" (Joyce Brothers). Thy Love, Thy Will be done.



Listening Skills  
"Pay Forward" #8

*I greet The Indwelling Communicator.*

Today's "Pay Forward" gift is – Listening Skills. "Let the inner ear listen to the voice of Truth that is always speaking" (Ernest Homes). I believe our Father's first language is silence. He communicates with us through our ear of intuition; I just know it is the Truth I have come to believe that everything has a purpose, yet I fail to listen to others at times, as if they have no value. Some examples: When I want to share my "words of wisdom" and another person will not stop talking, I'm impatiently not listening. I have a problem listening to someone I don't agree with or care much for, or they don't know what they're talking about. I tend not to listen to someone who is busy doing something else, or two or three talking at the same time, or the TV News, that I have no respect for. I have problems when I am too busy listening to my self-centeredness; I'm deafened by the hum of my own voice. By our Father's grace I was taught some good listening skills. Most people speak about 125 words a minute and our thinking is many times that, so we go off on side tracks. If we go of too far we will loss the meaning of what the speaker is saying. To stay focused on the one speaking we can ask ourselves questions about what he or she is talking about, and how we could use it. Thy Love, Thy Will be done.

MAY YOU AND I HAVE THE PROGRESSIVE REALIZATION TO DO TO BE THE INDIVIDUAL INTENDED BY OUR CREATOR.

The Life Of A Distributor

"Pay Forward" #9

*I greet The Indwelling Source.*

Today's "Pay Forward" gift is – The Life Of A Distributor. My early morning awakening reminded me that I am a distributor not the first cause of anything. I was reminded that the abundance I have was given to me as a gift, not by my labor, although I showed up and did what I was guided to. I have no illusion that all I have, starting with my life, came to me by grace. In the business world I was a distributor for an Automotive Manufacturer, which gave me an insight into how important A.As' service is. It has been somewhat easy for me to understand the principle of passing what has been so freely given. I did not create my life or A.A. any more than I manufactured automotive, my part is to distribute it miracles. I am blessed with a fertile imagination; a powerful tool, which can be used constructively or not. I can visualize those things I want to share, helping me be more effective or useless, and it's my choice. Out of enlightened self-interest I use my gifts of grace to expand my distributorship spiritual, mental, physical, emotional and social in the service of others, which benefits me. I turn to the Boss in my prayers, meditations, contemplations and affirmations often. As the useless undigested ideas come to my consciousness I can turn them over to our Father to be dismantled, and transformed into workable assets to share, instead of painful distraction. Thy Love, Thy Will be done.



To Do Or Not To Do - That Is THE Question?

"Pay Forward" #10

*I greet The Indwelling Motivator.*

Today's "Pay Forward" gift is - Procrastinate Procrastination. Go ahead and act as if, this is a wonderful A.A. truism. I know of people who are not in recovery, athletes, performers and artists that use it. At one time, it was enough to be free of fear, pain, and other negative stuff, and self-righteousness judgment. When I fall in a ditch, it's better for me to return to love; to our Father. My reaction can bring a joyful loving service or suffering. When I'm pouring out into the world about me negative self-centeredness, I need to detach from that useless stuff, and practice acting as if – I'm receiving the things I want, and pass it on. I choose not to procrastinate any longer. If I do, I will act as if I'm living my heart's desire, taking one step at a time toward my mission. I choose not to use the "drug" guilt and punishment, when I fall short to motivate myself, the results leave a lot to be desired. The best way for me to handle procrastination is to put it off. "It's the start that stops most people." Don Shula. Once I start I need to keep on keeping on. The time and place for healing wounds, and to return to love, is here and now. If we are willing to ask our Father to be our Source we will have all we need to make a good difference. Come Let us be about our Father's Business. Thy Love, Thy Will be done.

MAY YOU AND I HAVE THE PROGRESSIVE REALIZATION TO DO TO BE THE INDIVIDUAL INTENDED BY OUR CREATOR.

The Illusion Of Separation Begins – Part One  
“Pay Forward” #11

*I greet The Indwelling Holy Spirit Of Truth.*

Today’s “Pay Forward” gift is – The Illusion Of Separation Begins – Part One. “And they were both naked, the man and his wife, and were not ashamed.” Genesis 2:25 “...of the tree which is in the midst of the garden, God hath said, ye shall not eat of it, neither shall ye touch it, lest ye die. “And the serpent said unto the woman, “Ye shall not surely die: For God doth know that in the day ye eat thereof, then your eyes shall be opened and ye shall be as gods, knowing good and evil.” “...they heard the voice of the Lord God ... Adam and his wife hid themselves. Perhaps it’s time to come out of hiding? Adam and Eve were the first to become addicted to the “drug” guilt and punishment. I am awakening to what I believe is the true meaning of the fall of man. Given that Adam became self-conscious while realizing he was naked, this caused him to believe he was separate from all others. Prior to that event, he had been in conscious union with all of life as One Life. He awakened to his new personal “reality”- he saw himself as separate and different from all others - spiritual, mental, physical, emotional and social – he was no longer in union/at-one with our Father. Adam’s and Eve’s eyes were opened; they were conscious of good and evil, and powerless to change it. **Self-consciousness is the original sin; the illusion of separateness.** Thy Love, Thy Will be done.



The Illusion Of Separation Begins – Part Two  
“Pay Forward” #12

*I greet The Indwelling Holy Spirit Of Truth.*

Today’s “Pay Forward” gift is – The Illusion Of Separation Begins – Part Two. When Jesus Christ came into the world His mission was to heal the illusion of the separation from God and others, thereby glorifying our Father. Awakening as the results of living A.A. spiritual principles, we take on some of His attributes. “The Father and I are one, I am in Him and He is within Me.” The Christ Consciousness’/The Holy Spirit’s Good News/The Gospel is simple, no created being has ever been separate from our Father/Creator or can be. Jesus Christ’s Name is expressed through the Holy Spirit, the Consciousness of Holy Wholeness. Jesus Christ came into this world to demonstrate that we all live move and have our being within a Divine Union – each as an individual Divine Design within our Father as One life – Our mission – known or unknown is to glorify our Father’s Works within His Holy Presence. Jesus Christ’s Name [Attributes-Characteristics] is shared with each creature through the Holy Spirit/The Voice of God, and is our True Self’s and our personal “reality’s” mentor and intercessor. He is in direct union with each individual Divine Design as a Christ Self [by many other names]. “Think not that I am come to destroy the law, or the prophets: I am not come to destroy, but to fulfil.” Matthew 5:17-20. The Jesus Christ is all about love, forgiveness, healing, compassion, teaching, Divine Union, in fact too many attributes to list. His Good News is omnipresent love not separation. Thy Love, Thy Will be done.

MAY YOU AND I HAVE THE PROGRESSIVE REALIZATION TO DO TO BE THE INDIVIDUAL INTENDED BY OUR CREATOR.

Centering Within  
"Pay Forward" #13

*I greet The Indwelling Divine Design.*

Today's "Pay Forward" gift is – Centering Within. I choose to center my heart, mind and soul within You Father. I realize You are always centered within me, and within all of Your creatures. Let's keep it simple, there is one life, that life is perfect, that life is our Father's Life, which is my life, your life, all life. It's easy to talk about learning from our mistakes, but it is not ours until we practice what we learned from those mistakes. Back to the basics; every created being has a living relationship with our Father's infinite Being, too bad we are not always conscious of that reality. We were created in His image and likeness, once again we may not be aware of it or accept it, but that will not change who and what we are. "Be still, and know that I am God" (and we are His children) Psalm 46:10. Conscious of it or not our Father, who penetrates, surrounds, and embraces us every moment. "God [our Father] is the atmosphere that our spirit needs to breathe in order to live, move, and have our being" Acts 17:28. Tree of Life - "Stand Tall and Proud Remember your Roots! Be content with your Natural Beauty Drink plenty of Water Enjoy the View" Illan Shamir. Advice from a tree, I pray that nothing I do, say, think or feel hides Your Presence, Father or blocks me/us from doing, and being the individuals You Created. Thy Love, Thy Will be done.



Practicing Divine Wisdom  
"Pay Forward" #14

*I greet The Indwelling Omniscience.*

Today's "Pay Forward" gift is – Practicing Divine Wisdom. I have opportunities daily to share the gifts I've been given. Which of these gifts can I share with confidence, in the most loving, and the effective way? I turn to our Father with an abiding faith in His grace, and I pray that He will use me. Not only do I want my life to matter in a good, loving way, I need it. I know that my love and gratitude is deeper than words but I don't want to hold back just because I cannot express that love and gratitude well enough, let me share what I do have, today. One of His promises is, "...being brought before kings and rulers for my sake, and it shall turn to you for a testimony. Therefore, settle it in your hearts, not to meditate before what you shall answer: For I will give you a mouth and wisdom, which all your adversaries shall not be able to gainsay nor resist" Luke 21:12-15. I want to remember that when I am about to share. "Love and tolerance is our code" Alcoholics Anonymous page 84. Learning how to give of ourselves in service is the most fulfilling way of life. A.A. offers us great opportunities to share; love and service gives our life meaning. Our loving Father is the only True Source. Come let us be about our Father's Business. "It is in the giving that we receive" St Francis of Assisi. Thy Love, Thy Will be done.



MAY YOU AND I HAVE THE PROGRESSIVE REALIZATION TO DO TO BE THE INDIVIDUAL INTENDED BY OUR CREATOR.

Bending With Life's Winds

"Pay Forward" #15

*I greet The Indwelling Wisdom.*

Today's "Pay Forward" gift is – Bending With Life's Winds. My prayers are expanding, and taking on many forms. Sometimes I have a few movements in union with our Father. The past few years I've used Centering Prayer, a path to contemplation (the highest form of meditation; our Father does the communication). A.A.'s way of life offers us a great spiritual growth tools to remove the obstacles to my interior silence. When I realize that I have made up more obstacles to my spiritual path or human growth, it's time to work the Steps and Traditions again. I only need to be willing, not always able to let go and let our Father's will be done. Let me remember even for an instant that it is the Father within doing the works we call life. His love is a healing power touching everything into wholeness. Our love is an extension of His love. I would like to be as wise as a tree in a windstorm, bending when the wind is too strong. I envision the trees on the Gulf Coast, how they are shaped with the prevailing wind. In A.A. I am learning to be flexible, even in the prevailing winds (our daily-life). A too rigid closed-minded lifestyle may cause a spiritual, mental, physical, emotional or social "bone" to break. However, the good news is, if there is a "break" (falling back into an old defect) that which our Father healed is stronger than it was before the "break." Thy Love, Thy Will be done.



No Empty Space

"Pay Forward" #16

*I greet The Indwelling Doer*

Today's "Pay Forward" gift is - No Empty Space. This is true as far as the spiritual and the physical worlds (the atom). Each of us is responsible for what we fill that space with. Our emotional hang-ups were a chief obstacle to our awakening and growth. Later our spiritual pride became a hindrance. We are reminded that human effort depends on grace; to live, move and have our being. "Whatever the degree of Divine union we may reach bears no proportion to our effort. It is the sheer gift of Divine Love" (Father Thomas Keating). As we practice the spiritual principles given us in A.A. and apply them in our daily lives our fears, resentment and worries begin their departure, leaving room to plant the seed of those things we want. The first nine Steps help us own our good as well as our useless, harmful habits of thoughts and feelings. Step Ten's daily housecleaning alerts us to those negative enemies that are reclaiming unattended space. Steps Eleven and Twelve helps us reclaim that space and use it for our heart's desire, based on the transforming power of Divine Love. "And who could ever give him so much that he would have to pay it back? For everything comes from Him; everything exists by His power and is intended for His glory. To Him be glory evermore" (Romans 11:35-36). The grace of time is given us to fill, not to kill. Thy Love, Thy Will be done.

MAY YOU AND I HAVE THE PROGRESSIVE REALIZATION TO DO TO BE THE INDIVIDUAL INTENDED BY OUR CREATOR.

Getting Out Of His Way  
“Pay Forward” #17

*I greet The Indwelling Abundance.*

Today's "Pay Forward" gift is – Getting Out Of His Way. I believe my Home Group is a community of faith in our Father's grace, offering support; correction and mutual concern on our A.A. spiritual journey. Using Alcoholics Anonymous' spiritual tools we can chip away all that is not our true individual created self. We realize the importance of service work; getting out of ourselves by sharing the gifts we are so freely given. As we practice these principles in all our affairs, we realize if one of us suffers, all parts do also, and if one part is honored, all are blessed. So much of our lives were wasted on withholding ourselves, now we find how great it is that we can make a good difference in this old-world. Our lives are not as unpredictable as it was. While it is true we may not know what form or shape or size our experience will come, we can be assured that it will be much better if we share the gifts we are given us by grace. A great many active A.A. members are living far better than we could ever imagine. Whenever we feel we are given more than we can handle it's no long the problem it once was. It turns out to be another opportunity to call on our real Boss and get out of His way, letting Him have His Way. "One may go a long way after one is tired" French proverb. Thy Love, Thy Will be done.



Climbing Our Mount Everest  
“Pay Forward” #18

*I greet The Indwelling Omniscience.*

Today's "Pay Forward" gift is – Climbing Our Mount Everest. I could never understand why anyone would climb a dangerous mountain. After all that hard work and they spend very little time at the top. When I asked someone, that knows a lot about the sport, I was told climbing was the goal, not the mountain top. I've been known to make a mountain out of a molehill. "Try to be a rainbow in someone's cloud" Maya Angelou. At one time, just not taking a drink, and seeking peace; real sobriety one day at a time was equal to climbing Mount Everest. Each daily climb was an affirmation and a hope that I could reach my sobriety summit. Now, I understand the meaning that the "climbing" was important for building my confidence in A.As' spiritual principles working. By our Father's grace, I have not spent too much time or energy on anyone of my "plateaus." I learn to ask more of our Father, of Alcoholics Anonymous' way of life, and of myself. Faith in our Father's Love and Will is our spiritual assurance, and the power to do the seemingly impossible. My primary work is the use the spiritual tools, I have been so freely given, to do and to be the created individual I am. Our earthly consciousness is to use our creative power to bring about our given purposeful life; to serve, to love one another by passing on a way of life that works. Thy Love, Thy Will be done.

MAY YOU AND I HAVE THE PROGRESSIVE REALIZATION TO DO TO BE THE INDIVIDUAL INTENDED BY OUR CREATOR.

Herding Our Holy Cows  
"Pay Forward" #19

*I greet The Indwelling Awakener.*

Today's "Pay Forward" gift is - Herding Our Holy Cows. The question is - Do I have a herd of Holy Cows in hidden fields within me? It's time to take an inventory of my habits of thoughts and feelings abiding in my personal "reality." I can identify, and brand those Holy Cows I find, and surrender them to our Father and follow His guidance. Some will be sent to the market to share. Some will join my growing herd. With the eyes of faith I see the proof of our Father's Presence, Power and Wisdom within each of us doing the works we call life. I urgently seek that mystical union to increase daily. I accept that I have a lot unbranded Holy Cows in hidden fields of denial. Next Spring, I will do another roundup. "The eternal quest of the individual human being is to shatter his [or her] loneliness" (Norman Cousins). For me, There's One Solution to loneliness, it's that Mystical Union, which created us all to be One Life - that is our Father's Life within, around and through each of us. When we awaken, and are introduced to our True Self we will no longer be lonely, or fragmented, but Whole. I can see beyond myself, and I see our created-Self. We always have Loving Divine Company. I look through the eyes of faith, at the proof of our Father's Presence, and I listen for His Holy Voice, though all of us. Thy Love, Thy Will be done.



Appealing My Judgments  
"Pay Forward" #20

*I greet The Indwelling Wisdom*

Today's "Pay Forward" gift is - Appealing My Judgments. If I continue to be concerned about a past judgment about someone or something, it is a past-due project. To start the process I must first own the judgment, then I can surrender it to one of our Father's lower courts; His duly appointed. If they cannot correct the problem, and if that does not work, I can appeal to the Highest Court, directly to our Father. I will accept His ruling willing. Most likely, He will cause me to change my judgment, and upgrade it to an asset. That is what He has done with some of my worse defects. By His grace I have a spiritual tools box, filled with transformed asset, I can share. I am so grateful for His good works; to do otherwise is to dishonor His love. When I fail I know what I need to do without delay. All my illusions are lies that I made up or went along with, which is the core of my useless judgments. Everything we do, say, think, feel, or experience at any level will change us a tiny bit. Trying to live on yesterday's bread will assure us that we will be making outdated judgments. A.A. suggests that we live one day at a time, seeking time to fill not to kill. As soon as you realize you are living a bad, useless or harmful judgment, appeal it to the Highest Court. Thy Love, Thy Will be done.

MAY YOU AND I HAVE THE PROGRESSIVE REALIZATION TO DO TO BE THE INDIVIDUAL INTENDED BY OUR CREATOR.

The Omnipresence Dwelling Within  
“Pay Forward” #21

*I greet The Indwelling Divine Design.*

Today’s “Pay Forward” gift is – The Omnipresence Dwelling Within. A.A. tells us that we may choose our understanding of our Higher Power. One that we can adapt to our particular temperament and natural disposition. As we begin to practice A.As’ spiritual principles our understanding will be transformed into a spiritual reality, and have the wisdom to dispense with our “too small of God.” We become aware that the Divine Spirit is above every method or practice. Our spiritual understanding, if we are active in our program, to be upgraded, as we forgive everyone and everything and serve others in their needs. Many believers think our Father; His Holy Spirit comes to dwell within as we dwell in a house. Nothing of the kind, I can dwell in a house without it becoming part of my being. I may leave it without suffering; no vital union exists between my house and me. This is not the way with His Presence within me. He penetrates our whole being, which He created each of us as. His Infinite Intelligence is the Power transforming all we eat into everything we call life. There is one life, and it is perfect, it is our Father’s Life, and mine, and yours. Alcoholics Anonymous’ spiritual tools chip away the resistance of our made up personal “reality” leaving Him a freedom to demonstrate His Loving individual Divine design, as He intended us to be. “Love is not a because, it’s a no matter what” Jodi Picoult. Thy Love, Thy Will Be done.



No Dues Or Fees  
“Pay Forward” #22

*I greet The Indwelling Freedom To Be.*

Today’s “Pay Forward” gift is - No Dues Or Fees. “The only requirement for A.A. membership is a desire to stop drinking” Alcoholics Anonymous Tradition Three. “Any alcoholic is a member of A.A. when he says so.” You don’t even have to have an honest desire to stop drinking; have to say we’re an alcoholic. Alcoholics Anonymous began in 1935 with two, and it continues to grow. Tradition Two - “For our group purpose there is but one ultimate authority – a loving God as He may express Himself in our group conscience. Our leaders are but trusted service; they do not govern.” The only Boss is our loving God, WOW. There are no dues or fees, but it keeps on going. By the time most alcoholics, problem drinkers arrived at A.A.’s doors have paid far more than the most expensive country club in the world. The “dues” we pay are the practicing A.As’ spiritual principles as a way of life. Action is the magic word, and that is service to others. If we are not joyous, happy and free in sobriety, I believe we are not doing something right or we have not been living A.A. long-enough. The most important thing we receive free is the grace of our Father/creator and for many of us that has come in great abundance. Answering our call to action in A.A. is a chance to demonstrate our gratitude for this wonderful way of life. Thy Love, Thy Will be done.

MAY YOU AND I HAVE THE PROGRESSIVE REALIZATION TO DO TO BE THE INDIVIDUAL INTENDED BY OUR CREATOR.

Divine Therapy - A Spiritual Tool  
"Pay Forward" #23

*I greet The Indwelling Knower.*

Today's "Pay Forward" gift is – Divine Therapy - A Spiritual Tool. Father Thomas Keating coined the phrase, Divine Therapy. It is an idea which portrays the spiritual journey as a form of psychotherapy which is designed to heal the illusion of separation. Our Father/Creator is closer than anything we can come up with. Bill W., our co-founder had an experience in which he believed he was in conscious contact with his Higher Power. "I was soon to be catapulted into what I like to call the fourth dimension of existence" Alcoholics Anonymous p8. This insight comes to some of us gradually emerging from allowing the Divine Therapy to accomplish its work within. Increasingly His Omnipresence accompanies us like a fourth dimension to our three-dimensional world. Always loving, respecting our freedom, forgiving, as we become more aware of His Presence, and developing us at every level into newer and more wonderful expressions of His grace. "There is a 5<sup>th</sup> dimension beyond that which is known to man - It is a dimension as vast as space and as timeless as infinity – It is the ground between light and shadow between science and superstition of his knowledge; this is the dimension of imagination. It is the area we call - The Twilight Zone." We can continue to misuse this gift or use it as its intended, to co-create instead of making up illusions. "Be fully in the moment, open yourself to the powerful energies dancing around you" Ernest Hemingway. Thy Love, Thy Will be done.



Happy And Usefully Whole  
"Pay Forward" #24

*I greet The Indwelling Conscious Union.*

Today's "Pay Forward" gift is – Happy And Usefully Whole. It takes humans a long time to wake up and live a few simple Truths. Many of these have been around since the beginning of time, or at least the beginning of recorded time. "Let it be done unto you as you believe." "Your faith has made you whole." "A.As' Twelve Steps are a group of principles, spiritual in their nature, which, if practiced as a way of life, can expel the obsession to drink and enable the sufferer to become happy and usefully **Whole**" Foreword Twelve Steps and Twelve Traditions. My life was so fragmented when I arrived at Alcoholics Anonymous, I could not believe I could be anything that resembled wholeness. "It can pass into expression through us only as we consciously allow It to do so" The Science of Mind, page46. I had to apply A.As' spiritual principles, clearing away the wreckage of my past, before I was able to accept our Father's mercy and grace. I was in the process of recovery for some time before I could open up to a way of living that had been far beyond my "pay grade." A.A.'s way of life has revealed the gift of purpose; the reason why we are here. Now, I am able to affirm and mean it with all my heart, mind and soul that, I am committed, dedicated and devoted to be and to do our Father's Love and Will, known and unknown. Thy Love, Thy Will be done.

MAY YOU AND I HAVE THE PROGRESSIVE REALIZATION TO DO TO BE THE INDIVIDUAL INTENDED BY OUR CREATOR.

We Will Intuitively Know  
“Pay Forward” #25

*I greet The Indwelling Omniscience.*

Today’s “Pay Forward” gift is – “We will intuitively know how to handle situations which used to baffle us. We will suddenly realize that God is doing for us what we could not do for ourselves” Alcoholics Anonymous page 84. “The intuitive mind is a sacred gift and the rational mind is a faithful servant. We have created a society that honors the servant and has forgotten the gift” Albert Einstein. “Intuition, which is nothing less than God in man, silently awaits his recognition and cooperation” Ernest Homes. “Sometimes I am guilty of temporarily forgetting the sacred gift of intuition. Tapping into our intuition requires listening and paying attention, not letting our natural intuition be drowned out by facts and rationalizations. Intuition is quiet, and I find that the logical, rational mind can shout at me. When I listen to my quiet inner knowing, I can discern what is true for me. My gut feelings are trustworthy and being intuitive helps me access a greater truth” Science of Mind – May 23, 2022. I believe that intuition is our Father’s way of communicating with His children. When I first receive an intuitive message, I just know that it is Divine Wisdom speaking; without a question. For a moment it’s a pure realization or awakening, and I experience our Father’s Spirit of Truth. Then I try to put into human language, and my personal “reality” takes over; a new illusion begins. Thy Love, Thy Will be done.



His Junior Partner  
“Pay Forward” #26

*I greet The Indwelling Senior Partner*

Today’s “Pay Forward” gift is – His Junior Partner. “We had a new Employer. Being all powerful. He provided what we needed, if we kept close to Him and performed His work well” Alcoholics Anonymous page 63. I am reminded of my partnership with our Father. I accept that I am way down the line as a junior [His son] partner. I have a tiny place in His Operation, which is grounded in the mission He has assigned me. My spiritual maturity needs upgrading. I am to demonstrate each of the ten elements of my mission, He has entrusted me with. I am a beloved lover loving. I am a healed healing. I am a taught teacher teaching. I am a forgiven forgiver forgiving. I am an empowered empower-er empowering. I am an enlightened enlightener enlightening. I am an enriched enricher enriching. I am a communicated to communicator communicating. I am created co-creator co-creating. I am an awakened awakener awakening. His will needs to be done; of course this can only come about through His grace. I intend to stay in conscious contact with the Home Office. We are freely furnished with an abundance of everything we could need, including a great labor pool. I am in radical training and I know I will not be punished for my mistakes. “The thing that is really hard, and really amazing, is giving up on being perfect and beginning the work of becoming yourself” Anna Quindlin. Thy Love, Thy Will be done.

MAY YOU AND I HAVE THE PROGRESSIVE REALIZATION TO DO TO BE THE INDIVIDUAL INTENDED BY OUR CREATOR.

A Call To Love  
"Pay Forward" #27

*I greet The Indwelling Omni-Love*

Today's "Pay Forward" gift is - A Call To Love. "When the power of love overcomes the love of power the world will know peace" Jimi Hendrix. We do not have to be a great mystic to know that our Father/Creator is Love. Just look around us and within us and we can see proof of His Loving Presence. All of life is built to share, maybe as a giver or the flip-side, a receiver for now, subject to change without notice. We have to share with other forms of life, to live. We may be blind to that for a time, but love's wakening will come. I love my mission. I feel it's my calling not a j-o-b. A job is when we do something for money or other mediums of exchange, a calling is to share with love, with purpose, and is given to us by grace, we cannot earn it. I do acts of love daily, but not always feel loving. I can make long gratitude list, but I may not feel grateful. Love and gratitude have come to me unearned, by grace. Our Creator is Love, and we are created in His image and likeness, but we cannot make ourselves fall in love. Sometimes we don't feel anyone loves us or that we are unlovable, even though in reality we are loved. When all else fails, try doing a little service work, that is the giving of ourselves, that keeps on giving. Thy Love, Thy Will be done.



Tending To Our Father's Business  
"Pay Forward" #28

*I greet The Indwelling Home Office*

Today's "Pay Forward" gift is - Tending To Our Father's Business. I've heard it said that we are to treat everyone and everything in our experience as if we asked for it. No, treat it as if we prayed for it. Something from the Bible, which goes like this, Before we ask our Father, He has answered. I believe our Father does answer before we ask, because He puts the request in our hearts before-hand. I believe our Father gave each one of us a purpose to carry out, which we call His Will. We can, by practicing A.As' spiritual tools we become more fluent in His first language; silence. "Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His Will for us and the power to carry that out." He is the infinite Wisdom within us that transforms the food we eat into everything we call life. He is omnipresence, and is most likely trying to communicate though each of us 24/7, His Love and Wisdom. However, it passes through our personal "reality" filter system, it gets watered down. If we choose we can practice centering our minds in His Presence at each beginning, the shift in our consciousness, by saying our Father. Let our prayers take us to a silent communication deeper than words, into more direct union with Him. Come let us be about our Father's Business as a junior partner. Thy Love, Thy Will be done.

MAY YOU AND I HAVE THE PROGRESSIVE REALIZATION TO DO TO BE THE INDIVIDUAL INTENDED BY OUR CREATOR.

Spiritual Principles On Call  
"Pay Forward" 29

*I greet The Indwelling Hidden Value.*

Today's "Pay Forward" gift is – Spiritual Principles On Call, Omnipresent. When I viewed A.A.'s Twelve Traditions as rules or regulations I had to abide by, I experienced little value personally. Once I began to view them as Spiritual Principles I applied them in every area of my life, they became vital to me. All of us are expressions of our Father, therefore at the center of our being are the Omnipresence Spiritual Principles. That means at some level all relationships are with our Father – Creator. A.A.'s Traditions give us a set of loving, powerful working tools for all our relationships, just as A.A.'s Twelve Steps gives us for our personal life. "There are two worlds: the world that we can measure with line and rule, and the world we feel with our hearts and imagination" Leigh Hunt. Rules and regulations build walls of separations. Our reaction to negative labels causes us all kinds of problems. Alcoholic is no longer a label but a disease and condition we have a great solution for. Coming from our heart, not just our head we respond to whatever pops up, having room to love, to serve and to heal. Most of us in A.A. have stopped responding to useless and harmful labels driven by rules and regulations. Let's measure others and ourselves with our hearts, minds and souls; our love flowing freely. It's OK to just think and speak about love and service, but far more fulfilling to do it. Thy Love, Thy Will be done.



Unmasking The Meaning  
"Pay Forward" #30

*I greet The Indwelling Omniscience.*

Today's "Pay Forward" gift is – Unmasking The Meaning. "The least of things with a meaning is worth more in life than the greatest of things without it" (C. G. Jung). Often these teaching events are not pleasant, but painful. What makes these good or bad events meaningful is that they bring a deeper understanding of my life's purpose. I was confronted with an old defect in a different mask; letting others determine how I react to life. That insight was an answer to my prayer by making me aware that I was not trusting our Father to determine my worth, meaning. The event was a downer at first. When I chose our Father for my nourishment, I returned to love. That love became my meaningful event, having an awaking. My experience being in harmony with my heart's desire, a prayerful answer, reminding me, "Who's my Boss." These events are my teachers and guides, indeed a valuable service. I am reminded that everything has a purpose. Our Father is a Divine energy saver; letting me conserve my time and energy on what is truly meaningful. Often I don't know what's in alignment with my mission, or how my choices lead me to a life-altering experience. However, I am willing to trust our Father. I believe everyone and everything has meaning, but I don't always act like it. I am devoted, dedicated and committed to do and to be our Father's Love and Will, consciously known or unknown. Thy Love, Thy Will be done.



MAY YOU AND I HAVE THE PROGRESSIVE REALIZATION TO DO TO BE THE INDIVIDUAL INTENDED BY OUR CREATOR.

The Widow's Mite  
"Pay Forward" #31

*I greet The Indwelling Spiritual Abundance.*

Today's "Pay Forward" gift is - The Widow Mite. Her gift was two of the smallest Roman Coins. It was more than what the rich gave; she gave all she had and the rich gave a tiny bit of their abundance. Mother Teresa gave all her life to help the poorest of the poor. She shared a life of love, charity, and compassion. This Modern Saint was in the spirit of the Widow Mite. "Silver and gold I have not, but what I do have I give." When I came to A.A. I was illiterate; I was unable to learn how to read using phonics. What little I could read was learned by memorizing words. As I share my workbooks and these Pay Forward gifts reveal the fact that I am not a Wordsmith, a skillful writer. I do not have the "silver and gold" of the great givers or writers, I offer what I do have, in the spirit of the Widow's Mite. By The grace and mercy of our Father each of us, have our individual gifts to share, sometimes as a giver, and other times a receiver, we are all receivers. As the result of living A.As' spiritual principles we can share, if we choose, our experience, strength and hope, making a good difference. "We cannot all do great things. But we can do small things with great love" Mother Teresa. All over the world those living A.As' way of life; "yes to that." Thy Love, Thy Will be done.



Denial  
"Pay Forward" #32

*I greet The Indwelling Blind Gift*

Today's "Pay Forward" gift is – Denial. I have two useful ways I view denial. I believe denial is a wonderful gift of grace. My experience tells me that my denial of a defect does not breakdown until I have whatever it takes to accept responsibility for it. By owning that defect it is my choice what to do about it. Because I am not blaming it on someone else it is mine to surrender to our Father, and step out of His Will being done. The other important way I view and use denial is to withdraw the power I've given whatever it is that is no longer useful or is harmful. I can let go and let God have His Way. Repentance means denial; it is a relinquishment and without having to make it a capital crime. A.A.'s spiritual tools enable us to deny out of our storehouse old useless and harmful habits of thoughts and feelings. We can do this as if we are gently sweeping away cobwebs. Then, we can affirm those things we do want, and claim our Divine inheritance. Working A.A.'s Steps we identify old negative patterns, as we take ownership, we can build an Early Warning System. As these unwanted guest popup we can deny them the power they demand. We can rid our consciousness of some limited thoughts that have encumbered and darkened our understanding, by living A.As' spiritual principles. Thy Love, Thy Will be done.

MAY YOU AND I HAVE THE PROGRESSIVE REALIZATION TO DO TO BE THE INDIVIDUAL INTENDED BY OUR CREATOR.

The Grace Of Intuition  
"Pay Forward" #33

*I greet The Indwelling Communication.*

Today's "Pay Forward" gift is – The Grace Of Intuition. "He prays well, who loves well, both man and bird and beast: He prays best, who loves best, all things both great and small: For the dear God who loves us, made and loves all" (Coleridge). Upon awakening I turn to You Father, I am filled with love and gratitude. I've had some good realizations about Divine wisdom, and my faith and loving service. There is a big difference between intuitive faith and the faith we experience in an ordinary day. It is an unquestionable knowing; we just know whatever is on its way. Intuitive wisdom, faith and love know without question, a knowing deeper than words. Our personal "reality's" knowing is based on habits of thoughts and feeling, which may or may not be true. When these three: wisdom, faith and love are intuitive, they are Spiritually communicated to us, though us by grace. I need and want to express these, so I may better experience their reality, "No matter how far down the scale we have gone, we will see how our experience can benefit others...We will intuitively know how to handle situations which used to baffle us" Alcoholics Anonymous page 84. Let us be about our Father's Business, we will be given everything we need to carry it out. We can be grateful for all the A.A. service opportunities, offered us. You may even choose to share the daily "Pay Forward" gift. Thy Love, Thy Will be done.



A Great Dream To Live For  
"Pay Forward" #34

*I greet The Indwelling Spiritual Dreamer.*

Today's "Pay Forward" gift is – A Great Dream To Live For. I had a wonderful dream this morning. I was expressing the tenderness and love I want to demonstrate in my everyday life. Out of my fear to openly love, I acted like the macho guy who demanded respect; "Don't mess with Texas." The agreement I made with myself when I was 14 years old; I will never let anyone abuse me or run over me again. I always longed to love and be loved, but I couldn't let anyone know, I could be had with just a little kindness. I have been able to share much of the love I am, but still hold back. The Spiritual transformation I have been seeking is the complete rebirth of the love I am, consciously and consistently demonstrating that Reality, withholding nothing from anyone, even myself, I haven't needed to protect myself for a long time. Even when someone has harmed me; I choose to let our loving Father take care of that, transforming that hate or fear into love. Let me return to love, and come out of hiding. I choose to share the Divine Gifts, given to me by Your grace, Father. Let all that need for "protection" be melted away into nothingness. Even if I am exposed as a gentle loving kind of guy. This is the day of my salvation. This is the day of our Father's Loving Way of life, let me let go. Thy Love, Thy Will be done.

MAY YOU AND I HAVE THE PROGRESSIVE REALIZATION TO DO TO BE THE INDIVIDUAL INTENDED BY OUR CREATOR.

Open Heart pen Mind  
"Pay Forward" #35

*I greet The Indwelling Wisdom.*

Today's "Pay Forward" gift is - Open Heart Open Mind. By the time I arrived at A.A. I didn't trust anyone, including myself. I heard the following from someone who seem to know what he was talking about. "Take everything with a grain of salt. Watch your back. Don't trust just anyone, especially someone who says, "Trust me, friend, I know what I'm doing." Check it out. Trust your gut." I come to believe this person's wisdom; it did ring true, at the time. Parts of it turned out to be workable; however it was based on fear more than our loving Father. I have learned by working with newcomers that we should not trust anyone beyond their current ability. It is not fair to that person or to our self. An A.A. member with about six months sobriety told me that he knew his wife wanted him to love her more than he could. He said, "I promise you I love her all that I can." Well, that's all anyone can do. Out of the mouth of babes comes great wisdom. Upon awakening I turn to You Father with an open heart and mind, I am filled with love and gratitude, now is the time to act like it by doing it the best I can. The gift of love is as precious as the gift of life and the gift of time. Let's make every moment count, because we will not pass this way again. Thy Love, Thy Will be done.



My Broad-Road Got Narrow  
"Pay Forward" #36

*I greet The Indwelling Doer.*

Today's "Pay Forward" gift is - My Broad-Road Got Narrow. I never thought that my tolerance becoming narrow would be a sign of growth, as far as my guidance system goes. In the beginning of my serendipity journey, my tolerance was indeed a broad road. I was living a "life" of an angry, violent, and alcoholism, plus a closed mind, with less and less tolerance. My narrowing down of my guidance system will not tolerate even a little unkindness or dwelling on any kind of negative stuff. I realize that all I have of any value has been given to me by grace. I can no longer get by with taking credit when it is our Father doing the works. I experienced demands within that I needed to empty my personal "reality's" forcing me to practice a little humility. I am guided (sometimes forced) to be obedient to our Father's Will. When my will and His Will seem to be at odds, my narrowed down tolerance is saying, "don't, go there" or if I am already there "don't, dwell there." On top of that I am reminded of my commitment to do His Will consciously know or unknown. Yes, I know that growth is a divine answer to my prayers, but my guidance system is "just doing its job." I am reminded of my shifting motives and mood changes. Regardless of what this looks like I am truly grateful for this spiritual journey. Thy Love, Thy Will be done.

MAY YOU AND I HAVE THE PROGRESSIVE REALIZATION TO DO TO BE THE INDIVIDUAL INTENDED BY OUR CREATOR.

Will I Ever Forgive Everyone  
"Pay Forward" #37

*I greet The Indwelling Lover.*

Today's "Pay Forward" gift is - Will I Ever Forgive Everyone at all levels? I often think I have, and then some old judgment pops up, mainly about not forgiving me. We are attached to those we have not forgiven. That, means I'm attached to my "not-wanted" side and other unwelcome beings. Once a un-forgiver always a un-forgiver, I write this in the spirit of the principle, "Once and alcoholic always an alcoholic." OK, Father I surrender it to you, "Once a depend-er on You, Father always a depend-er on You." This too, I surrender to You, the One Source of Life, in which each of us is an expression. We are the effects of that One Cause; proof of His Omnipresence in this world. It's when I get the Cause and effect mixed up that I fall into a ditch. There is One Life - that Life is perfect - that Life is God's Live - that Life is my/our Life here and now. My prayer is for the closing the curtain on our ordinary thinking and feeling, opening up the conscious union with that indwelling Presence. We are in effect repenting, changing directions, opening ourselves to the Divine Therapist. This can re-align us with our Father and our Higher Self. "The time has come...Thy Kingdom...is near" (Mark 1:15). I say yes, to His healing process. I say yes, to His Presence, and to His Actions. Thy Love, Thy Will be done.



The Root Meanings  
"Pay Forward" #138

*I greet The Indwelling All-Knower.*

Today's "Pay Forward" gift is - The Root Meanings. Let's look at a couple troublesome words. The root word for evil in Hebrew is aven, which means "nothing," thus we feed our thinking on "nothing." By looking to our physical body and world as our source of fulfillment, we become a mere living, breathing animal. Another useful way to look at evil is the fact that it is "live" spelled backward. Our problems are often caused by putting our personal "reality" or ego, as our "Source." Sin is another word that causes the abuse of the most commonly used "Drug - Guilt and Punishment." Missing the mark is the root for the word sin. I am given the gift of grace to feel the same Divine Love in my heart for the sinner and the saint. All walls of separation are falling down as we realize we have only missed the mark. Our Loving Father does not punish us for our wrongs. The consequence of our wrongs is the "punisher." Why, if God is perfect and humans are in His image and likeness, should there be such imperfection in humans? After all, there is an infinite intelligence within us that transform water into flesh and bones, then why don't we call on that Indwelling Presence and Power for all our needs and wants? There are processes we must go through, and A.A. has given us the tools to chip away all that is not our Father's Will. Thy Love, Thy Will be done.

MAY YOU AND I HAVE THE PROGRESSIVE REALIZATION TO DO TO BE THE INDIVIDUAL INTENDED BY OUR CREATOR.

Enlightened Self-Interest An Asset  
"Pay Forward" #39

*I greet The Indwelling Omniscience.*

Today's "Pay Forward" gift is - Enlightened Self-Interest An Asset. Experiencing my selfishness transformed by the power of grace into an asset, is an awakening to our Father's unconditional love. I am reminded that He is truly my Source for everything He Wills me to do and to be. I choose to do Your Will and Your Love 24/7 consciously known or unknown. Being in harmony with Your intention for me, Father I'm a co-creator, instead of an illusion maker of separation. I'm willing to fill my mind with what I want, not with what I don't. My love in union with our Father's Love is becoming deeper than words. I choose to do acts of love daily, instead of withholding, A.A. offers lots of opportunities. I'm learning to get out of the way of miracles. Now, I'm teachable. I love having a real purpose in life. I'm willing to show up no matter what, even when my trust and faith are lacking, I make an attempt to return to love, ASAP. We are always in the Presence of the creator of all miracles and this is the time and place where miracles happen and promises are kept. Everywhere I look I see the proof of our Father's Presence by His works. Let me remember even for this instant to hear Your Holy Voice, Father and follow all Your Ways. "Be fully in the moment, open yourself to the powerful energies dancing around you" Ernest Hemingway. Thy Love, Thy Will be done.



Though The Eyes of Faith  
"Pay Forward" #40

*I greet The Indwelling Believer.*

Today's "Pay Forward" gift is - Though The Eyes of Faith. I Listen with ears of faith, to Your Holy Voice directing me in a way I can currently hear understands and follow. I see Your Presence with my eyes of faith. Yes, Father I now understand that it takes an infinite number of finite tiny individual parts to make up Your Divine expression we call life. I am honored being a tiny part of Your Whole. Thank You for letting me, us all be an expression of Your Love, Your Will, Your Life and Your Omnipresence. Father it is my pleasure being a tiny part of Your Divine Mind, Your Omniscience. I am truly grateful for the conscious flow of intuitive wisdom, Spiritual discernment and common sense freely given. Father, it is a great honor for me being a tiny part of Your coming into this finite world. We are all tiny parts of Your Omnipotence expressed as Divine energy centers. It is joy-filled expressing a tiny finite part of Your unconditional Love, Father, flowing from within, around and through us. Each tiny expression of love is making a good difference. Father, being at one with Your created beings consciously is a joy-filled Reality. There is one life. That life is perfect. That life is Your Life, Father. That life is my life. That life is all life. Come let us share our tiny part and be joyous, happy and free. Thy Love, Thy Will be done.

MAY YOU AND I HAVE THE PROGRESSIVE REALIZATION TO DO TO BE THE INDIVIDUAL INTENDED BY OUR CREATOR.

Past Judgment  
"Pay Forward" #41

*I greet The Indwelling Spiritual Discerner.*

Today's "Pay Forward" gift is - Past Judgment. I now realize the only thing that concerns me about the past is my judgment of it. If I own it and surrender it to our Father He can teach me what it was for. He can change our judgment, and upgrade it into an asset. Let us honor His good works and accept His loving mercy and grace. To hold on to our old judgment about the past is to dishonor His love, and generosity. So, what if we fail again in what seems to be the same way? It means that we are stuck in an illusion; all illusions are lies that we made up or went along with our judgment of it. Every moment everything we do, say, think and feel, in other words experience at any level change us a tiny bit. We are not the same as we were when we first began to read this. My perception about judgment of the past has changed a tiny bit. If we are willing to surrender it once again qualifies us for the latest upgrade. I can accept my old judgment as a sign of my lack of trust in our Father. To be humble is simply to choose, to desire, to be willing to accept His will, His mercy, His love His grace His plan for each of us. "To live is the rarest thing in the world. Most people exist, that is all" (Oscar Wilde). Thy Love, Thy Will be done.



What's Compassion  
"Pay Forward" #42

*I greet The Indwelling Lover.*

Today's "Pay Forward" gift is - What's Compassion. "You may call God love. You may call God goodness. But the best name for God is compassion" (Psalms 23:6). I was told that the problem I am having, would cause me to have compassion for others. Two people I share the Program with, went back out, to try a little control drinking and drugs. They've become what I call drifters, in and out of sobriety. I feel sad that they are unable to stay stopped, and I fear for their life. I had that drifting problem before A.A., and I can remember the frustration and powerlessness, with no way out. In A.A. I have come to believe compassion is empathy; an understanding that comes from experience. I do have a deep awareness of the suffering of others, coupled with the wish to relieve it, but feeling powerless to do so, healing is our Father's business. I believed for a long time if someone came to me for help, I should take care of them. Sometimes I could to be helpful, other times it was beyond my "pay-grade." I am willing to share my experience, strength and hope, but I am not the healer, that is our Father doing for us what we cannot. My self-concern is that my life will be meaningless, useless, and non-effective, as it once was. I am reminded that we are to carry the message, not the alcoholic. Thy Love, Thy Will be done.

MAY YOU AND I HAVE THE PROGRESSIVE REALIZATION TO DO TO BE THE INDIVIDUAL INTENDED BY OUR CREATOR.

Commitment  
"Pay Forward" #43

*I greet The Indwelling Decision Maker.*

Today's "Pay Forward" gift is – Commitment. At one time I believe if I made a commitment it was the same as giving my word. I was raised with a very strong code; if one gives their word to do or not do something it had to be done. I had a real problem when I took the third Step, "Made a decision to turn our will and our lives over to the care of God as we understood Him." I believed if I made a decision it was equal to giving my word, and that would mean I made a firm commitment. Because, I had not finished the other Steps it was impossible for me to keep that commitment. Once again I was a big failure; nothing new for me. I later found out that making a decision; was only willing to change directions; to let our Father do for me what I could not do for myself. After years of living the Spiritual Principles of A.A. I can make a firm commitment and I am most likely to keep it. I still believe it is very important for me to keep my word, to myself and others. So I am careful what I agree to do or not to do. "I pray that I wear the world like a loose garment." I am devoted, dedicated and committed to do and to be our Father's Love and Will. "To love or have loved, that is enough" (Victor Hugo). Thy Love, Thy Will be done.



A Junior Partner's Opportunity  
"Pay Forward" #44

*I greet The Indwelling Senior Partners.*

Today's "Pay Forward" gift is - A Junior Partner's Opportunity. I have a great opportunity to invite my consciousness to return to love this day. That is, to remember to seek and find our Father's Presence in everyone and everything. I am willing, let's see if I can and how fast I can return to our Boss. Wasting as little time and energy on my notable-ness, but I'm spend more on contemplation; His Omni-es. I started this day with a good idea that would not leave me alone. I tried to trick myself with extra meditation, but that did not work. That would be taking our first language, silence too far. I am reminded of my partnership with our Father, I accept that I am way down the line as a junior [His son] partner. I have a tiny place in His Operation, which is the mission He has assigned me. My Spiritual maturity and possibility a little upgrade as His junior partner depends on my demonstrating my mission. His Will need to be done, always an expression of His grace. I intend to stay in conscious contact with the Home Office. We are freely furnished with an abundance of everything we could need. And a great labor pool [all junior partners] to draw from. I'm in radical training and I will not be punished for my mistakes, in which I am grateful. After all we have a built-in barometer. OK, enough talk I need to get busy. Thy Love, Thy Will be done.

MAY YOU AND I HAVE THE PROGRESSIVE REALIZATION TO DO TO BE THE INDIVIDUAL INTENDED BY OUR CREATOR.

Preparing to be Prepared  
"Pay Forward" #45

*I greet The Indwelling Prep-Master.*

Today's "Pay Forward" gift is - Preparing to be Prepared. As I prepare for this day I am being prepared by our Father's grace, He is within, around and through us all, and fills the space between. Omnipresence is not just a kissing up word but REALITY. I pray that every part of me; the good and not good, is being transformed into His workable assets. Not as something to own but to live, and to share. Our deepest prayers are answered before we ask, because it is our Father within guiding us. His encouragement is hidden in our heart's desire. Until we are willing to accept the REALITY that it is our Father within doing the works that we call our life. His Life is being expressed as our life. At times, our motive is so selfish, and self-concerned we may question why He would have anything to do with us? Well, He knows via His Omniscience, and He gets His Will done via His Omnipotence. Of course His Wisdom is far beyond our pay-grade. In a moment of stillness we may spontaneously awaken to our True Self, without planning, just being, just doing, we intuitively know that we are one of His children. I believe for that moment we are in alignment with our Father's Will, which is our heart's desire, our intended Self. Letting Him have His Way takes lots of courage, but it is worth whatever it takes. Thy Love, Thy Will be done.



Miracles Are!  
"Pay Forward" #46

*I greet The Indwelling Reality  
The Omnipresence.*

Today's "Pay Forward" gift is – Miracles Are! If they were not I would not be, and for sure not writing this or anything else. If the miracles did not happen, the rest of "The Good News" loses all real significance. If my greatest Hero did not believe them to be possible, and undertake to perform them, His message would be contradictory, and devoid. I do not know of any active dedicated, devoted and committed member of Alcoholics Anonymous that does not only believe in miracles, but have experienced them. What is a miracle? Miracles do not violate universal principles; our current awareness is only a fragment of the whole universe as it really is. Miracles do not breach universal laws, they just rise to a high level, and they are a shift in our present understanding. When our space-ships went into outer space they did not violate the law of gravity they raised above it. My personal "reality" mind-set about miracles had to be dismantled along with a lot of other limited ideas. Now, my intense desire for miracles is a homing device, and it will always lead me directly back to my only true Source, and unconditional Love. "The biggest adventure you can ever take is to live the life of your dreams [to do that is truly a miracle]" (Oprah Winfrey). A.A. is where miracles happen and promises are kept. "We love because it is the only true adventure" (Nikki Giovanni). Thy Love, Thy Will be done.



MAY YOU AND I HAVE THE PROGRESSIVE REALIZATION TO DO TO BE THE INDIVIDUAL INTENDED BY OUR CREATOR.

A Parody About Us  
"Pay Forward" #47

*I greet The Indwelling Reality.*

Today's "Pay Forward" gift is – A Parody. In case you didn't know, Alcoholics Anonymous is a fellowship designed to administer to a bunch of ex drunks whose only qualifications for membership is that they cannot hold their liquor and don't want to learn how. It has no rules, dues, or fees, not anything that any sensible organization seems to require. At meetings the speaker starts on one subject and ends up talking about something entirely different concluding by saying "I don't really know anything about this program except it works." The groups are always broke, but seem to have money. They are always losing members but always seem to grow. They claim Alcoholics Anonymous is a selfish program, but always seems to be doing things for others. Every group processes laws, edicts, and pronouncements which everybody bitterly ignores. Members who disagree with anything are privileged to walk out in a huff, quitting forever only to return as though nothing had happened and to be greeted accordingly. Nothing is ever planned more than 24 hours ahead yet great projects are born and survive magnificently. Nothing in Alcoholics Anonymous is according to Hoyle, how can it survive? Perhaps it is because we have learned to laugh at ourselves. God made man, He made laughter too. Perhaps He is pleased with our poor efforts and makes everything run right no matter who pushes the button. Maybe He is pleased, not with our perfection, but with our sincerity, maybe He is pleased because we are trying to be nobody but ourselves. Thy Love, Thy Will be done.



If You Were Busy  
"Pay Forward" #48

*I greet The Indwelling Doer.*

Today's "Pay Forward" gift is - Busy Being Busy. Why am I so busy? February 6, 1957 I had none of the great tools I have today. The more I learn about A.A. I can share it. As I awaken our Father's Love and Will, I take the time to pray and meditate, and pass on what He reveals. I am busy doing, being, sharing, taking down, building up and learning about spiritual principles. Let me remember to invite my consciousness into the Omnipresence, Omnipotence and Omniscience at each beginning, I only need to say, our Father, to center my mind. If I am too busy for Him, I will have lots of time for problems and fool's gold. If we would busy ourselves giving away everything we want for ourselves, like love, forgiveness, kindness, understanding, etc., we would find ourselves living the life we dreamed of. "If you were busy being kind, before you knew, you'd soon forget to think 'twas true, that someone was unkind to you. If you were busy being glad and cheering people who are sad, although your heart may ache a bit, you'd soon forget to notice it. If you were busy being good, and doing the best you could, you'd not have time to blame someone who's doing just the best they can. - If You were busy being right, you'd find yourself too busy quite to criticize your neighbor long, because he's busy being wrong" (Anonymous). Thy Love, Thy Will be done.

MAY YOU AND I HAVE THE PROGRESSIVE REALIZATION TO DO TO BE THE INDIVIDUAL INTENDED BY OUR CREATOR.

Decisions  
"Pay Forward" #49

*I greet The Indwelling Wisdom.*

Today's "Pay Forward" gift is – Decisions. In this human condition our power or at least our experience of it, is most often determined by our decisions.

**A Right Decision Affirmation:** I must have decided rightly, because I am at peace. I made the right decision, and I will choose, likewise, once again, because I want to be at peace. I now feel a sense of love, happiness and freedom because I realize the Holy Spirit has increased all the consequences of my right decision and will continue to, if I let Him. I choose to let Him, by allowing Him to decide for God for me.

**A Wrong Decision Affirmation:** I must have decided wrongly, because I am not at peace. I made the wrong decision myself, but I can decide otherwise. I want to decide otherwise, because I want to be at peace. I do not feel guilty, because the Holy Spirit will undo all the consequences of my wrong decision if I let Him. I choose to let Him, by allowing Him to decide for God for me. "...by virtue of the thoughts, which they choose and encourage, that mind is the master-weaver, both of the inner garment of character and the outer garment of circumstance, and that, as they may have hitherto woven in ignorance and pain they may now weave in enlightenment and happiness" (James Allen). A.As' Step Three. "Made a decision to turn our will and our lives over to the care of God as we understood Him." Thy Love, Thy Will be done.



I'm A Wall Buster  
"Pay Forward" #50

*I greet The Indwelling Abundance*

Today's "Pay Forward" gift is – I'm A Wall Buster. As always our Father gives me all I need. I am grateful to be able to accept His help, excluding no one or anything. I am so happy that He doesn't forget us. Learning consistency is part of my radical training. I'm willing to forgive of myself, and get out of the ditch I've fallen into, dust myself off and try again; that's proof of my intention. I can see there is no distinction between the sacred and the secular, just different vibrations of Divine Energy/Consciousness. Everything in the human condition is changing, I choose not to resist any change great or small; I'm willing to forgive myself if I do. I am responsible for my choices, and my actions, the rest is our Father's business. "Vulnerability means to be hurt over and over again without seeking to love less, but more" Father Keating. "I am giving you a new commandment; Love each other. Just as I have loved you, you should love each other" John 13:34. The more we give will increase our capacity to receive. I choose not to withhold, but if I do I'm willing to forgive myself. I've become a wall buster rather than a wall builder. I extend and accept the love we are. "The summit of happiness is reached when a person is ready to be what he [or she] is" Desiderius Erasmus. Thy Love, Thy Will be done.

MAY YOU AND I HAVE THE PROGRESSIVE REALIZATION TO DO TO BE THE INDIVIDUAL INTENDED BY OUR CREATOR.

The Language Of The Heart

"Pay Forward" #51

*I greet The Indwelling Poet.*

Today's "Pay Forward" gift is – The Language Of The Heart. When we drop our defenses down and come from our heart, not only do we get the benefit, but it helps open us up. I would like/love to be one of those who offer a real heartfelt smile, it feels so good. Well, if I want it, why don't I offer it 24/7? Do I mean it when I agree with the statement, that Alcoholics Anonymous is the language of the heart? Yes and much more; it awakens us to the indwelling Presence of the Source of all love. Everything we want and don't want, starts within the silence and invisible creative consciousness, we call thoughts and feelings. Our Father expressing Himself outward into the world through His creators. Our gain or problem is our filter-system reforming what is pure love into something else or at least watered down. We are created in the image and likeness of our Father/Creator as His children, which is love. How about putting a smile on my face, that's generated from my heart, mind and soul - here and now, if only for this holy instant. "This overcoming of all the usual barriers between the individual and the Absolute is the great mystic achievement. In mystic states [Love] we both become one with the Absolute [Love], and we become aware of our Oneness." (William James). That Oneness is the love we are and that will cause a heartfelt smile, consistently flowing through us. Thy Love, Thy Will be done.



Regrets?

"Pay Forward" #52

*I greet The Indwelling Forgiver.*

Today's "Pay Forward" gift is – Regrets? "We are going to know a new freedom and a new happiness. We will not regret the past nor wish to shut the door on it." Alcoholics Anonymous is where miracles happen and promises are kept. My regrets for the things I did have been tempered by loving forgiveness. By our Father's grace some of my major defects were transformed into workable assets. I do regret the wrongs and harm done, and the good I didn't do, yet His Loving grace changed those very things into a useful fulfilling purposeful way of life. "I'm a grateful alcoholic." However, I understand why someone outside of A.A. thinking I must be insane or callous, uncaring irresponsible person. I love undoing my wrongs and doing the good things not yet done, ASAP. If our Father wants those things done or not; He will give us an opportunity and whatever it takes, or He will just take it away. I cannot do anything to change the decisions or actions I made in my past, but I can choose once again. My future, today, holds many opportunities to make a good difference, no matter the size. Let me be the best son and brother to all; lover, healer, teacher, forgiver I can be, for I shall not past this way again. My heart's desire has opened my eyes to see our father's Presence, Love and the ears to hear His Holy Voice within the invisible silence. Thy Love, Thy Will be done.

MAY YOU AND I HAVE THE PROGRESSIVE REALIZATION TO DO TO BE THE INDIVIDUAL INTENDED BY OUR CREATOR.

Crossing Out Our Illusions

“Pay Forward” #53

*I greet The Indwelling Omnipresence.*

Today's “Pay Forward” gift is - Crossing Out Our Illusions. The worse day of life, was February 6, 1957. Every area in my life was bankrupt; I failed at being a worthwhile human. I could no longer deny my uselessness, powerlessness. I had indeed hit my bottom, with no way out. It turned out to be my “Good Friday.” The beginning of my re-birth. I understand why the Crucifixion of Jesus is called – “Good Friday.” The word crucifixion means the crossing out. In my it were errors that has become fixed states of mind, the letting go of the carnal mind, the personal “reality.” Calvary means “the place of a skull. “My God, my God why hast thou forsaken me?” It is here the final battle is fought. Every time we own and surrender an old habit of thought and feeling; part of our personal “reality” - there is a “crucifixion.” What seems to be the worse time of life turns out to be a blessing! Every time our Father transforms one of our defects into an asset, the process of death and re-birth becomes a reality. With an enlightened self-interest I own my selfishness that I may surrender it and unite with our Father's grace. The spiritual process of A.A. embodies the crucifixion and re-birth. The saying, “Thank God It's Friday” takes on a whole different meaning. I am truly grateful for what my Hero, Jesus for showing us the Way. Thy Love, Thy Will be done.



When Wrong Is Right

“Pay Forward” Gift #54

*I greet The Indwelling Wisdom.*

Today's “Pay Forward” gift is – When Wrong Is Right. Yesterday I woke up thinking about something I knew was wrong. Sure enough I was right about it being wrong. I followed up my wrong idea with a wrong action. I was right about how I was going to feel about carrying out what I knew was wrong. After I experienced a little guilt and punishment, which is a drug, I restarted my day with a little forgiveness and some prayer and meditation. My wrong was proof positive that I cannot get by with thinking and or doing a wrong. Too bad I have to have proof that I can no longer get by with a little bad once in a while. The good, the bad, and the indifferent are part of my serendipity spiritual journey. It's not what happens or doesn't happen that matters it's how I react to it. Alcoholics Anonymous has shown me how to restart my day. If I had not experienced some really bad stuff, I wouldn't have sought our Father for help, which gave me a wonderful way of life. A.A. has shown me how to deal with the termites and the extremes problems. Too much thinking, actions or feelings are not good for me; neither is lazy thinking, action nor feelings. Each time I return to our Father, I am re-centered, for the moment; with purpose, and I'm refreshed. I'm reminded that it is our Father within doing the works we call life. Thy Love, Thy Will be done.

MAY YOU AND I HAVE THE PROGRESSIVE REALIZATION TO DO TO BE THE INDIVIDUAL INTENDED BY OUR CREATOR.

Home Of My Defects!

"Pay Forward" #55

*I greet The Indwelling Peace Maker.*

Today's "Pay Forward" gift is – Home Of My Defects! Taking selfishness and unfairness personally is the root cause of two of my major defects that date back as far as I can remember. I treated myself unfairly, more harshly than anyone else. I had a chip on my shoulder, filled with anger and self-pity. Living the spiritual principles of A.A. my denial began to break down. My dad told me, when he fired me, that I would have to work for myself, or by myself because I could not get along with others. I'm must take responsibility for my decision and actions. I was an expert at blaming others for everything that went wrong. To compound my problem I had no relationship with our Father or anyone I could count on. The only source I had was an incompetent, and bankrupted boss, I was self-employed. Before A.A. I was self-centered for my survival sake, having no one I could depend on. The A.A. members that were spiritually grounded became my mentors, unknown to them. Our Father grace transformed my worse defects; selfishness and blaming others into a workable asset; enlightened self-interest. It is better for me to take ownership of my way of life. I need to give away everything I want to keep and increase. The indwelling Presence [our Father] within is my True Source. Ask yourself: What would I do if I weren't afraid? And then go do it" (Sheryl Sandberg). Thy Love, Thy Will be done.



International Scapegoating

"Pay Forward" #56

*I greet The Indwelling Forgiver.*

Today's "Pay Forward" gift is - International Scapegoating. This year-around-sport with us since humans first showed up. Before I practiced A.A. spiritual principles in all, my affair, the best I could, I was a Scapegoating Olympic qualifier. I cannot remember a time before that I took responsibility for my decisions or actions. I was able to blame or explain my problem on other people or events. The Hebrew ritual from which the word "scapegoat" originated is described in Leviticus 16. On the Day of Atonement, a priest laid hands on an "escaping" goat, placing all the sins of the Jewish people from the previous year onto the animal. The goat was beaten with reeds and thorns and driven out into the desert. Instead of owning their sins, this allowed people to export them elsewhere. WOW! No wonder the "drug Guild and Punishment" are so addictive. The "Scapegoater" and the "Scapegoat-ee" are both part of the big lie. One loads the other up with their guild, and beat them and the other one opens the gate to the desert, hoping they will at last be free. Some people get really good at projecting their wrongs onto others. At some point those people find themselves out in the desert butting heads with the "Scapegoats." Until we can identify our useless and harmful patterns and own them and be willing to surrender them to the Boss, we will most likely have to deal with the "Scapegoats." Thy Love, Thy Will be done.

MAY YOU AND I HAVE THE PROGRESSIVE REALIZATION TO DO TO BE THE INDIVIDUAL INTENDED BY OUR CREATOR.

Traffic Lights On The Journey To Our Heart  
"Pay Forward" #57

*I greet The Indwelling Path.*

Today's "Pay Forward" gift is - Traffic Lights On The Journey To Our Heart. I don't really care for a red light, I want to get where I want to get ASAP. The red light signals are, fear, anger, all kind of negative stuff. However they are a useful warning signal that I am not on The loving byway I really want. I cannot get by running this red light; not dealing with the negative. I could turn right on a red light (self-righteousness blaming others for my delay), but I choose not to take any detour, I really want to go straight to the love I know I am, but not living like it. The language of the heart tells me I need to accept the problem of reacting to this and that stoppers. The indwelling Presence reminds me it is better for me to forgive so I can be forgiven, and move on, as soon as the light changes. The yellow light is alerting me to get ready to move on toward the love I want to give and receive. I need move with caution, making sure I'm not denying the one with the green light their right to use the yellow first. The green go light is the time for me to move toward my heart's desire. Our Creator always gives the best to those who leave the choice to Him. When I am using the indwelling Presence to do the driving, I will, most likely have a safe way Home. Thy Love, Thy Will be done.



Let Me Affirm The Love I Want  
"Pay Forward" #58

*I greet The Indwelling Beloved.*

Today's "Pay Forward" gift is – Let Me Affirm The Love I Want. "Visualize this thing that you want, see it, feel it, believe in it. Make your mental blueprint, and begin to build" Robert Collier. When our Father Created, He said "Let there be..." Let there be nothing contrary to love gets stuck, and I can't let go and let God unstuck me. Let me honor, respect and love every created being, excluding no one. Let my heart, mind and soul be filled with love. Let me be a skillful loving mission-er. Let Your Will, Father and my will be one. Father, let me learn to love and worship You in Spirit/Consciousness and Truth/Reality. Let Your Holy Attributes flow in, around and through me, that I may have the ability to love and the wisdom to produce a useful work. Let me experience You and Your Love Father, ever growing and awakening. Let that which is hidden be revealed as needed to carry out my little mission. Let us love one another even as we are loved. Let me not be fooled by appearances. Let me step out in an abiding faith in Your grace. "Healing then is accomplished by uncovering, neutralizing, and erasing false images of thought, and letting the perfect idea reflect itself through subjective mind into the body" Ernest Homes. Let me, lovingly completely surrender my personal "reality" to be upgraded into our Father's service, filled with joy and the ability to laugh at myself. Thy Love, Thy Will be done.

MAY YOU AND I HAVE THE PROGRESSIVE REALIZATION TO DO TO BE THE INDIVIDUAL INTENDED BY OUR CREATOR.

I'm Already Here  
"Pay Forward" #59

*I greet The Indwelling Beloved Designer.*

Today's "Pay Forward" gift is – I'm Already Here. One of my morning readings, Science of Mind, has a powerful meaning for me I would like to share parts of. A woman was leaning over the victim of an accident while a crowd looked on. Suddenly she was roughly pushed aside by a man who said, "Step back, please. I've had a course in first aid." The woman look on for a few minutes while the man got busy with the victim, then she said calmly, "When you come to the part where you have to send for the doctor, I'm already here."

Too often I am the one who pushes others away. Sometimes I feel like the doctor. Mostly I fear that I will be unable to realize our Father's Omnipresence anytime. Someone has said that the entire world is suffering from one big fear... the fear that God will not answer our prayers. I don't know about all others but that's a biggie for me. I seek fragments when the whole is at hand. "Beware of the ego [our personal "reality"] masquerading as Spirit." That infinite Power that created you and I is within every cell of our human bodies, as long as we are alive; transforming everything we eat into life's energy. We don't ask for too much when we ask for everything it takes to do and be His Will. Everything we need to do and to be that is freely given. Thy Love, Thy Will be done.

Being And Doing  
"Pay Forward" #60

*I greet The Indwelling Presence.*

Today's "Pay Forward" gift is – Being And Doing. Within each of us is a created Higher self, in the image and likeness of our Loving Creator. Practicing the spiritual principles embodied in the Three Legacies of Alcoholic Anonymous, Recovery, Unity, Service awakens us to our Higher Self. First the involution of love, our true nature, and then the unfolding evolution of the love we are. Too often our personal "reality" has hid our loving Higher-self under layers of fear, resentments and many forms of negative illusions. Our prayers, meditations, affirmations and contemplations increase our chances to do and be who we are, if we put our awakening into practice. We could read a thousand cookbooks and starve to death. We have to eat the meals we prepare and are prepared for us. Each time we "Pay Forward," pass on the gift we receive that gift of love multiplies. These daily "Pay Forward" gifts are intended to be shared from the heart to another heart. It only flows from our head and not our heart or soul, and the value of the gift suffers, our willingness is enough. Doing our meditation, in the depths of our silence, stillness, let us ask our Higher Self to reveal them. "Pay Forward" is offering you a daily gift of love to pass on, in doing so your love and my love will increase. We can be assured that all we truly need is already given, so let them come out and play. Thy Love, Thy Will be done.

MAY YOU AND I HAVE THE PROGRESSIVE REALIZATION TO DO TO BE THE INDIVIDUAL INTENDED BY OUR CREATOR.

We Have What It Takes  
"Pay Forward" #61

*I greet The Indwelling Wisdom.*

Today's "Pay Forward" gift is - We Have What It Takes. See how loving we can be because we are created by our Father who is Love and we are created in His image and likeness. Those of us who believed we were loveless victims get to be right. Those of us who have accepted and practiced the spiritual principles in A.A. have experienced some of what we are not, and awoken to the love we are. "He prayeth well, who loveth well – both man and bird and beast; He prayeth best, who loveth best – all things both great and small: For the dear God who loveth us – He made and loveth all" Coleridge. Through the eyes of faith we see that we have within us a Power which transforms what we eat and drink into life, and is greater than anything we shall ever contact. A Power that can transform our selfishness into enlightens self-interest, and for millions around the world transforms our addictions into assets. We are our Creator's beloved, by His grace we express the love we are, no longer victims, we are free from our self-imposed prison, as a victim. It takes willingness, practice and commitment to open up, and receive our Father's grace, which awoken us to the reality that we have what it takes within to overcome any condition, letting go of any "victim crutch." The stories of recovery we hear in A.A. are inspiring, and often amazing. Thy Love, Thy Will be done.



Pretender Be Gone  
"Pay Forward" #62

*I greet The Indwelling Omnipresence.*

Today's "Pay Forward" gift is – Pretender Be Gone. "To Thine Own Self Be True." I'm willing. When I first used affirmations to help build a new set of habits, I felt like a phony, a pretender. When I reach a point where I was sick and tired of the negative stuff; which I claimed was - just being honest, I'm willing to surrender all of me, holding nothing back. I was given a new understanding about being phony. I was not honoring our Father's Love and Will for me by calling the facts I had drawn into my life, Reality. Our Father created each of us as His individual Divine design, meaning we each have a Real Purpose. Honoring His Works within is the meaning of - "To thine own self be true." I am not denying my selfish, self-centered wrong-doings; they were a big part of my daily life for many years. A.A.'s spiritual tools have given me the ability to own my too limited personal "reality," and not to dwell in it, but to surrender it, holding nothing back. Our Father has transformed my selfish, self-centered into an enlightened self-interest. Giving me the spiritual principles to chip away all that is not His Love and Will. I affirm that I'm a lover, healer, teacher and forgiver. With gratitude deeper than words, I worship and love our Father with all my heart, mind, soul and strength, and I'm learning how to love others and myself. Thy Love, Thy Will be done.



MAY YOU AND I HAVE THE PROGRESSIVE REALIZATION TO DO TO BE THE INDIVIDUAL INTENDED BY OUR CREATOR.

Love Comes In All Shapes And Sizes

“Pay Forward” #63

*I greet The Indwelling Lover.*

Today’s “Pay Forward” gift is – Love Comes In All Shapes And Sizes. “When you are content to be simply yourself and don’t compare or compete, everyone will respect you” LAO-TZU. As we live the spiritual principles of Alcoholic Anonymous, we are awakened to the indwelling Presence within. We are enabled to have an ordinary life with extraordinary love. Applying Tradition one has taught me how to live with others in a most loving way. Sometimes I have to unselfishly do something for the relationship, because it is more important than having my way. Sharing with others as our common welfare is most fulfilling. I only need to give what I already have to experience the joy of life. To think that I must be spectacular in my sharing, has caused me withhold my love. I’m trusting in our Father to give me all I need to share the love I am; my fulfillment is a side effect, and that love flows back to me. If I wait until I can share only unconditional love, I may never do it. I question myself - if what I have to share was of real value I would be giving to more instead of a few. I have chosen the road less traveled. I’m willing to do whatever it takes to do and to be our Father’s Love and Will. Come let us take this loving serendipity journey together, trusting our Father to guide us. I ask our Father to use me. Thy Love, Thy Will be done.



Do We Need That “God” Stuff?

“Pay Forward” #64

*I greet The Indwelling Co-Creator.*

Today’s “Pay Forward” gift is – Do We Need That “God” Stuff?

Before you and I came into this world, Science and religion had already divorce one another. As human abilities became more inventive, effective and creative their ego’s illusion of separation expanded into a world view. “We don’t need that “God” stuff.” When people in great need began to realize they did need a solution which included religious/spiritual and scientific union, they demanded a reconciliation. Too bad they didn’t have Alcoholics Anonymous in those days. “What therefore God hath joined together, let not man put asunder.” This statement has a spiritual meaning beyond a wedding vow. The year before I came to A.A. I had failed in every area of my life, and I had no way out. I just wanted not to wake up, to die, but I even failed at taking my own life, and I could not stay sober. Before my awakening as the results of living Alcoholics Anonymous’ way of life, I remember hearing a simple prayer that touched me, “If I die before I wake, I pray the Lord my soul to take.” I had no religious connection at the time. I know now that we all have an invisible means of support, known or unknown. Hitting my personal bottom was as if I was dying. I have had at least four “deaths” and four rebirths or four transformations - regenerations of my soul. Thy Love, Thy Will be done.

MAY YOU AND I HAVE THE PROGRESSIVE REALIZATION TO DO TO BE THE INDIVIDUAL INTENDED BY OUR CREATOR.

Be Faithful  
"Pay Forward" #65

*I greet The Indwelling Presence.*

Today's "Pay Forward" gift is – Be Faithful. "We are called upon not to be successful, but to be faithful." [Mother Teresa] So what's best to be faithful to? I believe it is to be the individual we are created to be, honoring the Individual Divine Design. "To thy own self be true." And, be faithful to our Father/Creator. For me, that's living A.A.'s spiritual program. Doing that, I believe we will affect all of humanity in a loving way, caring out our given purpose. We do not have to be a great leader; we need only to take care of what is in front of us. Come let us love one another and do our Father's Will. Let us stop giving to other people, circumstance the right to determine our happiness, joy and freedom, or the lack of it. A.A. gives us the tools to seek and find our Higher Power and our true created Higher Self. By making someone or something my Source instead of our Father blocks the way, the truth, and the light. I've applied the same principle I have for my other defects, once an alcoholic always an alcoholic. When I accepted the reality that I am an alcoholic I stopped blaming and explaining why I drank as I did. I drank because that's what alcoholics do. Once a Source giver away, always a Source giver away; excepting that defect enabled me to stop blaming and explaining my power-outage. Thy Love Thy Will be done.



Any Good Thing I can do  
"Pay Forward" #66

*I greet The Indwelling Presence.*

Today's "Pay Forward" gift is - Any Good Thing I can do - or any kindness that I can show to any human being, let me do it now. Let me not defer it, or neglect it, for I shall not pass this way again. How about doing a little outrageous act of love? What if we extend an act of love to the most unlovable person in the entire world? What if we forgive the most unforgivable, in the most undeserving person in the entire world? What if we pray for the one who needs our prayers the least and for the one who needs our prayers the most in the whole world? What if we give a welcoming smile to the person that really turns us off? What if we ask some important personal advice from the person we least respect or that we resent? What if we give something, we value to a rich person and to a poor person? What if we have faith in the unbelievable? What if we have hope in the hopeless? What if we are merciful to the one person who shows no mercy? What if we start by offering these outrageous acts of love to ourselves? What if we give in one brief moment that which we have for a longtime denied? After doing these "what ifs" the next question is: what's it like being in Heaven in the Presence of our Father? Thy Love, Thy Will be done.

MAY YOU AND I HAVE THE PROGRESSIVE REALIZATION TO DO TO BE THE INDIVIDUAL INTENDED BY OUR CREATOR.

Prep-Work For My Radical Training Commitment  
“Pay Forward” #67

*I greet The Indwelling Committer.*

Today’s “Pay Forward” gift is – Prep-Work For My Radical Training Commitment. I’m to practice all ten elements of my mission; loving, healing, teaching, forgiving, empowering, enriching, enlightening, co-creating and awaking. I’m to Stop taking another’s “reality” - personally. My plan of action:

**SPIRITUALLY COMMITMENT** – to pray and meditate three times a day. At each beginning (shift in my attention) I’m to say, “our Father.” Often reminding me of our individual Divine designed created Self (the indwelling Christ); of the Divine Presence that is transforming what we eat into life. I am willing to trust the Holy Spirit (The Voice of Christ) to guide me and inform me as needed. **MENTALLY COMMITMENT** – to Golden Key all negative stuff quickly (stop thinking of the problem and think of some aspect of our Father). I choose to dwell on the constructive, and useful, which is what I want, not on what I don’t. Reminding myself of the omnipresence within each of us. **PHYSICALLY COMMITMENT** – to exercise one hour per-day five days a week. I will fast from sugar. I’ll get enough rest. Eat healthy. Remembering it is the temple of my Higher Self. **EMOTIONALLY COMMITMENT** – to Practice all seven loves, and be quick to forgive all. I choose to surrender the negative useless and harmful feelings. **SOCIALLY COMMITMENT** – to honor the indwelling Presence within all. I’ll not make a capital crime out of any wrong. With the eyes of faith I see the omnipresence, omnipotence and omniscience within all. Thy Love, Thy Will be done.



A 40-day Radical Training Commitment  
Theme For Day 1 – Our Father’s Will  
“Pay Forward” #68

*I greet The Indwelling Divine Designer.*

Today’s “Pay Forward” gift is – Radical Training Theme For Day 1 – Our Father’s Will. “Not my will, but thine, be done.” I’m going to offer radical affirmations; some I’ve experienced and others I want to believe. Our Father created each of us as His individual Divine Design, one of a kind, in His image and likeness. We all have a purpose; His Will is to be done. It is His responsibility to give and ours to receive everything we need. One Source. He maintains us physically by transforming the food we eat into life; that takes an Infinite Intelligence. I bought into a great many illusions, which make it difficult for me to accept our Father’s grace, sometimes. I believed in lack and limitation, instead of Divine Abundance. Now, I realize that no one can be good enough to earn or bad enough to prevent our Father’s grace. A.A. gives us the tools to chip away a lot of what we are not. Step Eleven – “Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His Will for us and the power to carry that out.” I am committed to practice A.A.’s spiritual principles in all my affairs, and when I fall short I forgive myself. Doing a radical training will open my storehouse of defects, assets and the love I want to be, and the love I am, we are. I’m committed to address them, ASAP. Thy Love, Thy Will be done.

MAY YOU AND I HAVE THE PROGRESSIVE REALIZATION TO DO TO BE THE INDIVIDUAL INTENDED BY OUR CREATOR.

A 40-day Radical Training Commitment  
Theme For Day 2 – I Am Responsible  
“Pay Forward” #69

*I greet The Indwelling Reality.*

Today’s “Pay Forward” gift is - Radical Training Theme For Day 2 – I Am Responsible. My mission is to be the individual our Father created me as, “To my own self be true.” I am accountable for my Decisions, my actions and my reactions, in other words, for everything I do, say, think and feel. I compound my problems when I dwell on the negative. I choose to honor our Father’s works, in which I’m deeply grateful for. An act of healing is to call on our Father’s Presence. We exist in limitless opportunities which are forever seeking expression through us. I am willing to stop fighting, and let the BOSS have His way with you and me. The Serenity Prayer – I need to accept without question what I cannot change. I need to take the responsibility to change what I can and ask for the wisdom, before reacting. I am posting reminders in my office, and home, to call our Father’s name at each beginning, and to affirm our Father, His Son, the Holy Spirit and my Tri-Partnership, the Holy Spirit (the Voice of Christ), my Indwelling Christ and my personal “reality.” I am given the gift to feel the same Divine Love in my heart for the sinner and the saint. All walls of separation are falling down. “When anyone, anywhere, reaches out for help, I want the hand of A.A. always to be there, and for that: I am responsible.” Thy Love, Thy Will be done.



A 40-day Radical Training Commitment  
Theme For Day 3 – “Giving Of Myself”  
“Pay Forward” #70

*I greet The Indwelling Omni-Giver.*

Today’s “Pay Forward” gift is - Radical Training Theme For Day 3 – “Giving Of Myself.” Those people, who were at peace with themselves, and the world when I arrived at Alcoholics Anonymous, had what I wanted. Their life was centered on sharing the gifts received by the grace of a Higher Power. I run across a copy of my A.A. journey time-line, written long-ago. It’s fun being reminded of the ways we were giving of ourselves during the early years of my A.A adventure. I wanted then and now to do and to be His Love and Will with both a childlike, and adult innocence. Our Father communicates with us in many ways, 24/7. I pray that we may become more fluent in His Language. I caught up in too much useless chatter this morning; I need to Golden Key it, [stop dwelling on the problems and think of some attributes of the Boss]. I have an A.A. meeting, shortly; I’ll share some of my early experience, which always helps. I have a backlog of computer work to do, however my computer, phone and TV went down. I ask our father for help and once again my needs were taken care of in a way I know our Father was doing for me what I could not do. I had lots of time to practice today’s theme. “We love because it is the only true adventure” Nikki Giovanni. Love offers us an endless space to grow. Thy Love, Thy Will be done.

MAY YOU AND I HAVE THE PROGRESSIVE REALIZATION TO DO TO BE THE INDIVIDUAL INTENDED BY OUR CREATOR.

A 40-day Radical Training Commitment  
Theme For Day 4 – Focusing On Assertiveness  
“Pay Forward” #71

*I greet The Indwelling Omnipotence.*

Today’s “Pay Forward” gift is - Radical Training Theme For Day 4 – Focusing On Assertiveness. Directly and indirectly I am using this “Radical Training” commitment to become a more skillful “assertor.” I agree with those who say that alcoholics without recovery respond to life’s problems in a childish and immature way. Those who are practicing A.As’ spiritual principles in all their affairs are more likely to respond as a mature adult, in other words they are skillful asserting themselves. In A.A. meetings, we are likely to hear things which encourage assertive behavior. “Easy Does It.” “First Things First.” “Live and Let Live.” “Let Go And Let God.” “Take Your Own Inventory.” “Honesty, Willingness and Open-Minded, The Three Essentials.” “Carry The Message Not The Alcoholic.” “Those We Resent - Own Us.” “Use The “F”word Often = (“F”)orgive.” Al Anon’s Three C’s, “I didn’t cause it, I can’t control it and I can’t cure it.” Assertiveness offers us great benefits: 1) It allows us to relate to others with less conflict, anxiety, and resentment, and more relaxed. 2) It allows us to focus on the present, and retain our self-respect without trampling over others. 3) It increases self-confidence and not having to live up to another’s standards. 4) It acknowledges the rights of other people. 5) It allows us to stand up for our beliefs, expressing the love we are, without hostile demands, letting each of us to be ourselves. 6) Its paying attention to God’s intention. Thy Love, Thy Will be done.



A 40-day Radical Training Commitment  
Theme For Day 5 – It Works – It Really Does  
“Pay Forward” #72

*I greet The Indwelling Healer.*

Today’s “Pay Forward” gift is - Radical Training Theme For Day 5 – “It Works, It Really Does.” Why do so many people keep coming to 12 Step Programs? For every alcoholic using Alcoholics Anonymous’ Program seven use it for other living problems. Why? I have to say the other seven do not use our spiritual principles because they admire “un-recovered” alcoholics, most likely because it rings True, and it works. I can only speak for myself, however, for 65 active years in A.A. I can only share my experience, as I understand it. I have seen countless people from all walks of life come and go. For me, just not drinking or doing mind-altering drugs and focusing on what’s wrong instead of what’s good, is not enough. The spiritual principles of A.A. became a way of life, and that is when my world-view took on our Father’s intended meaning. I became a joint heir with those walking their A.A. talk and those who went before us. My promised awakening came. I have witnessed countless others experiencing a divine conscious union with our Father/Creator’s indwelling Presence. My greatest teacher said, “I and the Father are one.” We become a channel of our Father’s grace by living Alcoholics Anonymous’ simple, but not always an easy path. I keep on keeping on day by day. Yes, beyond any reason of doubt, “It works, it really does.” Father, I ask You to teach me the difference between giving up, and letting go. Thy Love, Thy Will be done.

MAY YOU AND I HAVE THE PROGRESSIVE REALIZATION TO DO TO BE THE INDIVIDUAL INTENDED BY OUR CREATOR.

A 40-day Radical Training Commitment  
Theme For Day 6 – One-Of-A-Kind  
“Pay Forward” #73

*I greet The Indwelling Divine Designer.*

Today’s “Pay Forward” gift is - Radical Training Theme For Day 6 – One-Of- A-Kind. I was driven by my fears and illusions; I was governed by my selfish self-centeredness. As I awakened as the result of living the spiritual principles, freely given in Alcoholics Anonymous, miracles do happen. One of the greatest was in the spirit of the Saint Francis Prayer. One of my worst defects was transformed into enlightened self-interest. “O Divine master grant that I may not so much seek to be consoled as to console, to be understood as to understand, to be loved as to love. For it is in giving that we receive. It is in pardoning that we are pardoned. And it is in dying that we are born to eternal life. Amen. I was not to wait on the perfect condition, now is the time. I’m given whatever it takes. “This above all: To thine own self be true, and it must follow, as the night the day, thou canst not then be false to any man” (Shakespeare). The road to be happy, joyous and free is to seek and find our Father/Creator’s one-of-kind Divine design, and live it. “Greater love has no man than this that a man lay down his life for his friends.” Friendship is based on what we have in common; A.A. gives us the opportunities to have lots of friends. A.A. gives the tools to chip-a-way all that is not our True self. Thy Love, Thy Will be done.



A 40-day Radical Training Commitment  
Theme For Day 7 – I Am  
“Pay Forward” #74

*I greet The Indwelling Creator.*

Today’s “Pay Forward” gift is - Radical Training Theme For Day 7 – I Am. This offering is inspired by the works of Charles Fillmore and Alcoholics Anonymous. I am (you are) a child of our Father, and our inheritance is from Him. I am the indwelling Christ or if you please our Higher created Self; our true spiritual being, whom our Father created in His image and likeness. Through the I am we link ourselves to our Father; with love, wisdom, spirit, in other words to all His intended attributes for our human condition. I am is the gate through which our thoughts come forth from the invisible. Through A.As’ spiritual principles, we can hitch our star to our Father’s band wagon and enjoy our inheritance. “I Am hath sent me unto you.” By our Father’s loving grace we can let go of our little self and take hold of our Higher Self. “Not my will, but thine, be done.” I Am is the will in its highest aspect, because it is the directive power that decides our character formation, which makes what is called individuality. “Don’t call me good, it is the Father within me doing the works.” Let us boldly affirm: I am a child of our Father/Creator, and I am joint heir with the silent, invisible indwelling Presence within all of us, which is our Higher created Self, called by many names or no name. Thy Love, Thy Will be done.

**MAY YOU AND I HAVE THE PROGRESSIVE REALIZATION TO DO TO BE THE INDIVIDUAL INTENDED BY OUR CREATOR.**

A 40-day Radical Training Commitment  
Theme For Day 8 – Where Shall We Meet?  
“Pay Forward” #75

*I greet The Indwelling Union.*

Today’s “Pay Forward” gift is - Radical Training Theme For Day 8 – Where Shall We Meet? I want to improve my conscious contact, my relationship with our Father. Step Eleven tells us it can be done through prayer and meditation. However, there are Ten Steps before this one that prepares us for Step twelve. As we awake, we will do well to practice A.A.’s spiritual principles. I understand the altar we are to go to pray and meditate is the temple within, our place of worship. I had to clear away some of the wreckage of my past before I felt like it was OK for me to meet our Father’s Holy Spirit, the indwelling Presence. By working A.As’ spiritual principles, I realized it was a good idea to pray anytime. However, I can pray whenever, but I’ve learned not to go to the altar within to meditate with an un-forgiven resentment. I would focus on the negative stuff and it would get worse. Matthew 5:21-26, confirmed my finding. I became willing to give up the lower for the Higher, my personal will for our Father’s Will. My yearning for a conscious union with Him increased, I have experienced His Loving grace many times. There is no longer any question that our Father is my only true Source. Prayer and meditation does not change our Father, it change us. Wisdom tells me to return to my altar, often. Thy Love, Thy Will be done.



A 40-day Radical Training Commitment  
Theme For Day 9 – Your Faith Has Made You Whole  
“Pay Forward” #76

*I greet The Indwelling Provider.*

Today’s “Pay Forward” gift is - Radical Training Theme For Day 9 – Your Faith Has Made You Whole. I’ve had a very generous invisible means of support all my life, but I did not realize it until I joined A.A. February 6, 1957. Within a year and a half I had no doubt that our Father was doing for me what I could not do alone and unaided. I entered into a committed search for spiritual help. I had no relationship with our Father. Alcoholics Anonymous gave me the tools and opportunity to realize a loving relationship; centered in service. Now, it is the most important thing in my life. Before awakening to the Reality of our Father and the indwelling Presence within us, my thinking was located in head; good, and bad self-centered thinking. Along with my spiritual awakening came what I can call my Faith-thinking. Not merely and intellectual process, based upon reasoning. A Faith-thinker does less comparing, analyzing, or draw conclusions from known premises, and sees appearances as effects not a cause. Most likely, their judgments are based on spiritual discernment, not on their personal “reality.” Peter was asked – “But who say ye that I am?” I have to ask the question throughout the day – “am I a real Faith-thinker at this moment?” Sometimes, yes and other times no, I’m in radical training. Faith is spiritual assurance, the power to do the seemingly impossible, out of the invisible spiritual substance. We cannot separate our faith from our actions. Thy Love, Thy Will be done.

MAY YOU AND I HAVE THE PROGRESSIVE REALIZATION TO DO TO BE THE INDIVIDUAL INTENDED BY OUR CREATOR.

A 40-day Radical Training Commitment  
Theme For Day 10 - Conscience  
"Pay Forward" #77

*I greet The Indwelling Guide.*

Today's "Pay Forward" gift is - Radical Training Theme For Day 10 – Conscience. Letting our conscience be our guide can be a wise choice, or a very bad one. Some of us were too good of students for bad teachers. Everything we have ever done, said or felt is in our subconscious storehouse. The good news is that's all subject to change. Our Father knows how to do it, trust Him. There is within each of us that indwelling Presence, and that's our best guide. It is our Father within doing the works. By His grace I was introduced to His loving Presence. I awakened as the result of living A.As' spiritual principles. I realized that there is within us the infinite Power that created each of us, transforming everything we eat and drink into our flesh and bones, in other words into everything we call life. That good we really are has never been absent, no matter what we've done, said, thought or felt. Most of us, for years lived the empty illusions of separation. At times I've lived a quiet desperation, and at other times a noisy one, feeling alone no matter how many others were present. I was introduced to a way of life that works, and I come to understand there is a Divine goodness at the root of all existence. At the touch of Its secret spring this Divine goodness may be brought to light, at any time. Thy Love, Thy Will be done.



A 40-day Radical Training Commitment  
Theme For Day 11 – Dig Deeper  
"Pay Forward" #78

*I greet The Indwelling Presence.*

Today's "Pay Forward" gift is - Radical Training Theme For Day 11 – Dig Deeper. When I hit my bottom, A.As' spiritual principles placed me on a pathway back Home to our Father, much like the Prodigal Son. "The only requirement for A.A. membership is a desire to stop drinking." The process of recovery is not unlike the search for diamonds in South Africa. At first only a few diamonds were found in the yellow clay (Tradition Three), and they were happy with their good fortune. For the first few months in A.A. I didn't drink, and had found a group of people, who welcomed me, I was as grateful as I knew how to be in the beginning of my new way of life that was my yellow clay. "Upon digging deeper, they came upon the blue clay, and to their amazement found as many precious stones in a day as they previously found in a year." When I worked the Steps I received all three gifts embodied in Step Twelve. I found a way of life, I never dreamed would be possible for me; this was my blue clay. However, Alcoholics Anonymous differs from the diamond field in the sublime fact that beneath our present digging there are more and still more and richer strata waiting our spiritual way of life. To practice A.A. in all our affairs means we can apply these spiritual principle on each of our other defects, we only need to Dig Deeper. Thy Love, Thy Will be done.



MAY YOU AND I HAVE THE PROGRESSIVE REALIZATION TO DO TO BE THE INDIVIDUAL INTENDED BY OUR CREATOR.

A 40-day Radical Training Commitment  
Theme For Day 12 – Love One Another  
“Pay Forward” #79

*I greet The Indwelling Lover.*

Today’s “Pay Forward” gift is - Radical Training Theme For Day 12 – Love One Another. All relationships are expressions of love, but often we need the Eyes of Grace to see beyond appearance. “Beloved, let us love one another: for love is of God; and every one that loves is born of God, and knows God” (1 John 4:7) Love is the power that joins and binds together the universe and everything in it. Love is a healing power touching everyone and everything into Wholeness, Holiness. Love is a harmonizing power. It conserves substance and rebuilds, and restores us and our world; back into its intended purpose. There are limitless ways Divine Love is expressed in this world. Our responsibility is the willingness to receive it and pass it on. “Seek, and you shall find; knock, and it shall be opened unto you.” Love is a mighty power that is expressed through us, and cannot be suppressed by any outside force, unless we let it. I am willing to surrender my fear of love, and affirm the omnipresence and omnipotence of love. “...perfect love cast out fear.” The indwelling Presence [Love] within each of us overcomes that which is not love. We could say that the healing of our bodies is the restoring our father’s Divine Design; each cell loving one another. Be still and affirm: “God, in His Love, fills me with new life. In His name I am cleansed, strengthened, and healed.” Thy Love, Thy Will be done.



A 40-day Radical Training Commitment  
Theme For Day 13 - A Listener And Doer  
“Pay Forward” #80

*I greet The Indwelling Teacher.*

Today’s “Pay Forward” gift is - Radical Training Theme For Day 13 – A Listener And Doer. “When you talk, you are only repeating what you already know; but when you listen, you may learn something new.” (Dalai Lama) No matter how many inspiring words I read or how many I speak, what good will they do if I do not act on them. Let us find a way to give of ourselves and keep on giving and never count the cost. Let us have the ability to be outrageous in our giving. To be upset over what we don’t have, is to waste what we do have. “Self-pity is our worst enemy and if we yield to it, we can never do anything wise in the world.” (Helen Keller) I think it is OK to feel sorry for someone going through a lot of pain and suffering, even if that someone is our self. Alcoholics Anonymous gives us a way out of ourselves; we don’t have to dwell in self-pity for long. Come let us share our compassion with one another. I need divine guidance for my daily living, and I really need it when it comes to giving. With receiving, a simple thanks will do. I had to learn when and how and who to give to, without enabling. I’ll ask my Source for guidance. Father, what would You [Love] have me do? Father, I listen to Your Holy Voice directing me in a way I can currently hear, understand and follow. Thy Love, Thy Will be done.

MAY YOU AND I HAVE THE PROGRESSIVE REALIZATION TO DO TO BE THE INDIVIDUAL INTENDED BY OUR CREATOR.

A 40-day Radical Training Commitment  
Theme For Day 14 - Imagination  
“Pay Forward” #81

*I greet The Indwelling Omniscience.*

Today’s “Pay Forward” gift is - Radical Training Theme For Day 14 – Imagination. Due to the misuse of this great tool I believed it was just a not-to-be trusted day-dream. I have been given the understanding it can be very useful and a valuable way of thinking. The imagination is that faculty of mind which images and forms. Everything that is seen or touched was first a mental picture, and was brought into expression by this forming power. My home, the car I drive, on-and-on was once just an idea in someone’s mind, that was molded into their present form. “The only requirement for A.A. membership is a desire to stop drinking.” This commitment could only be imagined; a day-dream at one time. This simple idea turned into a way of life, I never thought would be possible. Prayer and meditation, a useful form of imagination; seeking guidance for my daily life, cause me to live, move and have my being in patterns of a sober, happy, joyous and free life. The spirit of Truth projects into our minds imagery pictures that, rightly understood, will be a sure guide toward the Will and Love of our Father. The imagination will carry out any idea that we dwell on, however, theories are not to be trusted. There must be evidence that it works, action is the magic word. I affirm: “in the quietness and confidence of Spirit, I see myself as our Father sees me, in His image and likeness.” Thy Love, Thy Will be done.



A 40-day Radical Training Commitment  
Theme For Day 15 – Holy Spirit – My “Spiritual Google”  
“Pay Forward” #82

*I greet The Indwelling Spirit.*

Today’s “Pay Forward” gift is - Radical Training Theme For Day 15 – Holy Spirit [Spirit of Truth] [My “Spiritual Google”]. I affirm: “Divine understanding in me unites with the Holy Spirit, and I’m shown what to do.” I know where to go for the guidance I need for my daily life; prayer and meditation. Spiritual understanding is that something though which we understand our Father and ourselves, better. When I ask with an open heart and open mind most often I am given what I need to carry out our Father’s Will. I pray for a deeper understanding, into the vine ripe fruit of wisdom; the love expressed by the Holy Spirit, the Voice of our Father. I seek and find the spiritual understanding; proof of our Father’s grace. My “Spiritual Google” comparisons are not made in the realm of form, but in ideas, tempered with wisdom. If the willfulness of my personal “reality” tries to take over, I deny it power, and affirm my True Source, and return to our Father’s Love and Wisdom. We are all free to use the Holy Spirit just as we are to use the principle of mathematics. I pray that I persistently carry out my spiritual exercise every day. Prayer does change things. Our lives are unfolding according to the Divine Design expressed individually through each of us; sometimes it is called our heart’s desire, or our Father’s Will. Thy Love, Thy Will be done.

MAY YOU AND I HAVE THE PROGRESSIVE REALIZATION TO DO TO BE THE INDIVIDUAL INTENDED BY OUR CREATOR.

A 40-day Radical Training Commitment  
Theme For Day 16 – The Best Time For Our Father’s  
Will

“Pay Forward” #83

*I greet The Indwelling Presence.*

Today’s “Pay Forward” gift is - Radical Training Theme For Day 16 – The Best Time For Our Father’s Will. The only time I need to concern myself with our Father’s Will, is now. But, now is the only time we can ever do anything! “For yesterday is but a dream, and tomorrow is only a vision, but today, well lived, [doing and being our Father’s Will] makes every yesterday a dream of happiness, and every tomorrow a vision of hope. Look well, [to His Will] therefore, to this day [now].” (Sanskrit proverb). In A.A. After we have work, the Steps and had an awakening, we are to practice A.As’ spiritual principles in all our affairs. That’s taking singleness of purpose to a whole new level; it’s taking a holistic approach. I realized I needed to included our Father’s Love and Will in every area of my life; improving my chances to be joyous, happy and free, plus continuing to awaken and grow. “Spiritual experience is deep, calm and self-assertive; it is the result of actually realizing the Presence which binds all together in one complete Whole” [our Father’s Will being done in earth as it is in Heaven] (Ernest Holmes). The will is the executive power of the mind. The spiritual principles of A.A. are from the teaching of my greatest Hero, Jesus. To be at one with the Will of our Father, is to walk our A.A. talk, one “today” at a time. Thy Love, Thy Will be done.



A 40-day Radical Training Commitment  
Theme For Day 17 – The Serenity Prayer  
“Pay Forward” #84

*I greet The Indwelling Omniscience.*

Today’s “Pay Forward” gift is - Radical Training Theme For Day 17 – The Serenity Prayer. What about the unfairness problem? I realized it would be better for me to focus on the solution, instead of the problem. “God grant us the serenity to accept the things we cannot change.” I cannot change the unfairness in this old world, nor other people, that’s our Father’s business. The A.A. meetings, workshops and my sharing one-on-one begin with the Serenity Prayer. My Question is how much time and energy do we spend trying to change something or someone we are powerless to change? “Courage to change the things we can and wisdom to know the difference.” Practicing the spiritual principles of A.A. has given me a better understanding of how it works. It’s a good idea to include our Father as our True source of wisdom even for the little things. Unfairness has been a major defect of mine for most of my life. The majority of my violence was connected to my punishing those who were unfair. I haven’t physically harmed anyone for a very long time, but that old pattern has taken on many forms. It’s time for me to accept that I can only change the effect, not the cause. “Once an unfair punish-er – always an unfair punish-er.” I’m the cause of my problems; taking another’s defects, personal. I surrender this pattern completely, holding nothing back from our Father. I pray He will transform it into another asset. Thy Love, Thy Will be done.

MAY YOU AND I HAVE THE PROGRESSIVE REALIZATION TO DO TO BE THE INDIVIDUAL INTENDED BY OUR CREATOR.

A 40-day Radical Training Commitment  
Theme For Day 18 - Zeal  
"Pay Forward" #85

*I greet The Indwelling Energy Supply.*

Today's "Pay Forward" gift is - Radical Training Theme For Day 18 – As a member of A.A. I have good reason to have a working understanding of Zeal. It would've been useful, both as an active alcoholic and recovering one, to get a handle on this little four-letter word. Like other four-letter words, love and fear, zeal comes into play often. Zeal - great energy or enthusiasm in pursuit of a cause or an objective. We can use electricity to cook a meal or cook a human being, our choice. Zeal is the affirmative impulse of existence; it tells us to "Go Forward." To be without it is lacking enthusiasm for life. It can be a mighty force that incites us into action, perhaps sharing A.As' service or maybe sharing the "Pay Forward" gift each day, but it needs to be tempered with wisdom. I was fired up when I found I could make a good difference sharing the gifts I'd been freely given. I became an A.A. "crusader, reformer and evangelist." When someone came around me they were going to get a dose A.A. and an abundance of spiritual ideas and ideals. I talked it a whole-lot better than I was walking it. I love this metaphor, "Watch the pull of a giant locomotive; note how it slowly but steadily moves forward, almost by inches at first but gradually increasing until its mile-long train swiftly disappears, in the distance" (anonymous). I think I'll try the train thing. Thy Love, Thy Will be done.



A 40-day Radical Training Commitment  
Theme For Day 19 – Asking For Inspiration  
"Pay Forward" #86

*I greet The Indwelling Invisible Source.*

Today's "Pay Forward" gift is - Radical Training Theme For Day 19 – Asking For Inspiration. I ask the Boss to inspire me with a great "Theme," and nothing comes to mind, yet. I affirm our Father is my only true Source. However, my faith in His grace is being tested when I don't get an abundant supply right-away. That's called outlining, telling myself what the answer should be like, "my will be done." It is easy to have faith when everything is going better than expected. I'll turn to that indwelling Presence within, that's transforming the water I drank in to what we call life, letting His Will be done. He must still be present within me because I am still breathing. I must remember I'm on His time, not mine. I've been eating too much "spiritual fast food." When everything is going great, and I'm served quickly - I affirm that I am dedicated, devoted, committed to do and to be His Love and His Will, 24/7, known and unknown. I had gone off on my own, thinking my good intention was enough. As it turned out I do have an inspired lesson to share. I am disappointed because, I think I must come up with an inspiring idea every day to share, or I am not carrying out my mission. I realize that I'm looking to me as the source of inspiration, and not our Father. OOPS. Father, forgive me; I'm the Prodigal Son, once again headed Home. The Love, Thy Will be done.

MAY YOU AND I HAVE THE PROGRESSIVE REALIZATION TO DO TO BE THE INDIVIDUAL INTENDED BY OUR CREATOR.

A 40-day Radical Training Commitment  
Theme For Day 20 – Which Judgment Matters Most?  
“Pay Forward” #87

*I greet The Indwelling Discerner.*

Today’s “Pay Forward” gift is - Radical Training Theme For Day 20 – Which Judgment Matters Most? What I know to be true, I need to share. Our Father/Creator individualizes His Divine Design as each of us. This indwelling Presence, is call by many names, I choose call It, my indwelling Christ. Since my spiritual awakening as the result of practicing A.As’ spiritual principles, I’ve wanted to say openly that you and I are our Father’s children, created in the image and likeness of His Son. Who came to show us how to live, move and have our being as both Spiritual and human. A.A. does not get into religion or politic; a very wise decision. I am not writing this in a religious context, but as the reality of the Spiritual way of life. I agree to love and worship our Father in Spirit, the Highest level of Consciousness and Truth – Reality, and to love one another as He Loves each of us. A.As’ Spiritual journey teaches us about our True Source. The unconscious becoming conscious in our awakening to the Mystery of our Father individualize Presence within us. A.As’ way of life washes our guilt away and restores our lost Self, welcoming us Home. The way you go about your search for meaning, is your business. I offer no apology for these claims, or for saying that Jesus Christ is my greatest Hero. Or, for what I intuitively know you and I, are. Thy Love, Thy Will be done.



A 40-day Radical Training Commitment  
Theme For Day 21 - Choosing The Road We Will Travel  
“Pay Forward” #88

*I greet The Indwelling Guide.*

Today’s “Pay Forward” gift is - Radical Training Theme For Day 21 - Choosing The Road We Will Travel. For this alcoholic I had to deal with the basics. The group of dedicated A.A. members that took me in, including me in everything they did. They demonstrated the importance of what I call the first set of Back-to-Basics; don’t take the first drink, hang out with sober A.A. members, and focusing on Step One. It wasn’t long before I was introduced to what I call the second set of Back-to-Basics, found on page 45 of Alcoholics Anonymous. “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 were we to find this Power? Well, that’s exactly what this book is about?” It was hammered home that I was not to forget the importance of the first set of Back-to-Basics. However, my life was expanding and growing by the grace of our Father, by using the spiritual tools so freely given. I was to serve the “poorest of the poor” alcoholics as needed. However, I had entered a spiritual road less traveled; the dwelling on living and sharing the second set of Back-to-Basics. I am committed and devoted to practice A.As’ spiritual principles in all my affairs. I was asking for too little for a very long time. I’m asking now for more of our Father’s grace, of A.A., and of myself. Thy Love, Thy Will be done.

MAY YOU AND I HAVE THE PROGRESSIVE REALIZATION TO DO TO BE THE INDIVIDUAL INTENDED BY OUR CREATOR.

A 40-day Radical Training Commitment  
Theme For Day 22 – Now What?  
“Pay Forward” #89

*I greet The Indwelling Wisdom.*

Today’s “Pay Forward” gift is - Radical Training Theme For Day 22 – Now What? Before I began my spiritual journey I had no relationship with our Father or any humans I could count on. Being my only source I had an incompetent, bankrupted boss, I was truly self-employed. Of course I was self-centered as a matter of survival, having no one to depend on. A group of dedicated A.A. members took me in, and for the first time I could remember I felt like I could depend on other humans. The ones that were spiritual grounded were my mentors. By living Alcoholics Anonymous’ spiritual principles, my selfishness was transformed, to a large degree, into an enlightened self-interest. It was better for me to seek and find our Father as an indwelling Presence within us all. It has become clear that I have problems with other’s selfishness when I take it personal. For the 2010 A.A. Convention I coined the phrase - "Where Miracles Happen and Promises are kept." I’ve had moments of a mystical union with our Father. I experienced a love and gratitude much deeper than words; a sense of well-being and peace. We cannot make it happen; these are the gifts of grace. Enlightened self-interest tells me to turn to our Father; I only need to say His sacred name, our Father. I remind myself not to take anyone’s selfish self-centeredness personal. It is an opportunity to practice extending the love and forgiveness out of enlightened self-interest I long for. Thy Love, Thy Will be done.



A 40-day Radical Training Commitment  
Theme For Day 23 - It’s Not The Size Of The Gift  
“Pay Forward” #90

*I greet The Indwelling Abundance.*

Today’s “Pay Forward” gift is - Radical Training Theme For Day 23 – It’s Not The Size Of The Gift. With just a few days in A.A. my healing was underway, giving me something of real value. We are healed healers healing with a gift to share. It is our choice how we use our gifts. All of us are important; sometimes the receiver and another time the giver, with our Boss supplying our needs. Let us choose today to place your heart and mind into love’s service. “It is when we give of ourselves that we truly give”. Healing is an inside job expressed outward, not outward inward. Give away what we have, and it will increase. Sometimes just the willingness to share is enough, let’s not wait until we have “it” altogether, and share whatever we can, now. “It’s not how much we give but how much love we put into giving.” (Mother Teresa) We are taught teachers teaching what we really believe. If we don’t like what we are showing the world and ourselves it can be changed. Alcoholics Anonymous specializes in changing our false self and self-centeredness; awaking us to the love we are. As we go about sharing our gift-of-the-day let us fill it with love. Instead of hiding behind our “scars” let us share the love we are. When we enter the “dark room” of self-centeredness, let’s turn on the love-light and not trip over love-less-ness. “It is higher and nobler to be kind [loving]” (Mark Twain). Thy Love, Thy Will be done.

MAY YOU AND I HAVE THE PROGRESSIVE REALIZATION TO DO TO BE THE INDIVIDUAL INTENDED BY OUR CREATOR.

A 40-day Radical Training Commitment  
Theme For Day 24 – A Possible Termite Invasion  
“Pay Forward” #91

*I greet The Indwelling Protector.*

Today’s “Pay Forward” gift is - Radical Training Theme For Day 24 – A Possible Termite Invasion. Watch out for the termites, the little day-in day-out “unimportant” stuff. These little guys can undermine the foundation of any relationship. They are a real present danger, if not confronted. Termites destroy more property than all the fires, floods, wind, and hail, and so it is with relationships. Due to the possible high cost of the “big” problems we are forced to address then or run away from them. With the “little” problems/opportunities we don’t have to do anything about them, they’re not important enough to matter. One way or another, we often stuff these little guys. A few termites do not matter, but when they build up in large numbers, watch out. They take on many disguises, and organize themselves into a colony; the habits of thoughts and feelings making up the patterns of our personal “reality.” It’s in our best interest to deal with all problems AS SOON AS POSSIBLE. A.A. offers us a great set of spiritual principles that will work on any human condition, even termite extermination. “However, see the challenges as projects, and you tune in on a whole different flow of consciousness” (Eric Butterworth). When I depend on our Boss as my only true Source, the solutions I need are readily available. The size does not matter, what we do with them does. Thy Love, Thy Will be done.



A 40-day Radical Training Commitment  
Theme For Day 25 – The Way Of The Bee  
“Pay Forward” #92

*I greet The Indwelling Knower.*

Today’s “Pay Forward” gift is - Radical Training Theme For Day 25 – The Way Of The Bee. “The fly sits on the filth as well as the honey, but the bee seeks only the honey and avoids the filth” (Anonymous). It was suggested that I follow the bee, and not that of the fly. Until we are led to the limits of our present game plan and find it to be insufficient, we will not search out or find our real Source. Ralph Waldo Emerson said: “To leave the world a bit better, whether by healthy child, a garden patch, or redeemed social condition; to know even one life has breathed easier because you lived, that is to have succeeded.” In A.A. we have the opportunity to make a good difference daily if we choose. I doubt if we will ever run out of alcoholics and other addicts that use A.As’ spiritual principles. For every one alcoholic using our program to find a sober, joyous, happy and free life, seven are using it to recover from some other human condition. They use it because it works. “Experience is what you get when you didn’t get what you wanted. And experience is often the most valuable thing you have to offer” (Randy Pausch). As a member of Alcoholics Anonymous we have lots to share. A.A. is very generous letting non-alcoholics use our program. They only need to put a disclaimer, stating that their use of it is not A.A. approved. Come, let us love one another. Thy Love, Thy Will be done.

MAY YOU AND I HAVE THE PROGRESSIVE REALIZATION TO DO TO BE THE INDIVIDUAL INTENDED BY OUR CREATOR.

A 40-day Radical Training Commitment  
Theme For Day 26 – In The Eyes Of The Beholder  
“Pay Forward” #93

*I greet The Indwelling Omniscience.*

Today’s “Pay Forward” gift is - Radical Training Theme For Day 26 – In The Eyes Of The Beholder. By accepting A.As’ spiritual principles I was given the grace of sobriety, plus a loving way of life that works; managed by my real Boss. I had believed the abundant life was only available to the lucky or gifted people and or to those who knew how to kiss up to our Boss and others. I always felt unwanted and left out of the “good stuff.” I found a group of A.A. workers who had learned how to give and receive love; service. I wanted love as much or more than anyone, but my anger and self-pity made it difficult for others and me to share the love we are. I was an expert at finding the bad, harmful and useless. As the result of working A.As’ spiritual principles I was awakened to the cause of the sick, unloving, self-centered world view; me. One long-timer in A.A., Bill O. was the first person that saw the good in me. He told others how well I was doing, that got back to me, causing me to be grateful, which was also new for me. It encouraged me to do whatever it would take to prove Bill was right about me. I have spent much of these 63 years seeking and sometimes finding our Father’s Presence within us all. Indeed, it is to be found in the eyes of the beholder. Thy Love, Thy Will be done.



A 40-day Radical Training Commitment  
Theme For Day 27 – Divine Discontent  
“Pay Forward” #94

*I greet The Indwelling Wisdom.*

Today’s “Pay Forward” gift is - Radical Training Theme For Day 27 – Divine Discontent. I want, I demand too much of myself and of my serendipity journey. I judge myself as if I should be much farther along than I am. I have to question myself, is this problem spiritual pride or Divine discontent? The indwelling Presence knows what it takes for me to keep my dedication, commitment, and devotion to do and to be His Love and His Will. I try to hurry up the process, as if I could make it happen. I would like it done by mid-night, so I could start tomorrow sharing my re-birth. I want the fourth dimension, which embraces and encompasses the other three, here and now. I want the realization of doing away with time and space and all illusions of apartness from our Father’s Love and Will, ASAP. No doubt I have some unbinding and dismantling of my old habits of thoughts and feelings; my personal “reality.” Father, teach me to step out of my head, and into my heart, opening to the flow of Your grace. I need to be grateful for all our Father has provide not just the bare necessities but everything in abundance. Let me remember it is a waste of time and energy to get emotionally upset by anything that happens or doesn’t. I need to stop the useless chatter, and return to our Father’s Loving grace, which is Omnipresent. Thy Love, Thy Will be done.



MAY YOU AND I HAVE THE PROGRESSIVE REALIZATION TO DO TO BE THE INDIVIDUAL INTENDED BY OUR CREATOR.

A 40-day Radical Training Commitment  
Theme For Day 28 – This One Matters!  
“Pay Forward” #95

*I greet The Indwelling Peacemaker.*

Today’s “Pay Forward” gift is - Radical Training Theme For Day 28 – This One Matters! Every thought, decision and action changes us a tiny bit. Most of the time we are repeating an old habit, which is reinforcing whatever, and making it more “real.” There is a saying in A.A. that resentments [French = “resentir”, re-, intensive, and sentir “to feel] are the number one offender of the alcoholic. If we don’t use the “f” word [forgive] we will for sure keep on re-feeling it. “Look to this day [thought] for it is life...In its brief course lie all – The realities and verities of existence, the bliss of growth, the splendor of action, the glory of power...Look well, therefore, to this day [thought] (Sanskrit proverb). I choose to focus on what I want, not what I don’t. However, let me remember that action is the magic word, causing my choice to be “real.” Prayers and meditations are a state of mind that we enter when we go into the place of silence, where we have the opportunity to join in unity with the indwelling Presence. Even if it is only for a moment we can rest in His Loving Embrace. We can improve our conscious contact with our Father, and rest in the true Sabbath. “The Sabbath was made for man, and not man for the Sabbath.” A great joy does accompany a moment of union with the Source of all Love and Life. How can we not be grateful? Thy Love, Thy Will be done.



A 40-day Radical Training Commitment  
Theme For Day 29 – Time To Leave The Nest  
“Pay Forward” #96

*I greet The Indwelling Teacher.*

Today’s “Pay Forward” gift is - Radical Training Theme For Day 29 – Time To Leave The Nest. “To Be fully alive, human and completely awake is to be continually thrown out of the nest” (Pema Chodron). Both our Father and my earthly dad were ready for me to leave the nest at 17 years old; I jump out of the nest, into a journey into the unknown outer space. There is an analogy between growing up spiritually and the growing up as a responsibility human being. From adolescence to adulthood, we pass through a crisis. One of the worse problems for me was holding on to old useless harmful habits of thoughts and feelings. By the time I got to A.A. I didn’t have a problem letting go of my relationships, they were done with me, and I had given up on having what I never had. I needed to forge new relationships not only human wise but spiritually, I was the only one standing in the way. The A.A. group that took me in, made me a part of their service way of life, it came easier than I ever dreamed possible. I became somewhat free from my needy past and became co-dependent on our Father. My crisis of faith was a great invitation to have a Higher Power that could and would do for me what I could not. Wanting a deeper loving relationship with our Father and union with His indwelling Presence, became my heart’s desire, still is. Thy Love, Thy Will be done.

MAY YOU AND I HAVE THE PROGRESSIVE REALIZATION TO DO TO BE THE INDIVIDUAL INTENDED BY OUR CREATOR.

A 40-day Radical Training Commitment  
Theme For Day 30 We Will Know Even As We Are  
Known

“Pay Forward” #97

*I greet The Indwelling Knower.*

Today’s “Pay Forward” gift is - Radical Training Theme For Day 30 – We Will Know Even As We Are Known. When we think we don’t know what to do, there’s a part of us that does know. It is that indwelling Presence that created us for a purpose, and is responsible to supply us with all we need. Our need is to awaken to that wonderful Source and accept His Loving Grace. One of the best ways to handle our dilemmas is service, giving of ourselves. In our Spiritual Journey, we are asked by the indwelling Presence to adjust ourselves to a new relationship with our Father, our created Self, and with those, we share our time and space. Most of us didn’t have a clue as what’s taking place; it comes gradually, slowly but surely. There is some re-education of our personal “reality” taking place. This is a great time to practice the spiritual principle we are given; to seek and find the Omnipresence of our indwelling Presence, within us all. This is no longer a head-knowledge it has become a heart-knowledge. *“Something in you dies when you bear the unbearable, and it is only in that dark night of the soul that you are prepared to see as God sees and to love as God loves”* (Ram Das). *“You can’t be brave if you’ve only had wonderful things happen to you”* (Mary Tyler Moore). That indwelling Presence whispers in our heart – *“Welcome to the home of the brave.”* Thy Love, Thy Will be done.



A 40-day Radical Training Commitment  
Theme For Day 31 –Enlightened Self-Interest!  
“Pay Forward” #98

*I greet The Indwelling Wisdom.*

Today’s “Pay Forward” gift is - Radical Training Theme For Day 31 – Enlightened Self-Interest! “You have it in your power to conquer the ego and doubts of the mind” (Guru Maharaj Ji). That Power is the indwelling Presence, which nourish and maintain our life given us to share. By the grace of our loving Creator our defect, selfishness can be transformed into enlightened self-interest. We are given a life that calls for self-care, and then we can share the love we are. The flight attendant will instruct the passengers, if they are with a small child and the oxygen mask drops down, to put the mask on them first. They would be of no use to the child, if rendered unconscious. That is not being selfish but a case for enlightened self-interest. When we recover and awaken to a way of life that nourishes us, let us care enough about ourselves that we share that gift with others; a true meaning of enlightened self-interest. Let’s care enough for ourselves to put on the “Spiritual Oxygen Mask” first, and then we can share the healing, loving message, and not the disease. It is true, one of the first qualities of a fulfilling life is service. My Spiritual Hero was/is the greatest servant of all. He is waiting for us to call on Him to help us be the love we are intended to be. Let us seek to have His Will and our will as one - His. Thy Love, The Will be done.

MAY YOU AND I HAVE THE PROGRESSIVE REALIZATION TO DO TO BE THE INDIVIDUAL INTENDED BY OUR CREATOR.

A 40-day Radical Training Commitment  
Theme For Day 32 – Look Who’s Laughing!  
“Pay Forward” #99

*I greet The Indwelling Joy.*

Today’s “Pay Forward” gift is - Radical Training Theme For Day 32 - Look Who’s Laughing! I never dreamed I would ever experience such a fulfilling way of life as I do. Laughter is an outer expression of an internal joyful heart. With the gift of faith in our Father’s grace we can know the Source of our happiness. Sometimes a joyful heart just springs up when we feel good. Sharing the Program with others, knowing we can make a good difference that feels good. A.A. has fostered the ability to laugh at myself, not as a put down but as a loving lift up. Feelings are our chemistry and can create a healthy environment or a sick one. A.As’ way of life offers us a choice. Laughter not only produces pleasant feelings and images, but also alters our body chemistry. Our feelings are the result of our beliefs, our personal “reality.” It’s safe to say beliefs are our biology. A.A. has taught me to let go of the useless, harmful past and embrace the Presence in the present moment. Laughter like love is a healing power touching everyone-thing into wholeness. God is Love. Laughter is love, no wonder it feel so right. I am the only one who can keep me bound to the joyless past. I choose out of enlightened self-interest to forgive all, even myself. Come let us love one another, laughing along the way. “By this shall all men know that ye are my disciples, if ye have loved one to another?” (John 13:35) Thy Love, Thy Will be done.



A 40-day Radical Training Commitment  
Theme For Day 33 - Time To Awaken.  
“Pay Forward” #100

*I greet The Indwelling Omniscience.*

Today’s “Pay Forward” gift is - Radical Training Theme For Day 33 – Time To Awaken. The spiritual path of those who are awakened, have one simple thing in common; called many names, they’re seeking a realization of God. As the result of practicing A.As’ spiritual principles we receive the promise of an awakening and the tools for daily improvement in our conscious contact with God as we understand Him. This spiritual path can take us beyond mere ethical and social ways to an uncompromisingly way of life. My goal is to follow our Steps, Traditions and Service concepts, with a willingness to own and surrender our personal “reality,” holding nothing back. In prayer and meditation we seek and find the omnipresence of our loving Creator, and a way of life that works for all season. The good news of our spiritual process has spread throughout the world. It’s available to anyone who has a desire to be joyous, happy and free from their self-made prison. These simple spiritual principles have served humans according to their capacity to receive, for a very long time. A.A., along with other great spiritual paths expands our ability to realize the indwelling Presence. Every spiritual teacher, has two sets of teachings one for the multitude, the other for their disciples. In A.A. the only requirement for membership is a desire to stop drinking. A.A. also offers a way of life far beyond anything we could dream of. Thy Love, Thy Will be done.

MAY YOU AND I HAVE THE PROGRESSIVE REALIZATION TO DO TO BE THE INDIVIDUAL INTENDED BY OUR CREATOR.

A 40-day Radical Training Commitment  
Theme For Day 34 – As You Believe  
“Pay Forward” #101

*I greet The Indwelling Healer.*

Today’s “Pay Forward” gift is - Radical Training Theme For Day 34 – As You Believe. When Jesus would heal someone most of the time He said, “Let it be done unto you as you believe.” Ralph Waldo Emerson said this, “A man is what he thinks about all day long.” William James said: The greatest discovery of my generation is that human beings can alter their lives by altering their attitudes of mind.” A.A. teaches us the importance of singleness of purpose. If we really want to be sober we will do whatever it takes. If we want a working relationship and conscious union with our Higher Power we will practice the spiritual principles so freely given us. To paraphrase or sum up the great teachers who say that we become what we think about. I believe we experience, but not necessary become what we focus and dwell on. Our Father/Creator individualizes each of us and that is what we awaken to, and become what we already are, His child. “If thou canst believe, all things are possible to him that believeth.” “Believe and succeed.” “Our doubts are traitors and make us lose the good we oft might win by fearing to attempt” (William Shakespeare). We must stop blaming other people, and circumstances, and own our part, so we can surrender whatever to our Father for transforming into assets. If we practice A.As’ spiritual principles we are given a whole list of wonderful promises (pages 83-84 Alcoholics Anonymous). Thy Love, Thy Will be done.



A 40-day Radical Training Commitment  
Theme For Day 35 – The Way Of Assertiveness  
“Pay Forward” #102

*I greet The Indwelling Omnipotence.*

Today’s “Pay Forward” gift is - Radical Training Theme For Day 35 – The Way Of Assertiveness. I wasted far too much time and energy standing up for my rights, via hostility or stuffing the problem by being passive. Many years ago I saw a lady demonstrate a quality I come to long for; how to stand up for what we believe in via assertiveness. She turned a panel of eight men who were defending their beliefs in a combination of negative ways, passive, hostile and passive-aggressive. In the end she had showed us the solution to the problem they were addressing. I saw the error of my ways and made a decision to learn how to stand up for my heart’s desire, my goals, which turned out to be my created purpose. The only thing my study did for me was make me hungrier for the ability to be assertive in a peaceful, loving way. Praying and meditating about it, and surrendering my inability to practice it, no matter how hard I tried I fell short. But, the spiritual action did open me up to receive the real solution; another of my defects transformed into a workable asset. By His grace I understand assertiveness is expressing the love we are, in the image and likeness of my Hero, Jesus. Practicing everyday kinds of love: patience, kindness, generosity, humility, and courtesy, and unselfishness, good sense of humor, sincerity and innocence, through A.As’ spiritual principles, is a big help. Thy Love, Thy Will Be done.

MAY YOU AND I HAVE THE PROGRESSIVE REALIZATION TO DO TO BE THE INDIVIDUAL INTENDED BY OUR CREATOR.

A 40-day Radical Training Commitment  
Theme For Day 36 – A Healed Healer Healing  
“Pay Forward” #103

*I greet The Indwelling Divine Healer.*

Today’s “Pay Forward” gift is - Radical Training Theme For Day 36 – A Healed Healer Healing. “Don’t call me good, it is the Father within me doing the good works.” I have experienced and witnessed His good works by those who work for our Father, and with Him, through His omnipotence grace. I am a fool if I say or believe that anything is impossible for our Father, or will He withhold His Loving grace. Our illusion of separation is the resister, and must be healed. Wounded at any level of the human condition our created self-sets our healing into motion. Through A.A.’s spiritual principles we can dismantle our personal “reality” preparing ourselves to accept our Father’s grace of healing, and a true relationship with Him and His. We have two master teachers; those we want to be like and those we don’t, reminding us that we still have healing beyond the physical to be done. We are supplied the opportunities to be healed. We need to pass on any healing we have received. A good starting point is to share our healing with another in need with the same dis-ease. My powerlessness called me to practice, “My Radical Training Basics” remembering it is our Father within, which is the Healer. “Watching great people do what you love is a good way to start learning how to do it yourself” (Amy Poehler). I choose to keep on keeping on being a channel for His grace. Thy Love, Thy Will be done.



A 40-day Radical Training Commitment  
Theme For Day 37 – Planting Our Dream  
“Pay Forward” #104

*I greet The Indwelling Abundance.*

Today’s “Pay Forward” gift is - Radical Training Theme For Day 37 – Planting Our Dream. When we were created as the individual we are it came as a Divine Design, with choices to make. A number of things which have real value are freely given, like, our bodies, our mind, our souls, our love, our purpose, hidden within our heart’s desire, along with free will. The paradox is, too often we think “things” are more important to “get.” The human mind is much like a farmer’s land. He or she has a choice to make, as to what seeds they plant. If we let others plant our seeds we believe they are to blame for the results. The land doesn’t seem to care what’s planted. “As ye sow, so shall ye reap.” When the seeds bear fruit we have a decision to make, how we are to experience the results. If we have awakened to our Divine Designed within, our Father/Creator’s Will; by grace our view of the world is spiritually discerned. If we are driven by our ego, personal “reality” we are blaming circumstances for what we experience. Those using the gift of spiritual discernment will look for the circumstances they want, and if they can’t find them, by God’s grace, they co-create them. Our mind comes as standard equipment. Too often those things we receive free, we place little value. It takes a spiritual awakening to give us a real value shift; an A.A. promise. Thy Love, Thy Will be done.

MAY YOU AND I HAVE THE PROGRESSIVE REALIZATION TO DO TO BE THE INDIVIDUAL INTENDED BY OUR CREATOR.

A 40-day Radical Training Commitment  
Theme For Day 38 – A Sleepless Night  
“Pay Forward” #105

*I greet The Indwelling Enlightener.*

Today’s “Pay Forward” gift is - Radical Training Theme For Day 38 – A Sleepless Night. “Therefore if you bring your gift to the alter, and there remember that your brother [or sister] has anything against you: leave there your gift before the alter, and go your way; first be reconciled to you brother [or sister], and then come and offer your gift” (Matthew 5:23-24). One of my defects came out of hiding in a meeting; impatience [not seeing the value for anyone, is a waste of time]. The way I responded to another person was wrong; I need to make an amends, and then continue my meditation. It is about 3:30 am; I don’t want to compound the problem by waking them up to selfishly free myself, so I must wait. However I am making a start by owning my part and silently seeking forgiveness and our Father’s mercy. “It is not a matter of thinking a great deal but loving a great deal, so do whatever arouses you most to love” (Teresa of Avila). I am willing to take the needed action to clear this up. Well I did contact the person I harmed and they made amends to me, also. So often, in A.A. that’s how it works. I’m asking our Father to transform this defect into another workable asset. By our Father’s Loving grace and my denial breaks down I will have more valuable assets deposited into my spiritual account. Thy Love, Thy Will be done.



A 40-day Radical Training Commitment  
Theme For Day 39 – A Way Out – A Way Within  
“Pay Forward” #106

*I greet The Indwelling Path Finder.*

Today’s “Pay Forward” gift is - Radical Training Theme For Day 39 – A Way Out – A Way Within. In a state of fear I have demanded a definitive answer, never to be confronted with this or that problem again. The form, in which an answer may come, will always pass away, but not the True source or the Spiritual principle it flows from. I have made it difficult to continue to awaken and grow by turning events or mind-sets into the illusionary principles. “I will never do that again.” “I always do this or that.” Our sub-conscious mind says, “OK, to our yes and to our no, until it is replaced with another temporary fix, or Divine wisdom, which is a real Spiritual principle. To live in the Omnipresence this present moment let our finite mind-set be part of the infinite. As we practice A.As’ Spiritual principles in all our affairs, some universal principles may seem simple and second nature, while others are, for the moment, beyond our current understanding. The key for an ever expanding life is being grateful for what I have already received, and stay willing to let go and let our Father have His Way. “To be over-grateful for the gift is to question the generosity of the GIVER.” The way out begins with a WAY within. That infinite Power which created each individual is the Indwelling Power in whom we live move and have our being. Thy Love, Thy Will be done.

MAY YOU AND I HAVE THE PROGRESSIVE REALIZATION TO DO TO BE THE INDIVIDUAL INTENDED BY OUR CREATOR.

A 40-day Radical Training Commitment  
Theme For Day 40 – I need A Reality Check  
“Pay Forward” #107

*I greet The Indwelling Awakener.*

Today’s “Pay Forward” gift is - Radical Training Theme For Day 40 – I need A Reality Check. Has this radical training helped me awaken and grow? How often does this problem I’m working on happens, how intense is it, and long does it last? By that standard I can say yes it’s working. I’m more willing to be vulnerable sharing my spiritual serendipity journey in my daily “Pay forward” affirmations. I want to be a dedicated friend of my Hero, Jesus. Over the years I have been judgmental of those who call themselves Christians but don’t walk their talk, according to me. Oops, what’s that about not judging others, or we are likely to be judged for the same thing? Hmm! What about my problem with unfairness and the need to punish the wrong doers? The real problem for me dealing with unfairness is my taking what others do, way too personally, that realization has brought about healing to the unfairness problem. My radical forgiveness has been very helpful. As I understand my Hero, Jesus was/is a High priest in the Order of Melchisedic. I pray that I may become a trusted servant in His Order, and someday I may be called His friend. Friends are those who have a common goal. Jesus was/is fully Spiritual and human in union with our Father, showing us how to do and be His Love and Will. My heart’s desire is to follow His directions, Path. A.A. is rooted in His way, truth and light. Thy Love, Thy Will be done.



Follow Up  
“Pay Forward” #108

*I greet The Indwelling Reality Checker.*

Today’s “Pay Forward” gift is - Radical Training Follow Up. In our heart there is the desire to love and to be loved. The object of that love may change many times. It is hard to believe that this desire is really a hunger for our Creator disguised as something else. Our expressions of love often leave us frustrated and alone, because it is an imperfect reflection of “the Real Thing.” To find the fulfillment of the desire for love, most likely comes when we turn our love toward our Father/Creator, who is love, and so are we. This does not mean that our human love is wrong and should be avoided. We all love the best we can at any given time, which helps us develop more and better loving characteristics, which comes in handy for our human condition and our spiritual unfoldment. These attributes become spiritualized when given unselfishly, without possessiveness or bargaining. The shift – Am I a human trying to be spiritual or is the indwelling Presence becoming human? Not my will but, Yours be done Father. As the result from my 40-Day Radical Training I am more understanding, compassionate, and open-minded. I was made aware of the root cause of a life-long defect – unfairness, the solution was simple. I was taking what others did or said – personal, and I reacted as if “what-ever” was done to me. Although there were a number of other healing taking places, this unfairness thing was the greatest. Thy Love, Thy Will be done.

MAY YOU AND I HAVE THE PROGRESSIVE REALIZATION TO DO TO BE THE INDIVIDUAL INTENDED BY OUR CREATOR.

Honoring The Worker  
"Pay Forward" #109

*I greet The Indwelling Invisible Worker.*

Today's "Pay Forward" gift is - Honoring The Worker. "The reason a lot of people do not recognize opportunity is because it usually goes around wearing overalls and looking like hard work" (Thomas Edison). As long as I can remember I've been a worker, a worker among workers, come lately. Alcoholics Anonymous taught me to accept me as me and stop the comparing myself with the gifted, talented and successful. A burning desire to be loved and valued motivated me to become a worker, thinking that would earn the love I hungered for, it didn't. I became even more self-centered and withdrawn. Starting my A.A. journey my lack of an outgoing personality plus poor verbal skills did not keep other A.A. members from including me in all kinds of service. At last being a worker had a worthwhile place; service. I become a worker among workers who loved sharing. I willingly work hard at learning how to read; motivated by the deep desire to seek and find a Higher Power. One side benefit; I gained Spiritual and head knowledge, as a worker I put, it to work, and my heart, mind and soul opened up. I have the needed desire, intention, determination, and the energy to do what's needed to express our Father's Divine design. I honor us workers; we do make a good difference. The gifted and talented need workers to help carry out their dreams and workers need great dreamers. Thy Love, Thy Will be done.



Choose – Prison Or Playground  
"Pay Forward" #110

*I greet The Indwelling Freedom.*

Today's "Pay Forward" gift is – Choose - Prison Or Playground. "The last of the human freedoms is to choose one's attitudes" (Victor Frankel). When taking A.A. meetings and workshops into prisons, I realized that some of the prisoners had accepted their conditions, others had not. Those who had an attitude of acceptance did better. Those who could not accept their imprisonment was often doing "hard time." In either case, it's not a playground. A great benefit as a volunteer over being a prisoner, we are free to go outside the prison walls. However, some of us built our own prison walls, within. We are all serving a life sentence; shall it be prison or a playground? Alcoholics Anonymous gives us the tools to make the time served a gift to us and humanity. By our Father's grace, we have what it takes to transcend our limits. Our attitude is an expression of our habits; our beliefs, I call our personal "reality." We have the freedom and the tools to replace our habits. Building a habit of giving of ourselves, we expand our freedom with a love deeper than words. We pay a high price for demanding our way instead of seeking to do the Will of our Father. Love of sharing is free for the taking and brings out the best of us, which is real freedom. Let us be a loving volunteer; our Father's channel or agent. Thy Love, Thy Will be done



MAY YOU AND I HAVE THE PROGRESSIVE REALIZATION TO DO TO BE THE INDIVIDUAL INTENDED BY OUR CREATOR.

How Prompt  
“Pay Forward” #111

*I greet The Indwelling Wisdom.*

Today’s “Pay Forward” gift it - How Prompt - can I admit I am off my mission path? If I embrace what I first resist, I can much faster. The moment I catch myself experiencing negativity, fear or anger, I can choose once again. 1. I can accept and own that it’s coming out of my personal “reality.” 2. If I explain or blame something or someone other than me as my problem, I lose my right to correct it. 3. If I own it, I can discredit it as useless, too limited or harmful without delay. By building a habit of addressing the problem quickly I can know when I’ve fallen in an old rut, and I am off my mission path. Without delay I can choose to turn to our Father. As the result of my practicing our Program, I’ve built an Early-Warning System. I can catch my falling into an old rut and get out of it quickly and avoid becoming a rut-dweller. Once I make a decision to get out of the rut I enter a different mindset. I can stop justifying my wrong-doing, and accept that experience as coming out of my personal “reality” giving me the right to surrender it to our Boss to be corrected, or transformed into an asset. “Changing the way we look at something, changes the thing we are looking at.” Step Ten; “Continued to take personal Inventory and when we were wrong promptly admitted it.” Thy Love, Thy Will be done.



Temporarily Having More To Give  
“Pay Forward” #112

*I greet The Indwelling Dark Night Of The Soul.*

Today’s “Pay Forward” gift is – Temporarily Having More To Give. Our Tradition Five states, “Each group has but one primary purpose – to carry its message to the alcoholic who still suffers.” Carrying our message is a vital part of Alcoholics Anonymous. An alcoholic like other humans is never totally free of suffering. I choose to practice these principles in my affairs, which is to get the most out of sobriety, to do this daily is not an outside issue. I noticed a friend of mine whom I valued for the way she lived the Program, was experiencing depression. I asked if she was doing OK, she told me that she felt like killing herself. I asked why she did not bring up the subject at the meeting; she said she was afraid that others would think A.A. did not work. Others may say she was not working the Program to the best of her ability; she had nine years of great sobriety. She was active in Alcoholics Anonymous, and was working the Steps. She had an ongoing prayer and meditative life and was sponsoring people. By sharing my experience as a longtime member having gone through a time of the Dark Night Of the Soul; a Spiritual Transformation, I temporarily had more to give. By sharing my suffering experience, I realized it all purpose. [www.12stepworkbook.org/workshops](http://www.12stepworkbook.org/workshops) “Develop the strength to do bold things, not the strength to suffer” Niccolo Machiavelli. Thy Love, Thy Will be done.

MAY YOU AND I HAVE THE PROGRESSIVE REALIZATION TO DO TO BE THE INDIVIDUAL INTENDED BY OUR CREATOR.

Prayer Is A Reliable Solution

“Pay Forward” #113

*I greet The Indwelling Spirit Of Truth.*

Today’s “Pay Forward” gift is – Prayer Is A Reliable Solution. I had a dear friend who believed that all of us had be prayed into Alcoholics Anonymous. I had no conscious relationship with a Higher Power at the time he told me that, and I had a hard time believing it, but I trusted that he did. Later, when I realized that the people who had what I wanted said they had a working relationship with a Higher Power, I went on a spiritual quest, which is still on going. I still have some of my spiritual heroes from the early days in the Program. “When we talk about Centering Prayer, [being still and letting our Father do the work] we are talking about love. This distinguishes Centering Prayer from Eastern methods [meditation]; they are primarily concerned with awareness. Centering Prayer is concerned with divine love...in other words, our uniqueness remains and becomes the vehicle for the divine expression, which is why we were created” Father Thomas Keating. Centering Prayer has become a great tool for our Step Eleven. Emmet Fox wrote – “Prayer is always the solution. No matter what kind of difficulty may be facing you, no matter how complicated your problem may seem – prayer can solve it. Of course, you will also take whatever practical steps seem to be indicated, and if you do not know what steps to take, prayer will show you.” I am deeply grateful even when I forget our Father is the Boss, He doesn’t. Thy Love, Thy Will be done.



Love’s Knocking At Our Door

“Pay Forward” #114

*I greet The Indwelling Omni-Love.*

Today’s “Pay Forward” gift is – Love’s Knocking At Our Door. I call my A.A. living experience a loving serendipity journey, meaning I have, and I continue to find far more love than I dreamed possible. I practice sharing as many forms of love I can, out of enlighten self-interest, know all we give comes back to us multiplied. 1. (Agape) An expression of Spiritual love is sharing a universal good will with all deserving or not, which is an act unconditional love. No matter how self-centered I was, or I am, I can share through service; A.A. is a land of opportunities. I’m a Twelve Stepper, asking for nothing in return. 2. (Storge) I sponsor a number of A.A. members, much like a parent and child relationship. 3. (Philia) I have lots of friends, because we have a common mission, and interest, which are the bases for friendships. 4. (Eros) As a result of living; practicing A.As’ spiritual principles in all my affairs, the best I can, I was given a loving intimate relationship with my wife. 5. (Primal-love) Our/my Father is our one True Source, as one life, I awakened to His Love and His Will. 6. (Self-love) Out of enlightened self-interest, I love all those I can, all I can. I understand it is more blessed to give than receive. When I forgive, love, heal, teach, enlighten, empower, enrich, communicate and Co-create all I can it compounds, because I choose to do it, I believe others want the same for me. Thy Love, Thy Will Be done.

MAY YOU AND I HAVE THE PROGRESSIVE REALIZATION TO DO TO BE THE INDIVIDUAL INTENDED BY OUR CREATOR.

Confidence  
"Pay Forward" #115

κ

*I greet The Indwelling Knower.*

Today's "Pay Forward" gift is – Confidence. The more confidence I have in our Father the more confidence I have in myself, and my expression of His Will for me. My trust in His loving mercy is growing, and so is my acceptance in myself. I'm given the courage to take action when needed and serve others. I know in my heart that nothing I have done or not done can change His Divine Love for me, or anyone else. Instead of dwelling on lack and limitation, as I once did, my abiding faith in His grace has opened me to His divine abundance. I seek my hearts desired, which is a conscious union with His Will and His Love. I love the promise "He has given His angels charge of me in all my ways. Who lifts me up in their hands lest I dash my foot against a stone." That stone turned into a steppingstone, as all of my defects do, when our Father transforms them into workable assets. My alcoholism is a great example. Whatever His Will is for me, I pray I do it well, consciously known or not. "If you make my Word your home you will indeed be my disciples; you will come to know the truth, and the truth will set you free" John 8:31-32. I'm taking direct action about my saying no to loving myself. Owning and surrendering this defect to our Father, ASAP, and following His healing guidance. Thy Love, Thy Will be done.



Honoring Our Father's Handy Works  
"Pay Forward" #116

*I greet The Indwelling Provider.*

Today's "Pay Forward" gift is - Honoring Our Father's Handy Works. "Life waits upon man's discovery of natural laws, his discovery of himself and his discovery of his relationship to the great Whole" The Science of Mind. I didn't respect my physical body; I selfishly used it. We are created in our Creator's image and likeness; I didn't act like it. When something goes wrong with my physical body, I turned to outside fixes. For about a week, I have had really bad back and hip pain. I was having a hard time even walking. I remembered, around my A.A. anniversary every year I have a physical problem, bronchitis did me in last year. I know that pain is a messenger. I asked the Boss, what the message was, and for the power own it and surrender it to Him. I shared the program this year with a number of those having a hard time forgiving their self. The "drug" guilt and punishment was being abused, by all of us. I should have it altogether with 64 years of sobriety; I don't. I choose not to use "real" pain pills; so myself-medication is limited. The outside self-medication wasn't working. I realize it was calling for an inside spiritual solution. I owned my wrong doing, and surrendered all of me once again to the Boss. This morning I woke up around 3AM; by the grace and mercy of our Father, the pain was almost gone. I am so deeply grateful. Thy Love, Thy Will be done.

MAY YOU AND I HAVE THE PROGRESSIVE REALIZATION TO DO TO BE THE INDIVIDUAL INTENDED BY OUR CREATOR.

Listen To The Silence

"Pay Forward" #117

*I greet The Indwelling Silent Giver.*

Today's "Pay Forward" gift is – Listen To The Silence. As I became still within I hear: "Come and let me love you, forgive you, teach you, heal you, and I will - I have - I am." I now ask for my heart's desire in these affirmations in the in the image and likeness of my Hero's Name. In this Spiritual Flow, I am living the Love Story You gave me, Father. Your Loving Grace has giving me, the Eyes to See with the vision of Christ; seeing Your Promises being done. I have the Ears to hear Your Holy Voice, and follow all His Ways; hearing what You cause me to hear; Your Spirit of Truth. I have the Nostrils to Inhale Your Divine Inspiration and to Exhale all that is spent. I am blessed with perfect circulation, assimilation and elimination. I have the Tongue to Speak Your Holy Words. I am speaking in Your Name. I have the Mouth to consume Your Divine Nourishment, our Daily Bread: Spiritual, Mental, Physical, Emotional and Social Bread. I am feasting on what's good for me and fasting from what is not. I have the hands to receive and pass on Your Infinite Abundance, to whomever You Will; I'm sharing it freely. I have the arms to embrace all I am drawn to, with wisdom, warmth and love. I have feet to take me about Your Will for me, Father; as I go about Your (our) Business. Thy Love, Thy Will be done.



Let's Celebrate Our Father's Day 365 Times

"Pay Forward" #118

*I greet The Indwelling Holy Presence*

Today's "Pay Forward" gift is – Let's Celebrate Our Father's Day 365 Times. I'm realizing the worthiness of our Spiritual Principles. Awakening to the intrinsic value of A.A.'s way of life has the power to urge our hearts to go-the-extra-mile; to practice these principles in all our affairs. A shift in our self-centeredness that demands excessive dividends for the least effort; is transformed into an enlightened self-interest, brought about by grace. I willingly look to our Father, with new intensity for a life that refuses to accept a life driven by fear and self-delusion. It's a humbling experience to realize my own joy and pleasure, at times is far stronger than any desire for our Father's Love and Will. No wonder there are so many unanswered prayers. Here we have the secret – our Father cannot be glorified when He is not the object of our prayers. "How can you believe," said my Hero, "when you accept glory from one another and do not seek the glory that comes from the one alone is God." When we seek our own glory among people, we make faith impossible. A.A. gives us the spiritual tools that can put us in alignment with Reality. When we consciously surrender ourselves, holding nothing back to the inspiration of our Father's guidance, our desires will no longer be ours, they will be His. Every lesson You give me convinces me more deeply that I want what You have, Father. Thy Love, Thy Will be done.

MAY YOU AND I HAVE THE PROGRESSIVE REALIZATION TO DO TO BE THE INDIVIDUAL INTENDED BY OUR CREATOR.

Co-Creating  
"Pay Forward" #119

*I greet The Indwelling Co-Creator.*

Today's "Pay Forward" gift is – Co-Creating. Upon awakening I choose the Source of my life this day. I co-create the expression of life that is in harmony with my heart's desire and my individual created self, in spirit and truth; in the image and likeness of my Hero Jesus. Sometimes, my personal "reality," is cluttering my mind with the things I need to get done, it takes me a while to settle down and let the Boss take over. When I do co-create my day, instead of making up illusions, out of the silent invisible things happen that are so unexplainable. I know I am being shown the pathway of our Father's Will. I realize I am rewriting and rewiring my habits of thoughts and feelings, more in union with my intended purpose give me by grace. I am asking more of our Father, and the spiritual principles of A.A., has given me, and of myself: this gives me the incentive to do it the next day. So if I'm consciously taking action in designing what I want, from a spiritual guidance standpoint, I am less like to blame others, or let negative ideas fill my mind. Also, I know I am having a little part in choosing my day. As I'm taking this time to create my day, I realize the spiritual aspect to myself. My doubting personal "reality" is replaced with faith in our Father's abundance, Co-Creating One Day At A Time. Thy Love, Thy Will be done.



A Silent Invisible Witness  
"Pay Forward" #120

*I greet The Indwelling Doer.*

Today's "Pay Forward" gift is – A Silent Invisible Witness. As I became still I could hear these words: "Come and let Me love you, forgive you, teach you and heal you and I will, I have, I am." I now ask for my heart's desire using these present affirmations in the Presence. In this Spiritual Flow I now live the Love Story You Gave me, Father. By Your Loving Grace Father: I now have the Eyes to See with the vision of Christ. I now have the Ears to Hear Your Holy Voice, and follow all Your Ways. I now have the Nostrils to Inhale Your Divine Inspiration and to Exhale all that is spent, in perfect circulation, assimilation and elimination. I now have the Tongue to Speak Your Holy Words, and I speak them in Your Name. I now have the Mouth to Consume Your Divine Nourishment; I'm feasting on our Daily Bread: Spiritual, Mental, Physical, Emotional and Social Bread. I now have the Hands to Receive and Pass on Your Infinite Abundance to whomever You Will. I now have the Arms to Embrace all I am drawn to with warmth and love. I now have Feet to Take me about Your Will for me, Father; I am a worker in Your Business. Lord, make me a channel of Your Will, Love and Peace. I ask You to use me, as one of Your instruments and one of Your Agents. Thy Love, Thy Will be done.

MAY YOU AND I HAVE THE PROGRESSIVE REALIZATION TO DO TO BE THE INDIVIDUAL INTENDED BY OUR CREATOR.

Put Away Childish Things

“Pay Forward” #121

*I greet The Indwelling Father.*

Today’s “Pay Forward” gift is – I Put Away Childish Things. “When I was a child, I spoke as a child, I understood as a child, I thought as a child; but when I became an adult I put away childish things.” Until then I could see only my little reflection in that limited mirror of my personal "reality," hearing only the hum of my little voice as this limited "reality." But now face-to-face with Your Holy Attributes, Father, I live, move and have my being in and through universal Principles. Just for this instant, I intuitively know even as I am known. I now abide in Your Reality, Father, with faith, hope, and love as You will me to be, to do, to see this holy instant. With each new beginning, during and ending I seek conscious union with Our Spiritual Gifts. I only need to say, “Father,” silently, and that centers my consciousness in Spiritual Gifts I am given this day. When centered for a moment, I experience the Presence, Love, and Purpose. In that moment I silently extend to others the spiritual gift(s), which appear(s) to be lacking, for that moment. This is my perfect gift(s), to give and to receive. Let me remember even for an instant to stop, and be still, and intuitively listen for the Voice of The Presence within me, and follow His Ways. Thy Love, Thy Will be done.



Purposeful Life

“Pay Forward” #122

*I greet The Indwelling Presence.*

Today’s “Pay Forward” gift is – Purposeful Life. My Higher Purpose, Heart’s Desire, my Mission are one. This is something beyond my little self. I feel this inner drive as a calling or being used by some kind of compelling force or an ideal. At times, I may think, act, and feel like an atheist, agnostic or a devoted love of yours Father, but I realize that I always have an unseen, invisible means of support. I am given a vision of a better way of doing, being or seeing. I am humbled by this inner driving force toward a purposeful life. This Presence within me guides and motivates me to accomplish the gift of service. It causes me to stay focused, committed, to take risks, to be independent of old ways. To do whatever it takes to be prepared, to persevere, to be resilient, that is to rebound after each setback, which gives me the courage to be creative. I have a deep conviction and faith in what I am doing, being. I trust in You, Father, with all of my heart, mind, soul and strength, and to love and worship You in Spirit and Truth. I serve others as if it is for a love one, because it is for me as well as them. At times. I cannot experience Your loving Presence, Father, but I am willing to ask for, think about and feel out for this Presence until a conscious union with You re-awakens. Thy Love, Thy Will be done.

MAY YOU AND I HAVE THE PROGRESSIVE REALIZATION TO DO TO BE THE INDIVIDUAL INTENDED BY OUR CREATOR.

Divine Treatment Center  
"Pay Forward" #123

*I greet The Indwelling Healer.*

Today's "Pay Forward" gift is – Divine Treatment Center. I need to detox from my oldest addiction; the "drug" guilt and punishment. I am committed to a Divine Therapy; a radical recovery program within. Let us remember that our Father created each of us to express a tiny part of His Holy Wholeness. You and I have a real purpose. Our Creator maintains us from within; we call it life, and will do so until our mission is completed. I know that's true, I want to believe it, but the largest percentage of time I don't even think about it. Yesterday I found myself in an old ditch, wasting time and energy partaking in my "drug" of choice, guilt and punishment. I would not judge another for the same "crime," was calling for forgiveness. My detoxing from this "drug" seems to have gone on forever. I call on my "Avenging Hero" to punish me," that's not the solution I want today. The love I needed was withheld by me. I should be better than this by now, is blocking my true Healer, our Loving Father within who has to do for me what I cannot alone and unaided. Love and service are a great unblocking helper. Once again, I am calling for tender mercy and forgiveness, as I return to Love dwelling. "I pray that I may wear the world like a loose garment." I choose to let my life be what it is, and not worry nor complain. Thy Love, Thy Will be done.



A Call For Help  
"Pay Forward" #124

*I greet The Indwelling DNA.*

Today's "Pay Forward" gift is – A Call For Help. I cannot always experience love, but I can do loving things, have loving thoughts or ideas until love re-awakens to fill my life. I cannot always live in this most wonderful Spiritual Flow, but I can ask for it, seek it, and imitate it a little bit until grace re-awakens me. I may need to be forgiven or to forgive, but not able to do it. I can be willing to forgive for any motive my heart and mind agree on, even this moment. I reassure myself, there is no one or anything that will keep me from completing our Father's Will for me, but me. Our Father and His Holy Team are providing all we need to carry out our purpose for being. The individualized spiritual DNA we are created to be within every cell of our body. That indwelling Presence is always present, and can be called on anytime. A great mystery for me is why I don't call on this Divine Intelligence, which transform what I eat and drank into the energy we call life, 24/7. I now choose to forgive all of us, for all. As I forgive I clear away the clutter that is blocking my vision of the indwelling Presence within us all. Lord, make me a channel of Your Will and Love, use me, as one of Your instruments and one of Your agents. Thy Love, Thy Will be done.

MAY YOU AND I HAVE THE PROGRESSIVE REALIZATION TO DO TO BE THE INDIVIDUAL INTENDED BY OUR CREATOR.

The Core Of Impatience  
"Pay Forward" #125

*I greet The Indwelling Father Doing The Work.*

Today's "Pay Forward" gift is - The Core Of Impatience. Some days, I'm in the wrong place, doing something I told myself not to do. What a waste of time and energy. Who wouldn't be impatient? One of the hardest things about practicing patience is that impatience feels so right. Impatience was one my major defects. I sponsored a guy for about three years; he had PhD Degree in Philosophy and a Master's degree in Business. I asked him a simple question, like how many meetings are you going to a week? He studied the question, like ten minutes before he answered. One time it was too much for me, and I told him I felt like a detective when I tried to share with him. I turn to our Father seeking guidance, and the answer came to me. I realized whenever I am impatient, there is one thing in common; I don't see any value or purpose in it for anyone. By our Father's grace I changed the way I share. Everyone I share with brings me a gift, and I have a gift for them, if I don't pay attention, I will miss it. At the first sign of impatience, I turn once again to our Father and He blessed me with the answer. Love as patience is passive waiting to begin; not in a hurry, calm, ready to do its work when the summons comes, for love understands and therefore, waits. Thy Love, Thy Will Be done.



Set your sights high  
"Pay Forward" #126

*I greet The Indwelling Co-Creator.*

Today's "Pay Forward" gift is – "Set your sights high, the higher the better. Expect the most wonderful things to happen, not in the future but right now. Realize that nothing is too good. Allow absolutely nothing to hamper you or hold you up in any way" Eileen Caddy. Because I have received the grace of forgiveness, I am forgiving all of all, clearing my vision to see the good in others. I'm a forgiven forgiver forgiving. Because I am teachable, I am an inspired taught teacher teaching. Because I have been healed at many levels, at those levels, I am a devoted healed healer healing. Because our Father is Love, we are all love, therefore, we are - I am a beloved lover loving. Because I have been enriched beyond my dreams by our Father loving grace, I am an enriched enrich-er enriching. Because our Father is Omnipotence, I am an empowered empower-er empowering. Because the clutter has been cleared from my Spiritual Path by grace, I am a clutter buster busting clutter. Because each of us as individuals is a Divinely Design expression of our Father, I am a Divinely Designed co-designer co-designing. Because I have been awakened, I am an awakened awakener awakening for those I am given to share with. Because our Creator is omniscience – all knowing, I am an enlightened enlightener enlightening. Because in my meditation, I become still within the silence; I am communicated to, now I am a communicated to communicator communicating - Thy Love, Thy Will be done.



MAY YOU AND I HAVE THE PROGRESSIVE REALIZATION TO DO TO BE THE INDIVIDUAL INTENDED BY OUR CREATOR.

How Can I Not Regret The Past?

"Pay Forward" # 127

*I greet The Indwelling Freedom.*

Today's "Pay Forward" gift is – How Can I Not Regret The Past? "We are going to know a new freedom and a new happiness. We will not regret the past nor wish to shut the door on it." Alcoholics Anonymous is where miracles happen, and promises come true. My regrets for the things I did have been tempered by time. By our Father's grace, my major defects have been transformed into workable assets. Regrets are paradoxes; what I did was wrong, harmful, yet those transformed defects give my life meaning. Would I have found my loving relationship with our Father, His Love, and His will for me, otherwise? My life has a purpose, real meaning because of my transformed defects. What about my regrets for the things I have not done? I choose to work on things left undone, now. I cannot do anything to change the decisions I made in my past, but I can choose once again. My future, today, holds many opportunities to make a tiny good difference. Let there be no "if-only" or no "if and buts were candy and nuts; I would have fulfilled life." My heart's desire has opened my eyes to see our father's Presence, and the ears to hear His Holy Voice within the invisible silence. "Come; love one another as I have loved you." "Cease to inquire what the future has in store and to take as a gift whatever the day brings forth" (Horace). Thy Love, Thy Will be done.



"A Faith That Works"

"Pay Forward" #128

*I greet The Indwelling Presence.*

Today's "Pay Forward" gift is – "A Faith That Works." "True humility and an open mind can lead us to faith, and every A.A. meeting is an assurance that God will restore us to sanity if we rightly relate ourselves to Him." Faith occurs 85 times in Alcoholics Anonymous and 49 times in The Twelve Steps and Twelve Traditions. From: Keep A True Lent – Charles Fillmore. Faith is the perceiving power of the mind linked with a power to shape substance. Faith is the spiritual assurance, the power to do the seemingly impossible. Faith is a force that draws to us our heart's desire right out of the invisible spiritual substance. Faith is a deep inner knowing that which is sought is already ours for the taking, the "assurance of things hoped for." Faith working in spiritual substance accomplishes all things. This is the faith that co-operates with creative law. Exercised in spiritual consciousness, it finds its abode, and without variation or disappointment, it brings results that are seemingly miraculous. Faith in the reality of things spiritual develops the faith center in man's brain. I realize that my faith in the invisible is building a real abiding substance in my mind and in my body. Spiritual ideas grow quickly when planted in the rich soil of my mind, and my body temple changes accordingly. I affirm: "I have faith in the glorious infusion of the more abundant life of Christ vitalizing me. I am lifted up and healed." Thy Love, Thy Will be done.

MAY YOU AND I HAVE THE PROGRESSIVE REALIZATION TO DO TO BE THE INDIVIDUAL INTENDED BY OUR CREATOR.

Simple But Not Easy  
"Pay Forward" #129

*I greet The Indwelling Presence.*

Today's "Pay Forward" gift is – Simple But Not Easy. I must rely on our Father and His Team for all my needs. I have to depend on Him in all my relationships, trusting His grace to show me the way. I've tried to be my own source, alone and unaided, that left a lot to be desired. "The world [our personal "reality"] as we have created it is a process of our thinking. It cannot be changed without changing our thinking" (Albert Einstein). I choose to call on the Boss at each beginning; I only need to say Father, and let Him take over. Thy Will be done in heaven (the Spirit of Truth within), as it is on earth (my human expression in the outer world). My business is to bring my human condition into conformity with our Father's Will and Love, ASAP. "Thou has made us for Thyself, and our hearts are restless until they find themselves in Thee" (St Augustine). Everything we experience depends on our belief. "Let it be done unto you as you believe." In Alcoholics Anonymous, we only need to follow a simple set of spiritual principles, to be blessed with an awakening, which turns out to be a place we where we have always been, in our Father's Presence. Let's set our own change into action, and not let others choose for us. Millions around the world have experienced a way of life far beyond anything we could have dreamed of. Thy Love, Thy Will be done.



"Someone Is Calling"  
"Pay Forward" #130

*I greet The Indwelling Listener.*

Today's "Pay Forward" gift is – "Someone Is Calling," Be still, and hear the Voice within. An out-of-work friend once said, "If I can't find my calling soon, I'll have to take a j-o-b." Where can we find our calling, and how do we share it? The answer has to come from within. The good news is when we seek our Father's Love and His Will our calling is revealed to us one moment at a time; its effectiveness depends on our Father within, our only True Source. Let dawn bring the good news of our faithful calling, as we place our trust in our creator. Show us the road we must travel. Inspire us to do Your bidding; bring love into this world through us. Let us be a clear channel for whatever our Father chooses to reveal through us. Our service does not have to be spectacular; it is the love we put into each act of service. Alcoholic Anonymous offers us opportunities to serve, as we awaken we are to share our gifts with whomever we are with; letting go of our illusions of separation. Our calling becomes our individual way to bring our Father's Love to the world. We are our Father with skin; we are His channels. Negativity poisons us, but love heals us, restores us to wholeness once again. By blaming others we make it impossible to forgive ourselves or to accept it. Forgiving is for-giving. Come let us serve one-another. Thy Love, Thy Will be done.

MAY YOU AND I HAVE THE PROGRESSIVE REALIZATION TO DO TO BE THE INDIVIDUAL INTENDED BY OUR CREATOR.

Affirming Our Transforming Grace

“Pay Forward” #131

*I greet The Indwelling Transformer.*

Today’s “Pay Forward” gift is – Affirming Our Transforming Grace. I am conscious at different levels of my transformed selfishness into the asset of an enlightened self-interest. I choose to turn to You Father often. My enlightened self-interest reminds me that You are the Source of my abundance. I choose to do Your Love and Will 24/7 known or unknown. I choose to fill my mind with what I want. I chose to use my mind to co-create instead of making up useless illusions of separations. My love is often deeper than words. I choose to be kind and understanding, warm and loving. I choose to give freely instead of withholding and withdrawing. I choose not to let my personal limitation block the flow of miracles; Your infinite abundance, Father. I am willing to surrender all I am for upgrading. I choose to be teachable. I love my mission, my purpose and choose to do it as I am directed; even when my trust and faith are lacking, it’s enough. Everywhere I look; I see the proof of our Father’s Presence through His works. Father I realize Your Presence, Your Love and Your Will need to be appreciated more than understood. Your Omnipresence, Omnipotence, Omniscience is self-evident as soon as we get out of the way; and detach from our illusions. Alcoholics Anonymous gave me the eyes of faith to envision our Father’s grace. Thy Love, Thy Will be done.



Our First Language, Silence

“Pay Forward” #132

*I greet The Indwelling Communicator.*

Today’s “Pay Forward” gift is – Our First Language, Silence. “Everything else is a poor interpretation” Father Tomas Keating. Are we practicing our first language when we are writing? My deepest love is in the silence of my soul, perhaps it is there, because I can freely express it without fear of rejection. “No one ever loses when one trusts love” Rickie Byars. I am reminded that my deepest love is without conditions. However, even that unconditional love stays conditional until I share it with another. Is my writing a true demonstration of love? So, it is safe enough if I share it silently. The question, is that really sharing? In my writings, I am intending to be of loving service. Most will never be read, so does that count as an expression or demonstration of love? Can I really worship our Father in spirit/consciousness, and Truth/Reality, silently without an outer demonstration? Isn’t faith without works is dead? Can these works be just in the silence of my soul? Is it the silence that I infuse love and gifts to be manifested? “The Lord is in His temple; let all the earth be silent before Him” Habakkuk. Isn’t His temple within each of us? Come; let me love you, silently or openly as you will. Well, enough questions, let us be on our loving way. “Let us say what we feel, and feel what we say; let speech harmonize with life” Seneca. Thy Love, Thy Will be done.

MAY YOU AND I HAVE THE PROGRESSIVE REALIZATION TO DO TO BE THE INDIVIDUAL INTENDED BY OUR CREATOR.

Willingness To Share Life  
"Pay Forward" #133

*I greet The Indwelling Giver.*

Today's "Pay Forward" gift is – Willingness To Share Life. It takes a special person willing to die for another. However, I believe that it takes a very special person willing to live for others, and our Higher Created Self. I do have some experience giving of myself in service; sharing A.A.'s spiritual principles. From enlighten self-interest, I've found a great deal of joy, happiness and freedom doing so. Helping others uncover and discover their Higher-Self, and a purposeful life is worth far more than the time and energy it takes. We are all going to die; the question is, how are we going to live? If you had only six months to live how would you live it? Before coming to A.A I would have answered that question a lot different. I want to believe that I would stop, look and listen. I would stop the useless chatter and action, and stop bad-mouthing our human condition. I would look for the good only in myself and others. I am willing to accept that our Father has forever made our human flesh the privileged place of the divine encounter, conscious union with Him and our True Self. I would listen to our Father within for directions, and be wise enough to do whatever it would take to carry out my purpose for being, sharing all the love; I haven't been able to share before. Today I am too busy to die; I have a lot I want to share. Thy Love, Thy Will be done.



Co-Creating du jour  
"Pay Forward" #134

*I greet The Indwelling Player Maker.*

Today's "Pay Forward" gift is – Co-Creating du jour. Everything I read for my prep-work is encouraging me to co-create, my day, focusing on building my personal "reality" under our Father's guidance. As a co-creator I'm to seek His individual Divine Design for me through the silence invisible prayer and meditate. I want to be His' me of me. My prep-reading is inspiring with ways to think, feel and act. Emmet Fox's reading; The Law of Growth, "What you think upon grows." Keating's reading, "I will guide you along the best pathway for your life. I will advise you and watch over you" Psalm 32:8. Our 12 and 12 reading was Step Three, about Ed, the Godless' awakening. Our 24-Hour book's reading about each one of us is the builder of our personal "reality" with our Father the architect. The Science of Mind's reading, "The conscious mind of man is part of the Self-Giving-ness of the Mind of God." There were other inspiring readings, and guidance from within, you get the idea. It is good for me to have my guidance and my questions repeated. I can rethink it, clarify what I am really asking for, and I am to receive from our Father. I need to have my questions, and His guidance, repeated lots. Come let us seek and find His individual Divine Design and do the co-creating du jour. Let's not waste our time and energy, on the undesirable. Thy Love, Thy Will be done.

MAY YOU AND I HAVE THE PROGRESSIVE REALIZATION TO DO TO BE THE INDIVIDUAL INTENDED BY OUR CREATOR.

When My Tri-Partnership Was Created; Maybe  
"Pay Forward" #135

*I greet The Indwelling Creator.*

Today's "Pay Forward" gift is – When My Tri-Partnership Was Created; maybe; my imagination took over. I was about to be sent to Planet Earth. My Created Higher Self (Created in the image and likeness of my Hero Jesus; who was both pure Spirit and human) choose me; Jim the human as His partner. His other partner was The Holy Spirit, who is part of all beings. He is individualized in each being, as the Spirit of Truth and as the Voice of our Father. He is able to communicate with each of us in our first language. The two senior partners don't ever need upgrading; they are perfect as is, however, Jim the human does. His primary problem is to deal with his illusions of separation he made up, or perhaps he was too good as a student for bad teachers. This problem of separation, started when Adam and Eve first realized we all have a uniquely divine designed body, unlike anyone else; it wasn't the eating the apple. As Jim the human needs to own all the illusions he made up and went along with. Owning these patterns, and choosing to surrender them to his Senior Partners for an upgrade or to be transformed into workable assets; to share with others. We are to love and worship Father, with all our heart, mind, soul and strength in Spirit (consciousness) and Truth (Reality) and we are to love one-another as if we are one life – because we are. Thy Love, Thy Will be done.



Being The Best Me  
"Pay Forward" #136

*I greet The Indwelling Higher-Self.*

Today's "Pay Forward" gift is – Being The Best Me. I can clearly see why many A.As, find Emmet Fox so helpful. "If ye then, being evil, know how to give good gifts unto your children, how much more shall your Father, which is in heaven give good things to them that ask Him?" At times, I've focused on the wrongs I've done or the good not done, instead of the loving usefulness. I think a "cutter" is one who has a core belief that if they cut the "evil" out of themselves, they will be able to experience the love and value they are longing for. It is a cry for love and help. When I'm telling my story to another alcoholic, do I spend equal time on how the program works? Am I spending too much time in the past, leaving little time for the miracles and abundance so freely given to me? I should share more about the miracles and the abundant life I have. When asked how I am, I say a little above excellent, but I try not to sound too good, I often add, I've learned to lower my standards, a case of false humility. In fact, by grace I am living a way-of-life far above anything I dreamed. I strive to do and to be the way I believe our Father's Will for me. "We are not saints. The point is we are willing to grow along spiritual lines." Thy Love, Thy Will be done.

MAY YOU AND I HAVE THE PROGRESSIVE REALIZATION TO DO TO BE THE INDIVIDUAL INTENDED BY OUR CREATOR.

The Fourth Dimension

"Pay Forward" #137

*I greet The Indwelling Illuminator.*

Today's "Pay Forward" gift is - The Fourth Dimension. Bill Wilson wrote, "I was soon to be catapulted into what I like to call the fourth dimension of existence." The fourth dimension is that which embraces and encompasses the other three; it is realization, the doing away with time and space and all conditions. It is the process in which forms lose their apartness and become one under the divine law. It's surrendering the illusion of separation; the root cause of most of our relationship problems with our Creator and other beings. The human mind, with its limited reasoning faculties, is bound by time and space, and conditions. By itself, it can get no further into the spiritual realm than reason will take it. However, when we invoke the aid of our higher self, I choose to call our Christ in us; we go beyond reason into the realm of pure realization, "we will intuitively know"; then we have attained the consciousness of the fourth dimension. "When, therefore, we were approached by those in whom the problem had been solved, there was nothing left for us but to pick up the simple kit of spiritual tools laid at our feet. We found much of heaven, and we have been rocketed into the fourth dimension of existence of which we had not even dreamed" Alcoholics Anonymous. Enter within to that place of silence, daily; seeking through prayer and meditation to improve our conscious contact with our Creator. Thy Love, Thy Will be done.



Why?

"Pay Forward" #138

*I greet The Indwelling Lover.*

Today's "Pay Forward" gift is – Why? "When we approach with reverence, great things decide to approach us" John O'Donohue. Now days we have so much information to deal with that a simple reply to a question is difficult to come by. I have a busy day today. Will I do what I want to do? Or, will I find myself doing what I didn't want to do? I'm singing the international theme song of the alcoholic – "Now that I know it's bad I will never do it again, or even think about it." Within a few hours, I will be doing it. I heard in a meeting – "If 90 percent in my life is going great and 10 percent wasn't, I will spend 90 percent of my time and energy on the 10 percent." If I haven't uncovered the harmful stuff buried within me, alive, at some point, it will deal with me. That is one of the "whys" I'd better do a searching and fearless inventory. However, I need to do the first three Steps. Trying to keep it simple before it is, helps keep one in denial. I love sharing the healing I experience. "Great opportunities to help others seldom come, but small ones surround us daily" (Sally Koch). Mother Teresa suggested that we do small things with great love. That's a good reason why I need to show up today. I pray that I am loving, wise and useful, and sharing with others whatever I receive. Thy Love, Thy Will be done.

MAY YOU AND I HAVE THE PROGRESSIVE REALIZATION TO DO TO BE THE INDIVIDUAL INTENDED BY OUR CREATOR.

Spiritual Healing  
"Pay Forward" #139

*I greet The Indwelling Healer.*

Today's "Pay Forward" gift is – Spiritual Healing. "A.A.'s Twelve Steps are a group of principles, spiritual in their nature, which, if practiced as a way of life, can expel the obsession to drink and enable the sufferer to become happily and usefully whole" Twelve Steps and Twelve Traditions. Health, is from within and does not have to be manufactured in the without. It is the normal condition of the human, a condition true to the reality of our being. The first step in all spiritual healing is the using of faith. When Jesus healed someone, he would say something like, let it be done unto you as you believe. When a person wants to be healed, clean and sober, and they see how the miracles are working in people's lives who have applied a few simple spiritual principles, they began to have an awakening faith that A.A. works. They become open and receptive to a way of life that really works. Some hold on to their addiction or disease, when healing is a strong possibility. In some cases it is their belief that anyone who has done a wrong must be punished; they become addicted to the drug – guilt and punishment. Spiritual healing restores to perpetual health because it erases the error thought and cleanses the mind. Through the exercise of faith and our affirming word, our spiritual quality is fused into unity with the power of our Higher-Created-Self, and the healing is marvelously accomplished. Thy Love, Thy Will be done.



It Takes Rain And Sunshine To Make A Rainbow  
"Pay Forward" #140

*I greet The Indwelling Promise.*

Today's "Pay Forward" gift is – It Takes Rain And Sunshine To Make A Rainbow. I've been feeling sad for those I care for that are in a ditch and cannot get out of it. I am experiencing a sense of powerlessness, because I am unable to help them out of their dilemma. "I really do understand their pain; I have heard their cry because of their taskmasters, for I know their sorrows" Exodus 3:7. I'm reminded when I am worrying about others or myself I'm not trusting, our Father as our True Source. In fact I'm questioning His love and wisdom. Each time one of my defects was transformed into a workable asset, I had to go through the "Dark Night of the Soul" where everything stops working as it was. I had to accept my powerlessness to change, and surrender all I understood as me. Somehow, this is different. I have failed many times but I'm not a failure, unless I blame somebody else. It's OK for me to have a deep compassion for those I care for, knowing I cannot do anything to help them, other than offer my empathy, and keep reporting us to the Boss. I pray this time it is spiritual process; that will result in experiencing our Father's mercy and grace, and a more fulfilling life. "One can go a long way after one is tired" French Proverb. Everything in this finite world will change, be still. Thy Love, Thy Will be done.

MAY YOU AND I HAVE THE PROGRESSIVE REALIZATION TO DO TO BE THE INDIVIDUAL INTENDED BY OUR CREATOR.

Do Loving Things – Anyway  
“Pay Forward” #141

*I greet The Indwelling Beloved Lover Loving.*

Today’s “Pay Forward” gift is – Do Loving Things - Anyway. When I did our first workshop on the “Six Loves;” I ask the group which of the six loves they would focus on. Only two out of sixteen chose self-love, and those two acted as if they were ashamed of their choice. When I was writing the Six Love workbook, I could find very little information about self-love that was constructive or positive, other than a song or poem. “Love your neighbor as you love yourself.” Poor neighbor! Here are a few ideas, if practice, can be useful. Do something good for our selves daily. Enjoy a treat, as long as it’s not an addiction. Accept ourselves just as we are, warts and scars, pimples or dimples, in other words; no matter what. Taking into account our strengths and weakness, our wisdom and our stupid ideas, our uniqueness and common characteristics. Honoring our heart’s desire, the individual we were created as. Express the love we are every day, with whom ever we are drawn to, including our enemies. Forgive ourselves and everyone else as quickly as possible. Share the healing we have experience with those who are still suffering with the same problem. In o.ur darkest moments find someone we can be of service to, don’t tell them about your struggles; focus on them. A.A. as proven that this works when all else fails. Seek our True Self through prayer and meditation. Thy Love, Thy Will be done.



Paraphrasing  
“Pay Forward” #142

*I greet The Indwelling Beloved Paraphraser.*

Today’s “Pay Forward” gift is – Paraphrasing. Alcoholics Anonymous’ roots are Christian principles. I added a few words on to a reading form Keep a True Lent - (Charles Fillmore). If God had not planned to make Jesus (or AA) a continuous working factor, there would be no good purpose for His (or AA) having been sent, and for the great sacrifice that He (or AAs) made. He (or AA) came to show us “the way, and the truth, and the life,” and “Lo, I am with you always” (one-day-at-a-time). He also promised that He (and AA) would be with us as a teacher (and teachable), “When He (and AA), the Spirit of truth, is come, He shall guide you into all the truth.” No one is overlooked (you’re a member of AA if you say so). The helpful hand of Jesus (and AA) is extended to all. Whoever you are, wherever you are, Jesus (and AA) in His spiritual consciousness is waiting for your mental recognition (having a spiritual awakening). Whatever object, (improving our Conscious contact with God as we understand Him) He (and AA) will show you how to attain it (by practicing a few simple principles). “Whatsoever ye ask in my name, that will I do” (also AAs’ Promises). Jesus developed the innate powers of mind and body and thereby became a citizen of the heavens, (being joyous, happy and free). He did this by the power of His word (practicing these principles in all our affairs). We feel the presence of what we cannot see. Thy Love, Thy will be done.



MAY YOU AND I HAVE THE PROGRESSIVE REALIZATION TO DO TO BE THE INDIVIDUAL INTENDED BY OUR CREATOR.

Keep On Keeping On  
"Pay Forward" #143

*I greet The Indwelling Presence.*

Today's "Pay Forward" gift is – Keep On Keeping On. Any kindness that I can show to any human being let me do it now. Let me not defer it, or neglect it, for I shall not pass this way again. My experience tells me what I once thought was out of the question for me to do, some really outrageous acts of love, turned out to be acts of wisdom. By our Father's grace, I extend an act of love to the most unlovable person I knew. I forgave an unforgivable, undeserving person, who I believed should be punished. I found myself praying for one who did not believe in prayers; knowing in my heart no real God would answer such a prayer. I gave a welcoming smile to the person that really turns me off. I did not have faith in that person I was doing those things for. It was as if I was to have hope in the hopeless. A person I thought I knew, however, I didn't until I started doing all those listed things for that person. I was right thinking that I couldn't do all those things alone and unaided. I asked advice from the person I least respected and resented; that person was me. The answer came – I needed to stop fighting everyone, including myself, and surrender everything to our Father, letting Him do for me what I could not; the transformation came by grace. Thy Love, Thy Will be done.



Forgiving Once Again  
"Pay Forward" #144

*I greet The Indwelling Presence.*

Today's "Pay Forward" gift is – Forgiving Once Again. I realize how important it is to forgive all, withholding from no one, even myself; freeing us from the past, and to live in this moment in our Father's Presence. Knowing this, why haven't I fully forgiven all? What about the abundance I have, am I passing it on unconditionally to those I'm drawn to? I have to say no; I find myself withholding from some. I fear that I may cut off the free flow of abundance if I don't pass it on. I am reminded that resentments; our number-one offender, is an attachment holding us bound to one another as a prisoner and jailer in a wall less prison. What can I do to correct my withholding forgiveness and the gifts I'm given? I know the answer to this question. It's simple; I know from experience that I have a solution that works. I must extend the wisdom and love our Father has already given me. I silently forgive each one for all the wrongs done and for the good not done. I set us free to carry out Your intended Will, Father. As I am guided, I silently extend to each one what I realize at that present moment to be a perfect gift, for us both, aiding us to carry out Your Will, Father. By offering this forgiveness and this gift, I set us all free to be about our Father's Business. Thy Love, Thy Will be done.

MAY YOU AND I HAVE THE PROGRESSIVE REALIZATION TO DO TO BE THE INDIVIDUAL INTENDED BY OUR CREATOR.

Take A New Look At Important Ideas  
"Pay Forward" #145

*Paraphrasing A Sanskrit Proverb*

Today's "Pay Forward" gift is – replace with yours

**LOOK TO THIS PRAYER**

Look to this prayer, for it is life, the very life of life. In its brief course lie all the realities and verities of existence, the bliss of growth, the splendor of action, the glory of power. For my last prayer is but a dream, and my next prayer is only a vision, but this prayer, well lived, makes every past prayer a dream of happiness and every future prayer a vision of hope. Look well, therefore, to this prayer.

**LOOK TO THIS EXPERIENCE OF LOVE**

Look to this experience of love, for it is life, the very life of life. In its brief course lie all the realities and verities of existence, the bliss of growth, the splendor of action, the glory of power. For my last experience of love is but a dream, and my experience of love is only a vision, but this experience of love, well lived, makes every past experience of love a dream of happiness and every future experience of love a vision of hope. Look well, therefore, to this experience of love.

**LOOK TO THIS THOUGHT**

Look to this thought, for it is life, the very life of life. In its brief course lie all the realities and verities of existence, the bliss of growth, the splendor of action, the glory of power. For my past thought is but a dream, and my future thought is only a vision, but this thought, well lived, makes every past thought a dream of happiness and every future thought a vision of hope. Look well, therefore, to this thought. (Thy Love, Thy Will be done).



So, What Will It Cost Me?

"Pay Forward" #146

*I greet The Indwelling Cost-Revealer.*

Today's "Pay Forward" gift is – So, What Will It Cost Me?

If we accept the statement that the average healthy person, much less an alcoholic, is functioning at ten percent or less of capacity, just not drinking is not enough. When offered A.A. promises, we are confronted with a challenge, our personal belief. Adam said to God: "What will she cost me? An arm and a leg? What can I get for a rib?" And the rest is history. (Bobbie Sigel) Adam found the solution; a loving Father that would do for him what he could not. When I started living the spiritual principles of Alcoholics Anonymous, I found the same Solution Adam found, a loving Father that would do for me what I could not. By committing to live A.A.'s Program; our Father's Love and Will, what will it cost me? Will I have to give up my resentments, fears and negative stuff? Will I have to trust our Father for my results? Will I have to give of myself serving others? Will I have to rewrite and rewire my personal "reality"? Will I have to sacrifice my useless habits of thoughts and feelings for better ones? Will I have to trust the Silent Invisible Creator instead of my personal "reality" that I spent so much time and energy building? OK, I will totally re-commit today and see how it works. It has worked very well since February 6, 1957 without giving up one of my ribs. Thy Love, Thy Will be done.

**MAY YOU AND I HAVE THE PROGRESSIVE REALIZATION TO DO TO BE THE INDIVIDUAL INTENDED BY OUR CREATOR.**

Something To Think About

“Pay Forward” #147

*I greet The Indwelling Thinker.*

Today’s “Pay Forward” gift is - Something To Think About.

- 1 Do you lose time from work due to thinking?
- 2 Is thinking making your home life unhappy?
- 3 Do you think because you are shy with other people?
- 4 Is thinking affecting your reputation?
- 5 Have you gotten into financial difficulties as a result of thinking?
- 6 Have you ever felt remorse after thinking?
- 7 Do you turn to lower companions and an inferior environment when thinking?
- 8 Does your thinking make you careless of your family’s welfare?
- 9 Has your ambition decreased since thinking?
- 10 Do you crave thinking at a definite time daily?
- 11 Do you want more thinking the next morning?
- 12 Does your thinking cause difficulty in sleeping?
- 13 Has your efficiency decreased since thinking?
- 14 Is thinking jeopardizing your job or business?
- 15 Do you think to escape from worries or troubles?
- 16 Do you think alone?
- 17 Have you ever had a loss of memory as a result of thinking?
- 18 Has your physician ever treated you for thinking?
- 19 Do you think to build up your self-confidence?
- 20 Have you been in a hospital or institution as result of thinking?
  - ✓ If you have answered YES to any one of the questions, there is a definite warning that you may be a Think-a-holic.
  - ✓ If you have answered YES to any two, the chances are that you are a Think-a-holic

If you have answered yes to three or more, you definitely need to seek help. Thy Love, Thy Will be done.



The Healer

“Pay Forward” #148

*I greet The Indwelling Divine Healer.*

Today’s “Pay Forward” gift is – The Healer. Love, in Divine Mind, is the idea of universal unity. In expression, it is the power that joins and binds together the universe and everything in it. Love is a harmonizing, power. When it is made active in consciousness, it conserves substance and reconstructs, rebuilds, and restores the human and his world. As I make a union between my mind and the loving mind of our Father, I realize a goodness everlasting and joy beyond expression. The point of contact is a willingness; a seeking on my part. Love is that mighty power, that divine quality of God that is expressing through all mankind, and cannot be suppressed by any outside force. I firmly declare that it is expressing through me, and that nothing can bar my exercise of love; in fact, it is an incentive. I am not afraid to pour out my love on all. I deny the appearance of evil, and affirm the omnipotence of love and goodness. The word love overcomes hate, resistance, opposition, obstinacy, anger, jealousy, and all other error states where there is mental or physical friction. As divine love enters into the thought process, every cell of my body is poised and balanced in right mathematical order. In quietness and confidence, I affirm: “God, in His love, fills me with new life. In His name, I am cleansed, strengthened, and healed.” Keep a True Lent – Charles Fillmore. Thy Love, Thy Will be done.

MAY YOU AND I HAVE THE PROGRESSIVE REALIZATION TO DO TO BE THE INDIVIDUAL INTENDED BY OUR CREATOR.

Coming Of Age  
“Pay Forward” #149

*I greet The Indwelling Teacher.*

Today’s “Pay Forward” gift is - Coming Of Age. As you grow spiritual power and understanding, many outer regulations will become unnecessary; because you have already risen above them. At this point in your development, where your understanding of Truth enables you to dispense with certain props and regulations, is the spiritual coming of age. However, it cannot be hurried or forced; it comes when your consciousness is ready. You have to demonstrate where you are. Fix your attention upon spiritual things, and without consciously trying to make haste you will be amazed to discover the pace at which your soul has hastened. This some of Emmet Fox’s wisdom. **Affirmation:** I pray that I may look at great souls until their character becomes a part of my soul. May I have the vision of grace to see beyond the appearance, knowing the Divine Presence is here and now? Unconditional giving, most often, begins with forgiveness, and letting the giver go with the gift. Living the spiritual principles embodied in the Sermon on the Mount is an expression of love. Love is the strongest attraction. In spiritual matters, promotion is the least attractive. I’m grateful that practicing these spiritual principles, in all my affairs, has given me a purposeful life; I can make a good difference. If it’s only head or book knowledge and not a living experience, there is a danger that these insights will pass through the minds of those I share with and bypass their hearts. Thy Love, Thy Will be done.



Awakening  
“Pay Forward” #150

*I greet The Indwelling Awakener.*

Today’s “Pay Forward” gift is – Awakening. “Nobody has ever measured, even the poets, how much a heart can hold” Zelda Fitzgerald. After my day of prayer and fasting I received, a flow of intuitive Awakenings, partly as answers to my questions, and then another door opened. I need to address those insights which I know will become limited as I try to put them into words, more will be revealed later. I notice when Jesus healed someone, He would say, let it be done unto you as you believe.” Faith is the key that unlocks the storehouse of our Father’s resources. I pray that I stay open to the wealth of the universe. Other people, places and things may be a useful channel but not my source. Our need is our Father’s opportunity. First, I must recognize my need. Next, my faith in His grace. The most common defect uncovered was the desire to use the “drug” guilt and punishment; blocking my freedom. My willingness to forgive, including my termites, increased. My willingness to “die” (surrender all of me for upgrading or transforming), caused me to understand my Hero’s words. “O my Father, if it be possible, let this cup pass from me: nevertheless, not as I will, but as thou will.” “Don’t call me good, it is the Father within doing the works.” We did **not** create ourselves, nor do we transform the food we eat into life. Our Father does know best. “I believe, help my unbelief.” Thy Love, Thy Will be done.

MAY YOU AND I HAVE THE PROGRESSIVE REALIZATION TO DO TO BE THE INDIVIDUAL INTENDED BY OUR CREATOR.

Seek And You Will Find  
"Pay Forward" #151

*I greet The Indwelling Seeker.*

Today's "Pay Forward" gift is – Seek, And You Will Find. I was illiterate when I arrived at Alcoholics Anonymous. I believed there was a lot of wisdom to be found in books. I invested a year and half in learning how to read at a basic level. I had to learn by memory; Phonics, had never worked. I didn't have a relationship with a religion. However, by studying the writings of spiritual leaders, I had a burning desire to read the Bible. Just the thought of reading the Bible intimidated me. Once again, Emmet Fox came to my rescue. His suggestion was, to pray for guidance and then open the Bible at random. I open it at the 21<sup>st</sup> chapter of Luke. Each verse came alive. By grace, I intuitively knew that each verse was part of the transformation I was experiencing in recovery. I was so excited; I had to tell someone what I had awakened to. I took my sponsor aside and tried to share, verse by verse my awakening. I didn't have the verbal skill to put my intuitive experience into words. When my sponsor said they didn't understand what I was trying to share, I got angry and gave up. Many years went by before I shared my experience. 12stepworkbook.org (Workshops) (Spiritual Transformation Cycle) "Divine Love is the force that dissolves all the opposers of true thought and thus smooths out every obstacle that presents itself" Keep A Pure Lent – Charles Fillmore. Thy Love, Thy Will be done.



Love

"Pay Forward" #152

*I greet The Indwelling Lover.*

Today's "Pay Forward" gift is – Love, the great and supreme Reality. Love is the highest gift of heaven, the greatest good on earth, and the treasure of our entire search. We cannot doubt that God is Love, because love renews and reinvigorates while hate kills. People who love animals and understand them are not afraid of them, for love transmits some subtle essence of life to everything it touches, awakening within all things. This is true also of human relationships. Love is the greatest healing power, there is and no one feels whole without it. Love is something that need not be confined to only a few persons: that love can be extended to more without losing the love of the few. And what a wonderful experience and realization it would be if we learned to love everyone as we love the few! When love becomes more complete, it will take in a larger territory, and we will experience a greater degree of livingness. Today my love goes out to all people and to all things. There is no doubt in this love for faith penetrates all doubts, reveals a unity at the center of everything that embraces all things. This love flowing through me harmonizes everything, and brings a sense of security and well-being. The love flowing through, in, and around me and all things is all-enveloping essence and force forever emanating from the living God. Ideas I borrowed from Science of mind - Ernest Holmes. Thy Love, Thy Will be done.

MAY YOU AND I HAVE THE PROGRESSIVE REALIZATION TO DO TO BE THE INDIVIDUAL INTENDED BY OUR CREATOR.

We All Have Our Gethsemane  
"Pay Forward" #153

*I greet The Indwelling Transformer.*

Today's "Pay Forward" gift is – We All Have Our Gethsemane. It is the struggle that takes place within the consciousness when we realize our powerlessness, and the Truth is realized as the one reality. It is a condition we work through when we recognize God is our Source, and that we must be willing to sacrifice all for our Father's Will. Our personal "reality" has stored in its sub-consciousness, illusions that are based on useless and harmful habits of thoughts and feeling; that come forward to cross-out the awakening indwelling Higher-Self. Error can only kill error; Truth cannot be done away with. It is the personality, that is crossed-out, making way for spiritual awakening. The Spiritual Transformation Cycle is 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. A Spiritual Transformation's importance cannot be overstated. During this dark-night of the soul, many leave Alcoholics Anonymous, or their religion, or marriage; in other words, any long-term relationship in which there was personal value. The nature of the Spiritual Transformation is that everything that was working; is no longer enough. What's really going on is our present understanding of this way of life is not enough; in effect, it has become obsolete; calling for an upgrade. We can help ourselves by detaching from our dependence on whatever, and turn to our one Source. Be still and trust in the process. Thy Love, Thy Will be done.



Resting Within Our Father  
"Pay Forward" #154

*I greet The Indwelling Resting Place.*

Today's "Pay Forward" gift is – Resting Within Our Father – In the spiritual transformation, we enter into the dark-night of the soul; it is dying to our personal "reality." We stop fighting everyone and everything. We have a moment of peace, before our resurrection as a new being. "Be still, and know that I am God." Awakening in the Spiritual journey with the conviction that our Father is always Present. Being still is the core of Centering Prayer or Contemplation; a handy tool for Step Eleven. My prayers and meditations were no more than chatter, at times. We let our Father do the work; drawing us to the highest form of meditation, which is contemplation. It's simple; I sit in a comfortable position; I close my eyes and say yes, to our Father's Presence and yes to His Action and His Will. It is His responsibility to do the rest. I look through the eyes of faith, for His Presence and Action. I listen with the ears of faith, for His Holy Voice. I'm learning how to communicate in His first language, silence. I am focusing my attention on His intention. I practice the four R's. Resist no thought. Retain no thought. React emotionally to no thought. Return ever-so-gently to my chosen word, without judgment or undue energy. My intention is to give my consent, which opens me to the indwelling Presence. We awaken at a place where we have always been, within our Father's omnipresence. Thy Love, Thy Will be done.

MAY YOU AND I HAVE THE PROGRESSIVE REALIZATION TO DO TO BE THE INDIVIDUAL INTENDED BY OUR CREATOR.

Be A First Responder  
"Pay Forward" #155

*I greet The Indwelling First Responder.*

Today's "Pay Forward" gift is – Be A First Responder. We should never give up on what we really want to be or do, even if we're the first. Practicing spiritual principles we find what we've been looking for but not finding. Many of us choose to live in darkness with our eyes closed, our ears stuffed, our fists tightly closed grasping nothing. We had a closed mind focused on self, our emotions fed with yesterday's self-centered fears. We abused our physical bodies and used others selfishly, as objects. We looked to people, places and things for our worth, meaning and purpose. We went for spiritual junk food because we were so hungry. We tried to control others and ourselves with guilt and punishment. All of that was living apart from our Spiritual Gifts. Choose once again. If we are willing to open our eyes, unplug our ears, open our hands to both receiving and giving, let our emotions flow with loving energy, and be open channels, we will receive everything we need to awaken. We will find the way and the power to "seek God, clean house, and help others." We do not change the Divine Laws when we plant corn instead of wheat, but we do exercise our power of choice. We can choose, but it is our Father who creates, let's leave the results to Him. "Appreciation is a wonderful thing. It makes what is excellent in others belong to us as well" Voltaire. Thy Love, Thy Will be done.



What's My Part?  
"Pay Forward" #156

*I greet The Indwelling Presence.*

Today's "Pay Forward" gift is – What's My Part. There is a lot we can do to help ourselves live our heart's desire. There is an infinite amount we cannot do. Even that which we can do is made possible by the grace of our Creator. So, Calling on Him at each beginning is a wise thing to do. For one thing I can do is to focus on what I believe is our heart's desire, in other words, what we believe at the moment is our Father's Will and Love. As those thoughts and ideas pop up, to the contrary, we can own them, and dust them off by surrendering them to our Boss and affirm what we really want. We can think about it, feel it, visualize it, speak it, write it and act on it, experience it anyway we can, even share it. Share our deepest secrets with ourselves. We can learn to be vulnerable with the one person we are truly responsible for – ourselves. It is a good idea to stop talking bad about ourselves. Sure we have a lot of things that are wrong, useless that need correcting and forgiven, but not punished. We need to stop harboring secrets, hiding them takes a lot of energy. And block the pathway to our heart's desire. We can learn how to be a safe person to be hanging out with, not only for ourselves, but others are most likely to feel safe with us. Thy Love, Thy Will be done.

MAY YOU AND I HAVE THE PROGRESSIVE REALIZATION TO DO TO BE THE INDIVIDUAL INTENDED BY OUR CREATOR.

Love A Healing Power  
"Pay Forward" #157

*I greet The Indwelling Divine Lover.*

Today's "Pay Forward" gift is – Love - A Healing Power. Love cannot be destroyed. It can be ignored. To the extent that we abandon love we will feel it has abandoned us. Denying love is a problem, and embracing it is the answer. Through the power of love, we can let go of past history and begin again. "Love heals, forgives and makes whole" Ernest Holmes. A.A. gives us the tools we need to chip away everything that is blocking the love we are. If we choose to practice a few simple spiritual principles given to us freely, we can rewrite and rewire our personal "reality." Choosing our Father as our Boss we are able to let go of some of our impossibilities, awakening to a new way of life, perhaps the one we look for in alcohol or other addictions. I am willing to let go of another fix, and seek the real solution, that I find in the giving of myself in service, or other acts of love. I truly believe that our Father – Creator is Love, so it does not come as a surprise that love is the solution, the fulfillment I longed for. As I practice the Omnipresence of our Father, I find myself blessings others, unasked. I leave the details of the blessing as to how, when and where to our Boss; Father knows best. After all life and love is always shifting, let's do and be the "Blessing of the Day." Thy Love, Thy Will be done.



Love –The Gateway  
Pay Forward" #158

*I greet The Indwelling Presence Of Love.*

Today's "Pay Forward" gift is – Love – The Gateway. Alcoholics Anonymous is love in action, an outer expression of our True nature. "Here we begin to practice all Twelve Steps of the program in our daily lives so that we, and those about us may find emotional sobriety. When the Twelfth Step is seen in its full implication, it is really talking about the kind of love that has no price tag" Twelve Steps and Twelve Traditions. "God is love, and he that dwelleth in love dwelleth in God and God in him." Love is by far the most important thing of all. It is the Golden Gate of Paradise. Pray for the understanding of love, and meditate upon it daily. It cast out all fear. It is the fulfilling of the law. It covers a multitude of sins. Love is absolutely invincible. There is no difficulty that enough love will not conquer; no disease enough love will not heal; no door enough love will not open; no gulf that enough love will not bridge; no wall enough love will throw down; no sin enough love will not redeem. It makes no difference how deeply seated may be the trouble, how hopeless the outlook, how muddled the tangle, how great the mistake; a sufficient realization of love will dissolve it all. If only you could love enough you would be the happiest and most powerful being in the world" Emmet Fox. Thy Love and Thy Will be done.



MAY YOU AND I HAVE THE PROGRESSIVE REALIZATION TO DO TO BE THE INDIVIDUAL INTENDED BY OUR CREATOR.

The Coming Of The Kingdom  
Pay Forward" #159

*I greet The Indwelling* Awakening Prodigy Within Us.

Today's "Pay Forward" gift is – The Coming Of The Kingdom. A child prodigy is defined in research literature as a person under the age of 10 years old, who produces meaningful output in some domain at the level of any adult expert, and beyond that level. They come from many walks-of-life. The widely perpetuated myth that most humans only use 10 percent of their brain's capacity seems to have some validity, when comparing the average human being to a child prodigy. Before I began to practice spiritual principles as a way of life, 10 percent was a generous guesstimate. When I was meditating on child prodigies, it came to me that our Father is giving us a preview as how humans will be when His Kingdom has come in earth as it is heaven. We will have the wisdom to know that His Will and Love is being done. By practicing the spiritual principles, we are freely given in A.A., in all our affairs; we have found much of our Father's Kingdom in our daily life here and now. "Your children are your children. They are the sons and daughters of Life's longing for itself. You may give them your love but not your thoughts, for they have their own thoughts. You may house their bodies but not their souls, for their souls dwell in the house of tomorrow. For Life goes not backward nor carries with yesterday" Kahlil Gibran. Thy Love, Thy Will be done.



Infinite Rhythm Of Life  
"Pay Forward" #160

*I greet The Indwelling Reality.*

Today's "Pay Forward" gift is - Infinite Rhythm Of Life. Two big lies I bought; The illusion of separation and that we have to earn everything of value. They feed off of each other like a bloodsucking leech. They are the grandfather of a negative state of mind. When I'm paying attention to what I believe our Father's intention is, I find myself in a peaceful rhythm of life. When I am thinking constructive, affirming thoughts and ideas I find myself experiencing a harmonious rhythm. When I am nourishing my body with healthy food, and exercise, in other words when I taking care of my physical body I'm filled with energy, I'm in concert, not conflict with life. When I share the love I am with those I am with, I experience harmony, in conscious union with our Father's unconditional Love. When I'm sharing the gifts of healing I have received; as a recovered and recovering alcoholic, I am joyous, happy and free. Because, I am an active member of Alcoholics Anonymous, I experience an At-One-Ment with the infinite rhythm of life. This has become part of our divine guidance system. Our preferred musical rhythm quiets us and other musical rhythms make us restless or hyperactive. Let us let go and let our Father be our Guide into an infinite rhythm of life, our choice, in conscious union with the Boss. "Love and compassion are necessities, not luxuries. Without them, humanity cannot survive" Dalai Lama XIV. Thy Love, Thy Will be done.

MAY YOU AND I HAVE THE PROGRESSIVE REALIZATION TO DO TO BE THE INDIVIDUAL INTENDED BY OUR CREATOR.

Show Me The Path  
"Pay Forward" #161

*I greet The Indwelling Path Finder.*

Today's "Pay Forward" gift is - Show Me The Path. I have a new project in my mind, and I cannot think of anything else. "Behind every problem or difficulty lies the Truth of Being" Emmet Fox. I'm using my daily prep work to seek the guidance I need for my project. I believe our Father has already given me all I need, but I need to claim it. In my morning prayer and meditation, I willingly let my consciousness to be raised to our Father's Presence and His Actions. By surrendering, my doubt my Spiritual and mental pipeline is cleared of clutter. I let go of my preconceived ideas and let His wisdom instruct me. The patterns in my personal "reality" are enlisted in this project, there must be some rewriting and rewiring and action taken. I expect too much of my finite made up "reality," ending in disappointment. "Never be afraid to tread the path alone. Know, which is yours, and follow it wherever it may lead you: do not feel you have to follow in someone else's footsteps" Eileen Caddy. We learn in Alcoholics Anonymous to take advantage of what others have to offer, but to keep an open-mind, heart and soul. "We will intuitively know how to handle situations, which used to baffle us." "The snow goose needs not bathe to make itself white. Neither need you do anything but be yourself" Lao-Tse. Thy Love, Thy Will be done.



Hooray For Plagiarizing!  
"Pay Forward" #162

*I greet The Indwelling Originator.*

Today's "Pay Forward" gift is – Hooray For Plagiarizing! If I did not feed off other peoples' works, I would have run out of things to write about long ago. Most often I give credit where credit is due, when I don't that is out-and-out plagiarism, a form of dishonesty. What about when I take someone's idea and individualize it? How can I paraphrase without plagiarizing? I can gain a personal understanding, or I'm inspired by someone's idea in a completely different context, or by someone disapproved of, and to quote would distract or be misleading. "The basic principles of A.A. as they are known today, were borrowed mainly from the fields of religion and medicine, though some ideas upon which success finally depend were the result of noting the behavior and needs of the A.A. Fellowship" Foreword, Twelve Steps And Twelve Traditions. I am so grateful that our co-founders borrowed a lot. Bill W. A.As' co-founder was asked why he didn't give credit to the many great spiritual leaders, which he borrowed from, and he replied that he feared that people would think Alcoholics Anonymous was another religion. His insight turned out to be correct, being seen as another upstart religion would indeed distract and mislead many of the alcoholics who still suffer. "The only requirement for A.A. membership is a desire [not even an honest one] to stop drinking" Tradition Three. Sharing our experience, strength and hope from our heart, is like a parable; we identify with it. Thy Love, Thy Will be done.

MAY YOU AND I HAVE THE PROGRESSIVE REALIZATION TO DO TO BE THE INDIVIDUAL INTENDED BY OUR CREATOR.

Sled Dog's Wisdom  
"Pay Forward" #163

*I greet The Indwelling Guidance.*

Today's "Pay Forward" gift is – Sled Dog's Wisdom. I read about the internal wisdom of a lead sled dog. It knows the way and follows intuitive guidance, and makes wise decisions about crossing ice or finding a new path. After living A.As' spiritual principles for a while, I would get a little feeling in my stomach, or perhaps it was the lower part of my heart as a signal. It was telling me, "don't say that or don't do that." I get the same warning signal when I am letting another person or thing determine my worth or dictate my actions. When I trusted that message by following it, I would realize its wisdom right away, sometimes later, but it, would always be intuitively correct. After years of practice, my inner "lead sled dog" it has become a reliable guide. "We will intuitively know how to handle situations, which used to baffle us" (Alcoholics Anonymous p84). I believe our heart is our "lead sled dog" and know our Father's Will. Intuition is a direct knowing, and is much deeper and reliable, than our rational thought. It is always true; coming from the indwelling Presence within. The psychic reading is tuning in on the chatter of the personal "reality," which is based on our real and imagined experience; stored in our sub-conscious storehouse. "The world is big and I want to have a good look at it before it gets dark" John Muir. How about a Sled Dog Trip? Thy Love, Thy Will be done.



Seek Only Love, For That's What We Are  
"Pay Forward" #164

*I greet The Indwelling Wisdom.*

Today's "Pay Forward" gift is – Seek Only Love, For That's What We Are. It's time to take an inventory on what's right in my life. Our Father created each of us in His image and likeness, which is love. I'm making a commitment, one-day-at-a-time, to look for the good in myself, others and the world. I'm willing to forgive myself and anyone else, when I fail my goal. Some of my friends are joining me in asking: "What's good in our life, and the world?" Many of us, agree to extend love is, silently or openly, to whomever, is great. For me, I'm grateful for A.As' spiritual principle, to live by. I am blessed with everything I need to live, move and have my being, doing and being our Father's love and Will, as I'm directed. My health is good enough to carry out a meaningful purpose I have been given, unearned, by grace, which I love sharing. Each of us has a special gift to share, let us trust the Boss to show it us, and supply us with all we need to do and to be His Will. I am reminded of His indwelling Presence, that's transforming what we eat and drink into life. In our prayers and meditation, we can extend the love and healing we are enjoying, to those who are still suffering. "In expression, [love] is the power that joins and binds together the universe and everything in it" Keep A True Lent. Thy Love, Thy Will be done.

MAY YOU AND I HAVE THE PROGRESSIVE REALIZATION TO DO TO BE THE INDIVIDUAL INTENDED BY OUR CREATOR.

Laugh And The Whole World Laughs With You  
"Pay Forward" #165

*I greet The Indwelling Joy.*

Today's "Pay Forward" gift is – "Laugh and the whole world laughs with you; cry and you cry alone". It is an outer expression of an internal joyful heart, even when we don't know the source of that joy. With the gift of faith in our Father's grace, we can know the Source. Sometimes a joyful heart just springs up. Sharing the Program with others, knowing we can make a good difference causes us to do it again. A.A. has fostered the ability to laugh at myself, not as a put down but a loving lift. Feelings can create a healthy environment or a sick one. The A.A. way of life offers us a choice. Laughter, not only produces pleasant feelings and images, but also alters our body chemistry. Our feelings are most often the result of our beliefs, our personal "reality." A.A. has taught me to let go of the useless, harmful past and embrace the Presence. Laughter, like love is a healing power touching everyone; everything into wholeness; laughter is love. I am the only one who can keep me bound to the joyless past. I choose out of enlightened self-interest to forgive all, even myself. Come. Let us love one another, laughing along the way. "By this, shall all men know that ye are my disciples, if ye have loved one to another" (John 13:35). When do you laugh at yourself? "Start where you are. Use what you have. Do what you can" Arthur Ashe. Thy Love, Thy Will be done.



Being And Doing His Will - Love  
"Pay Forward" #166

*I greet The Indwelling Presence.*

Today's "Pay Forward" gift is – Being And Doing His Will - Love. Within each of us is a created Higher-Self, in the image and likeness of our Loving Creator. Practicing the spiritual principles embodied in the Three Legacies of Alcoholic Anonymous, Recovery, Unity, Service awakens us to our Higher Self; opening our consciousness to greater possibilities. First the involution of love, our true nature, and then the unfolding evolution of the love we are. Too often our personal "reality" hides our Higher-Self under layers of fear, resentments and many forms of negative illusions. Our prayers, meditations, affirmations and contemplations increase our chances to do and be who we are; if we put our awakening into practice. Every experience we have giving of ourselves leads us to a greater understanding as to how to do and to be our created purpose. We could read a thousand cookbooks and starve to death; we have to eat the meals. Each time we "Pay Forward," passing on the gift we receive that gift multiplies. These daily "Pay Forward" gifts are intended to be shared from one heart to another heart. If it only flows from our head and not our heart or soul, and the value of the gift suffers. "Pay Forward" is, offering us a daily gift of love to pass on, in doing so our love will increase. We can be assured that all we truly need is already given. By grace the gateway to wisdom is opened for us. Thy Love, Thy Will be done.

MAY YOU AND I HAVE THE PROGRESSIVE REALIZATION TO DO TO BE THE INDIVIDUAL INTENDED BY OUR CREATOR.

Victims No More  
“Pay Forward” #167

*I greet The Indwelling Wisdom.*

Today’s “Pay Forward” gift is – Victims No More. See how loving we can be because we are created by our Father, who is Love, and we are created in His image and likeness. Those of us, who believed we were loveless victims get to be right. Those of us who have accepted and practiced the spiritual principles in A.A. have experienced some of what we are not, and awaken to the love we are. “He prayeth well, who loveth well – both man and bird and beast; He prayeth best, who loveth best – all things both great and small: For the dear God who loveth us – He made and loveth all” Coleridge. Through the eyes of faith, we see that we have within us a Power which transforms what we eat and drink into life, and is greater than anything we shall ever contact. A Power that can transform our selfishness into enlightens self-interest, and for millions around the world transforms our addictions into assets. We are our Creator’s beloved; by His grace, we express the love; we are no longer victims; we are free from our self-imposed prison, as a victim. It takes willingness, practice and commitment to open up, and receive our Father’s grace, which awaken us to the reality that we have what it takes within to overcome any condition, letting go of any “victim crutch.” The stories of recovery we hear in A.A. are inspiring, and often amazing. Thy Love, Thy Will be done.



Common Ground  
“Pay Forward” #168

*I greet The Indwelling Purposeful Meaning.*

Today’s “Pay Forward” is – Common Ground. Having a common cause or purpose, is the basic characteristic of friendship; that’s why it’s easy to have friends in Alcoholics Anonymous. “I awoke this morning with devout thankfulness for my friends, the old and the new. Shall I not call God, the Beautiful, who daily shows Himself so to me in His gifts” Ralph Waldo Emerson. Humans are users, and it is up to each of us as to how we use others and ourselves. A.A. gives us the ability to choose our friends. A best friend is someone who will put up with our craziness and inadequacies, but still accept us and be there for us. It’s helpful if we choose ourselves as a best friend, otherwise it will be difficult to accept another as a best friend. When our best friend does something wrong, dangerous, or stupid we can forgive them as if it’s for ourselves, because we are. A best friend is someone special; we are lucky to have one, but it takes a real commitment to keep nourishing it. If we include our Father with the two of us, we can have a Tri-partnership. I do love our Father and all my Spiritual teachers. I am taught by His inspired words and my daily events; I want and need. I am learning to love all His creatures. Through practicing A.A.’s way of life, we can find our created purpose; all we need is given each of us. Thy Love, Thy Will be done.

MAY YOU AND I HAVE THE PROGRESSIVE REALIZATION TO DO TO BE THE INDIVIDUAL INTENDED BY OUR CREATOR.

Now Is The Time To Heal

“Pay Forward” #169

*I greet The Indwelling Healer.*

Today’s “Pay Forward” gift is – Now is the time to heal. “Every time we heal any condition; however, small, by prayer, we gain an increase in understanding. One definite healing will teach us more about spiritual truth than hours of discussion or reading” (Emmet Fox). Fox was a friend of Alcoholics Anonymous. Once we have learned how to enter our inner silent invisible kingdom, we have a special prayerful retreat. This place is ours to go anytime; to visit the Presence of our Source of life. “And if it is for your comfort to pour your darkness into space, it is also for your delight to pour forth the dawning of your heart. We cannot ask thee for aught, for thou know our needs before they are born in us: Thou art our need, and in giving us more of Thyself Thou gives us all” Kahlil Gibran. Let us go within our special prayerful retreat and ask for His Will and His Love to be done, and He will reward us with His Presence, which is Love. “Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.” Whatever we can do or dream; we can let us begin it now. Willingness is boldness opening us, giving us what we need, for the moment, let us takes time out and begins our prayer. Thy Love, Thy Will be done.



Nature’s Wisdom

“Pay Forward” #170

*I greet The Indwelling Knower.*

Today’s “Pay Forward” gift is - Nature’s Wisdom. I envision the trees on the coast, how they are shaped by a prevailing wind, so they don’t break. I am learning to be more flexible in all areas of my prevailing human condition when unexpected problems or gains show up. When some area of my human condition “breaks,” most likely it’s my rigid mind-set, “my way or the hi-way.” “Every bridge I cross brings me to a higher level of fulfillment” Louise Hay. When I do accept my powerless; being unable alone and unaided to bring about a healing solution, and I surrender it to our Father, the healing solution will take place; in His way. When a fractured body part heals it is stronger at the point of the fracture. When any part of the human condition is “wounded,” and the healing is done by our Father within, we are better off after His healing is done. A.A. opens the way. My spiritual experience and understanding is expanding with my daily prayers, meditations, affirmations, and contemplation, improving my conscious union with our Father. The obstacles to my interior silence are ongoing. I only need to be willing, not always able, to let go and let our Father’s Will be done. Remembering even for an instant that it is the Father within each of us doing the works we call life. His love is a healing power touching everything into wholeness. My love is an extension of His Love. Thy Love, Thy Will be done.

MAY YOU AND I HAVE THE PROGRESSIVE REALIZATION TO DO TO BE THE INDIVIDUAL INTENDED BY OUR CREATOR.

Conviction

“Pay Forward” #171

*I greet The Indwelling Presence.*

Today’s “Pay Forward” gift is – Conviction. I have confidence in myself as I have confidence in our Father. “Except the Lord builds the house; they labor in vain that build it” Psalm 1:27. I’ve learned to rework the Twelve Steps, when I am experiencing an ongoing problem, if the problem is dealing with my relationships, I rework the Twelve Traditions. These accounts for the reason I have written twenty workbooks and workshops, to aid in my fulfillment. These works are always free, [www.12stepworkbook.org](http://www.12stepworkbook.org). These are based on the Big Book and or the Twelve Steps and Twelve Traditions publish by Alcoholics Anonymous. Bill Wilson wrote that we were problem people, no kidding. Each time I rework the program on any area of my life, my confidence in A.A., and I grow. I am reassured that my mission is the right road for me. I do take a radical approach in sharing the program; a road-less-traveled, which works for me, and I choose to keep on. I am convinced that Alcoholics Anonymous is a divine service without ceremony or creed, an illumined walk by grace. Each of us has a unique part to play in the healing of the world, only we can fulfill. “What is really hard, and amazing, is giving up on being perfect and beginning the work of becoming yourself” Anna Quindlen. Thy Love, Thy Will be done.



A Special Gift To Share - Ourselves

“Pay Forward” #172

*I greet The Indwelling Giver.*

Today’s “Pay Forward” gift is – A Special Gift To Share - Ourselves. Ordinary people doing extraordinary acts of kindness. During this virus crises we’re hearing a lot about our First Responders, and rightfully so. I am deeply grateful for them, not just in times of crises, but for their daily dedication throughout the years. There are millions of volunteers all over this country dedicating themselves; quietly, helping others from all walks of life, that we will never hear of. Any ordinary person can find a way to reach out and act with compassion and generosity, if they choose. To “Pay Forward,” is a perfect way for us to give away what we want to keep and expand. We don’t have to have some special enlightenment, we can ask our Father to use us; my experience tells me He will. After all He created each of us as an individual, which means we have a purpose, His. Giving of our self just as we are is a gift no one else can give. We can learn from other givers and draw on our own strengths to make the world a kinder place to live. For those who are practicing A.A.’s spiritual principles, as a way of life, find our selfish self-centeredness has been transformed into an enlightened self-interest; it is better for us to give of ourselves to those who still suffer; and doing spontaneous random acts of kindness. Thy Love, Thy Will be done.

MAY YOU AND I HAVE THE PROGRESSIVE REALIZATION TO DO TO BE THE INDIVIDUAL INTENDED BY OUR CREATOR.

Chain Reaction  
"Pay Forward" #173

*I greet The Indwelling Extender.*

Today's "Pay Forward" gift is – A Chain Reaction. Feasting on what I really want and fasting from what I don't, set up a chain reaction within; affirmations are a great help. I know that nothing, but good can go from me and nothing but good can return. It is my inward desire that everything I touch, every person I think of, shall be blessed and helped. It is my affirmative prayer, which I completely accept, that even as I pass people in the street some silent influence of good shall reach from me to them. Each new day brings an opportunity to do some little thing that will help to make a better world; letting a little more of our love escape; breaking free from its confinement into the world. We can silently extend our usefulness; our love until our Father frees us from our fear to express our good, our love openly. "Nothing divine dies. All-good [all love] is eternally reproductive. The beauty of nature reforms itself in the mind and not for barren contemplation, but new creation" Ralph Waldo Emerson. Alcoholics Anonymous offers us the ways, the means and opportunity to unleash our hidden good and love, by the simple act of service; carrying the message, action is the magic word. "To keep a lamp burning we have to keep putting oil in it" Mother Teresa. "Moments of holiness happen when we experience moments of wholeness with ourselves" Anonymous. Thy Love, Thy Will be done.



Who's In Charge?  
"Pay Forward" #174  
*I Greet The Indwelling Boss.*

Today's "Pay forward" gift is – Who's In Charge? When I ask You, Father for what I need, with all my heart, mind and soul, most often I get it. I am learning to rewrite and rewire my personal "reality" with the equivalents of Your Will, for my serendipity journey Home to You. I experienced how fast my good mood could shift. Of course, the drug guilt and punishment seem like the right thing to do. When I have confidence our Father, I can face the truth about myself. This most precious, but painful passage is the journey to discovering my created Self. I trust our Father, knowing no matter what I have done or not done, He is going to love me. Why not trust our Father for everything holding nothing back? My personal "reality" upgrades needs to include our Father as my only Source for everything I do or don't do, no matter how small or great. He is communicating His guidance through my Higher Self He created. I must take responsibility for the choices and action I take, first turning to Him for guidance; given to me in a way, I can currently hear, understand and follow. Everyone we are drawn to is our guides, teachers and students. Sometimes our personal "reality" leads us astray. It is our choice which road to travel. The real Source of all of life is our Father. He's the Boss, and I love being His junior partner. Thy Love, Thy Will be done.



MAY YOU AND I HAVE THE PROGRESSIVE REALIZATION TO DO TO BE THE INDIVIDUAL INTENDED BY OUR CREATOR.

Love Is Power  
"Pay Forward" #175

*I Greet The Indwelling Omni-Love.*

Today's "Pay Forward" gift is – Love Is Power. We do not have to be a great mystic to know that our Father, Creator is Love. Just look around and within, and we can see proof of His Presence. All are created to share as a giver and or a receiver, most likely both. To live, move and have our being we have to share with all of life, consciously known or unknown. We may be temporarily blind by our self-centeredness to the love we are, but the awakening will come. Practicing A.A.'s spiritual principles our awakening will come much sooner. I love my mission; my created purpose; it's a path to teach only love, that's "how it works." I feel it is my calling not a j-o-b. A job is when we do something for money, a calling, a mission, is the call to love, to share what we are given freely. Before I started living A.A.'s way of life I felt like a fool letting anyone know how much I long for and needed love. I thought it was a sign of weakness, fear and anger were strength. By our Father's grace, I'm quick to surrender my fear of love. "When the power of love overcomes the love of power the world will know peace" Jimi Hendrix. Now, I know love can be trusted, without it my life is an insane illusion. Our Father's Love and Will is sanity. It's a most wonderful guidance system. Thy Love, Thy Will be done.



The Divine Designer  
"Pay Forward" #176

*I Greet The Indwelling Divine Designer.*

Today's "Pay Forward" gift is – The Divine Designer. Father, I want You and I need You and Yours. The mind that made me sick cannot heal me, but it can do its part. I am enlisting my mental mind into my Spiritual's service. I can redirect my thinking by turning within to our Father, Who created me and is maintaining me. Seeing the Invisible with the eyes of faith doing the works called life begins to regenerate the individually Divine Design, that's the healing we seek, seeing our bodies with spiritual discernment, which is more than the intellectual mind. Our bodies are obedient to our personal "reality" until we surrender it to our Father's Loving Will, letting our eye be "single." The Divine Presence within can raise sick bodies and restore them to health by re-forming their intended Divine Design. Let go, and relax, His Spirit in union with our Spirit will carry on its perfect work within us; and all at once our sick conditions disappear, and we are whole. "Today I will not fail to notice the miracles of life unfolding around me. From beauties of nature to the gentle power of forgiveness. I stand in awe before the creations of God" Marianne Williamson. "The soul's center is God. When it has reached God with all the capacity of its being and strength...it will have attained its final and deepest center..., and it will know love" John of the Cross. Thy Love, Thy Will be done.

MAY YOU AND I HAVE THE PROGRESSIVE REALIZATION TO DO TO BE THE INDIVIDUAL INTENDED BY OUR CREATOR.

Giving Of Ourselves  
"Pay Forward" #177

*I Greet The Indwelling Giver and Receiver.*

Today's "Pay Forward" gift is – Giving of yourself.

Then said a rich man, Speak to us of Giving.

And he answered:

You give but little when you give of your possessions.

It is when you give of yourself that you truly give.

For what are your possessions but things you keep and guard for fear you may need them tomorrow?

And tomorrow, what shall tomorrow bring to the over prudent dog burying bones in the trackless sand as he follows the pilgrims to the holy city?

And what is fear of need but need itself?

Is not dread of thirst when your well is full, the thirst that is unquenchable?

There are those who give little of the much, which they have – and they give it for recognition, and their hidden desire makes their gifts unwholesome.

And there are those who have little and give it all.

These are the believers in life and the bounty of life, and their coffer is never empty.

The Prophet [Giving] by Kahlil Gibran

Thy Love, Thy Will be done.



Encouragement  
"Pay Forward" #178

*I greet The Indwelling Encourager.*

Today's "Pay Forward" gift is - Encouragement. "Flatter me, and I may not believe you. Criticize me, and I may not like you. Ignore me, and I may not forgive you. Encourage me, and I will not forget you" (William Arthur Ward). They're so many ways we encourage one another in Alcoholics Anonymous, starting with staying sober, shows up at meetings, sharing our stories; we can all list the times we were encouraged. Today let us "accentuate the positive and eliminate the negative." Let our hearts and minds be filled by the love we are. Our love is a healing power touching everything into wholeness. Our love is an extension of our Father's love. Come let us inspire each other to love more, to heal, to teach and to forgive. "Carry out a random act of kindness, with no expectation of reward, safe in the knowledge that one day someone might do the same for you" (Diana Spencer). That indwelling Presence within each of us already knows how to do that. Divine love dissolves all that opposes true thought and thus smooths out every obstacle that presents itself, that's encouraging. When love harmonizes our consciousness, we find that our outer affairs are put in order. A.A. offers us the spiritual tools to chip away all that is not our purpose. "Gratitude is not only the greatest of virtues, but the parent of all the others" (Marcus Cicero). Let's encourage each other to accept our Father's individually Divine Design. Thy Love, Thy Will be done.

MAY YOU AND I HAVE THE PROGRESSIVE REALIZATION TO DO TO BE THE INDIVIDUAL INTENDED BY OUR CREATOR.

Miracle Worker  
"Pay Forward" #179

*I Greet The Indwelling Father Doing The Works.*

Today's "Pay Forward" gift is - Miracle Worker. "Miracles happen to those who believe in Them" Bernard Berenson. A true miracle is often defined as an event that defies the laws of nature as we know it. Miracles do not defy laws but rise to a higher law, the fourth dimension. By Your grace Father, I am receiving whatever it takes to do Your Will. I intuitively know that You, Father has already given each of us all we need to express Your Will, Your Love. It is up to each of us to accept it and act on it. If we're unable to accept His Will or His Love, ask for it and it will be given in a way we can currently understand and follow. Let us greet one another with a kind and loving heart, which is always His Will. Miracles flow freely from an open heart and open mind. "It is human nature to think wisely and act in an absurd fashion" Anatole France. Most of us have a halo, but it's held up by our horns. I appeal to a different part of your being: the more loving, noble part that calls for mercy, compassion and a return to love, here and now. Let us seize continuously the opportunity of more adjustment to better and higher conditions, in other words, let us practice the Presence of our Father. Miracles change our experience of life, making a real difference. Thy Love, Thy Will be done.



The Griever  
"Pay Forward" #180  
*I Greet The Indwelling Healer.*

Today's "Pay Forward" gift is – The Griever. When all else fails, I need to go to an A.A. meeting. I decided to go early to my meeting. When I walked into the meeting room, I saw someone who looked familiar setting at the back, they looked out of character. I assign names to some, not just to protect their anonymity but also to protect the innocent part of their guilty. I called this person, "Mary Poppins" because she "always" had a wonderful smile, but not this time. Her eyes were swollen and bloodshot; she wouldn't look up or return my greeting. No doubt she was deeply grieving the loss of someone or something important. She sat in silence for a long time. Finally she opened up and told me what happen. She was having a difficult time doing Step Four's inventory. She was just repeating the same old stuff. Her sponsor suggested that she focus on one of her other addictions. Her denial broke down, and she owned that addiction and surrendered it to our Father. Letting it go was like ripping off her flesh. She believed the addiction was her best friend, even though it was killing her. Her grieving was for the loss of this lifelong "friend." I understood her grieving. Every time I let go of one of my addictions, I experienced a great loss at first, then freedom. "Love is not a because, it's a no matter what" Jodi Picoult. Thy Love, Thy Will be done.

MAY YOU AND I HAVE THE PROGRESSIVE REALIZATION TO DO TO BE THE INDIVIDUAL INTENDED BY OUR CREATOR.

#### A Termite Invasion

“Pay Forward” # 87

I greet The Indwelling Solution.

Today’s “Pay Forward” gift is – A Termite Invasion. At times, I let these little guys undermine the very foundation of most of my relationships, including our Loving Father. No wonder I need the A.A. spiritual principles to restore me to sanity, as if I ever had any. I hate the idea of my making anyone homeless. However, this little day-in-day-out stuff I’m calling termites, need to go. They really are a present danger. These little guys can cause foundation problems in our relationships. Termites destroy more property than all the fires, floods, wind, and hail, and so it is with any area of our human condition. The cost of the “big” problems forces us to address them, or pay the price. As far as the “termites,” we don’t feel like we have to do anything about them; they are not important enough to matter. One way or another, we often overlook these little guys. One termite doesn’t matter, but when they multiply in large numbers, watch out. It is best to deal with all problems AS SOON AS POSSIBLE. Each of us has latent gifts to claim and share, but these “termites” undermine our confidence. Failing at anything when I lack understanding in what exists within me, is because I lack faith in Who exists within me. “It’s quite simple: It is only with the heart that one can see rightly; what is essential is invisible to the eyes” Antoine De Saint-Exupery. Thy Love, Thy Will be done.



#### Encouragement

“Pay Forward” #182

*I greet The Indwelling Encourager.*

Today’s “Pay Forward” gift is - Encouragement. “Flatter me, and I may not believe you. Criticize me, and I may not like you. Ignore me, and I may not forgive you. Encourage me, and I will not forget you” (William Arthur Ward). They’re so many ways we encourage one another in Alcoholics Anonymous, starting with staying sober, shows up at meetings, sharing our stories; we can all list the times we were encouraged. Today let us “accentuate the positive and eliminate the negative.” Let our hearts and minds be filled by the love we are. Our love is a healing power touching everything into wholeness. Our love is an extension of our Father’s love. Come let us inspire each other to love more, to heal, to teach and to forgive. “Carry out a random act of kindness, with no expectation of reward, safe in the knowledge that one day someone might do the same for you” (Diana Spencer). That indwelling Presence within each of us already knows how to do that. Divine love dissolves all that opposes true thought and thus smooths out every obstacle that presents itself, that’s encouraging. When love harmonizes our consciousness, we find that our outer affairs are put in order. A.A. offers us the spiritual tools to chip away all that is not our purpose. “Gratitude is not only the greatest of virtues, but the parent of all the others” (Marcus Cicero). Let’s encourage each other to accept our Father’s individually Divine Design. Thy Love, Thy Will be done.

MAY YOU AND I HAVE THE PROGRESSIVE REALIZATION TO DO TO BE THE INDIVIDUAL INTENDED BY OUR CREATOR.

“I’m - Back”

“Pay Forward” #183

*I greet The Indwelling Healer.*

Today’s “Pay Forward” gift is – “I’m - Back.” “Change is one thing. Acceptance is another” (Arundhati Roy). I’ve accepted that alcoholism is never fully healed. It’s progressive, drinking or not, so is healing. I awakened with another level of one of my old defects. I turned 92 last August with over 65 years as an active member of Alcoholics Anonymous. A friend, awakened yesterday, with an old resentment; they thought was forgiven. To their surprise, they wanted to take a drink of alcohol. After thirty something years as an active member of A.A., cause them to question their sobriety, and their sanity. Perhaps my sharing with them could have something to do with my being attacked by one of my defects in need of an upgrade. One mistake in my judgment is that our healing should be so complete that the defect would never show its ugly-self. The ism of alcoholism rides again. I am coming to an understanding, that as long as we are alive we will have old enemies knocking at our door, calling for a new level of healing. Everything does have a season. I’ve seen and experienced a number of spiritual transformations taking a similar course. However, for that to happen, everything has to stop working to make room for a new level of awakening. This current problem is centered on one defect, which could lead me to a bottom as part of a real spiritual transformation, if so that’s truly welcome. Thy Love, Thy Will be done.



The Listener

“Pay Forward” #184

*I greet The Indwelling Listener.*

Today’s “Pay Forward” gift is – The Listener. “If you really want to understand me, please hear what I am not saying, what I may never be able to say” (Anonymous). What are those Alcoholics Anonymous members saying who are not coming to meetings? We could just invite them to a meeting. Time-out while I reach out to a person, I have not seen in a meeting for some time. They could be going to other meetings. I must have been inspired, because my timing was perfect, and they needed a ride to the meeting tonight. “Love is the opposite of power. That’s way we fear it so much” (G.D. Roberts). I have to be on the lookout for one of my major defects; withhold or withdrawing. Taking my life in my own hands, and what happens? A terrible thing; I have no one to blame but me. To avoid the common “drug; guilt and punishment” use, I choose to stay in daily contact with other alcoholics. Who knows I may become a social butterfly. Ok, that may be a bit-of-stretch. One of the most difficult social skills I need to learn is when to say no. If we don’t have to say no once in a while, we are not being asked enough. Another difficult skill to learn is asking of help. Ok, I’m asking you to “Pay Forward” today’s gift to someone you hadn’t seen in a meeting for a while. Thy Love, Thy Will be done.

MAY YOU AND I HAVE THE PROGRESSIVE REALIZATION TO DO TO BE THE INDIVIDUAL INTENDED BY OUR CREATOR.

A Meaningful Life  
"Pay Forward" #185

*I greet The Indwelling Giver.*

Today's "Pay Forward" gift is - A Meaningful Life. "Always try to be a little kinder than is necessary" (J.M. Barrie). The greatest good comes in the love of all. One definition of love is that it is the feeling that excites desire for the welfare of it object. For a long time I wondered why I did not develop a spiritual love more quickly. For one reason I had built a wall of separation between the spiritual and the secular. Divine love, see no distinction among people. It feels the same in heart the heart of the "sinner" [one who is missing the mark], as it does in the saint. When we let the Truth of Being into our heart and pull down all the walls of separation, we experience the flow of love. When the wordsmith put the words human and kind together to form humankind, they intuitively knew we needed to love to one another. Today; treat everyone like an A.A. newcomer; welcome them with open arms. In Alcoholics Anonymous, we are a team and when one member is suffering we can return to love. In our time of suffering, we will believe others will in turn love us. Tradition Five - "Each group has but one primary purpose to carry its message [loving-kindness] to the alcoholic who still suffers." From time-to-time we all suffer. Come let us plant love seeds throughout this day. Be aware of how this changes our behavior. Thy Love, Thy Will be done.



What's Next?  
"Pay Forward" #186

*I greet The Indwelling Presence.*

Today's "Pay Forward" gift is – What's Next? "Having had a spiritual awakening [experience] as the result of these steps, we tried to carry this message to alcoholics, [sharing the love we are] and to practice these [Spiritual] principles in all our affairs." When I first awakened through the gift of grace as an active member of Alcoholics Anonymous everyone who thought they knew me could not understand what had happened. Then the question came, what I was going to do with gift of grace? I had no idea at the time. The people, places and things that once held my interest didn't any longer. Alcohol is sometimes called spirits; my awakening Spiritual experience was replacing the alcohol. Our Father Created life so that we have to have others, sharing is an expression of love. The second part of Step Twelve is love, replacing the selfish user path I was on. Practicing the third part of Step Twelve lets us demonstrate the love we are in all our affairs. There comes a time when we are to worship our Father in Spirit [our awakening consciousness] and Truth [His Reality, His Love, His Will]. "Pay Forward" by letting your Spiritual awakening flow silently from your heart out into the world. I am learning daily that there are no turns-offs on this serendipity journey. The dwelling Presence uses everyone and everything to reveal the individual I'm created as. Thy Love, Thy Will be done.

MAY YOU AND I HAVE THE PROGRESSIVE REALIZATION TO DO TO BE THE INDIVIDUAL INTENDED BY OUR CREATOR.

Our Needs Answered  
"Pay Forward" #187

*I greet The Indwelling Presence.*

Today's "Pay Forward" gift is – Our Needs Answered. "A person is, among all else, a material thing, easily torn and not easily mended" (Ian McEwan) I'm reminded that our Father has a need for our physical body and world. Our world is our workplace, our school and our playground. Our physical body is the vehicle, which our Father expresses His Will, His Love. "Made in Heaven" is stamped on our heart with intuitive information about our Maker. These earthy vehicles come in every conceivable type, shape and size, with a wide range of power trains, and a generous color selection, and unique. Although this physical body is self-perpetuating, self-renewing organism, it is still subject to our Makers Recall. Using the correct fuel and keeping our vehicle serviced and clean is our responsibility. We suggest that you use only authorized parts and service [Spiritual Principles] as often as possible. For our parts and service needs call the Alcoholics Anonymous Hot line for directions to an authorized A.A. Spiritual Service Center. As day after day we steadily practice our resolve to follow our program's spiritual principles, we discover that we are building on a firm foundation, and are mounting into a higher consciousness. Persistent living our Steps and Traditions opens the mind to a greater inflow of Spirit, and will expand, and deepen and enriched our life. When the intended purpose for our Divine Designed physical vehicle is done it will be taken to the Heavenly Recycle Center. Thy Love, Thy Will be done.



"It Works. It Really Does."

"Pay Forward" #188

*I greet The Indwelling Worker.*

Today's "Pay Forward" gift is – "It Works. It Really Does." "PRACTICAL EXPERIENCE shows that nothing will so much insure immunity from drinking as intensive work with other alcoholics." This is a spiritual principle; getting out of ourselves and helping others is part of the healing of most human conditions. We simply cannot alone and unaided change circumstances. Nothing in our life seems to be going our way, we are feeling our powerlessness, by trying to stuff it or avoid it gives it more power. We can accept what is going on and surrender it to our Boss. What we can do will not change the virus, but it changes our reaction. We can practice the spiritual principles that do work. We can ask our Father to use us, to get out of myself and help others, that always make things better for us, and hopefully the one we are sharing with. I bet most of the First Responders including those serving in the medical field are receiving more fulfillment than those who are just waiting or the danger to pass. We don't have to have special talent to share in the ongoing healing. We can use the phone, the internet or mail box to share loving thoughtfulness, ourselves. We hear daily of little acts of kindness by ordinary people of all ages. I believe our Creator's first language is silence; we can extend the love we are, through the invisible silence; our prayers and affirmations. Thy Love, Thy Will be done.

MAY YOU AND I HAVE THE PROGRESSIVE REALIZATION TO DO TO BE THE INDIVIDUAL INTENDED BY OUR CREATOR.

Bottom Feeder

“Pay Forward” #189

*I greet The Indwelling Source.*

Today’s “Pay Forward” gift is – Bottom Feeder. Once again, I’ve reached my level of incompetence. It’s time for real change, like a spiritual transformation, calling for a complete surrender; the death of my personal “reality.” “My soul is exceeding sorrowful ... O my Father, if it be possible, let this cup pass from me, nevertheless, not as I will, but as you will.” I tell myself that the most important mission, my heart’s desire is to be and to do our Father’s Love and Will 24/7, known and unknown. No matter how hard I try to consciously and consistently practice that, I fall far short. It’s time I accept that I am not, as my personal “reality,” ever carry that out, alone and unaided. Like every truly great thing in my life has come to me by grace, not works. “Every day is a day when we must carry the vision of God’s will into all of our activities” Alcoholics Anonymous page 85. Not my will but His be done. I am a workaholic, which gets in the way of my spiritual practice. How can I not know by now, after sixty-four years of trying, that everything of value is given to me by grace? Radical training has a place, to practice and share what has been freely given, as a channel, not the Source. I pray to be consistent in asking our Father to bless all of us, and do my little part. Thy Love, Thy Will be done.



Hugging

“Pay Forward” #190

*I greet The Indwelling Divine Hugger.*

Today’s “Pay Forward” gift is – Hugging. I went on a walk; it’s such a beautiful day. Spring is here, and doesn’t know anything about dis-ease. Thanks to our Father the trees and plants are allowed to be close. What I was about to do, I wanted to make sure no one is nearby; I feared their judgment. Some have a hard time tolerating the likes of me. I picked out two healthy trees that were six feet from the street. I gave each one a big hug. I ask our Father to bless us, and I told the trees that I loved them. I hope it was as good for the trees as it was for me. I picked out a young wild flower and pretended it was an A.A. newcomer. I shook hands and pat them on the back. I said welcome and keep coming back; it works it really does. I will be so happy when this lock-down is over. I need to get better at zoom hugging. I really suck at it. Social distance leaves a lot to be desired. I’m choosing to practice more spiritual intimacy with our Father. I am keeping my office open for small meetings and one-on-one sharing. For that I am so deeply grateful. We can use this down-time to do the Traditions and Steps. “It’s your life – but only if you make it so” (Eleanor Roosevelt). You can download our always free workbooks at [www.12workbook.org](http://www.12workbook.org). Thy Love, Thy Will be done.



MAY YOU AND I HAVE THE PROGRESSIVE REALIZATION TO DO TO BE THE INDIVIDUAL INTENDED BY OUR CREATOR.

Who Shall I Serve?  
"Pay Forward" #191

*I greet The Indwelling Presence.*

Today's "Pay Forward" gift is – Who Shall I Serve? The Lord said. "I have surely seen the affliction of my people who are in Egypt, [powerlessness] and have heard their cry because of their taskmaster [fear], for I know their sorrow" Exodus 3:7. In truth our Creator – I choose to call our Father, is omnipresent, including His indwelling Presence within each of us, no matter what the outer appearance. We can hide nothing from Him. Wisdom tells us not to make our conduct conform only to the world, depending on the approval of or disapproval of others. Pray, meditate and fast in secret, and our Father will reward us openly. Our Father, created the Divine designed body as a self-perpetuating, self-renewing organism; we made-up our personal "reality" in which we filter our experience. Who or what will be my taskmaster, my Created intended self or my illusions, alone and unaided. I choose to do and to be our Father's Love and Will. However, I've let fear and negative stuff become my taskmaster. I choose to return to our Father's Divine design, and follow His directions. "Sought through prayer and meditation to improve our conscious contact with God *as we understand Him*, praying only for knowledge of His Will for us and the power to carry that out." Step Eleven. Let our sharing be an outpouring of the love we are. We were created in the image and likeness of our Creator, Who is Love. Thy Love, Thy Will be done



Service - A Purposeful Life  
"Pay Forward" #192

*I greet The Indwelling Server.*

Today's "Pay Forward" gift is - Service - A Purposeful Life. "I slept and dream that life was joy. I awoke and saw that life was service. I acted and behold; service was joy" Rabindranath Tagore. Without love, [our Father who is Love], nothing worthwhile can be accomplished. With love, [our Father as the Source], all things are possible. I have made it a point to serve someone every day; I call that enlighten self-interest. Most often I get more out of doing that than the one, I serve. To remind myself, I share with others the fact that within each of our Father's creatures, there is an infinite intelligence that transforms our nourishments into flesh, blood, energy, in other words, what we call life. Then why don't we act like it 24/7? Most of us seek wisdom, understanding and intelligence outside of ourselves, when we could call on the indwelling Presence within. Each of us has the capacity, if not the present ability to use this power within ourselves, our choice. There are many ways we can incorporate and channel love from our true created self. Our Creator is Love, and we are created in His or Her image and likeness. I've found it to be true, that our loving service is a healing power that touches everything into wholeness. It does help the healing process to reset our intended individual Divine design. Ask for the willingness to be used. Thy Love, The Will is done.

MAY YOU AND I HAVE THE PROGRESSIVE REALIZATION TO DO TO BE THE INDIVIDUAL INTENDED BY OUR CREATOR.

Yesterday's Bread  
"Pay Forward" #193

*I greet The Indwelling Transformer.*

Today's "Pay Forward" gift is - Yesterday's Bread. When an important area or everything seems to stop working ask yourself 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 yes, stop it for a while and see if that helps. 2.) **Am I not doing something I should be doing?** If the answer is yes, take the action, you need to and see if that helps. If there is no real change, you may be entering a Spiritual transformation cycle.

**VERY IMPORTANT SUGGESTIONS** - The A.A. Program is based on principles and will work. 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 transformation. The four seasons come and go – so it is with this time of a Spiritual transformation. **It is so very important that we do not stop the basics** - Keep going to our meetings (set a minimum) - Keep trying to help others (get out of yourself) - Keep turning to your Higher Power (no matter how useless it feels) - Keep reading some Program books (even if it is only a line or two) - Don't withdraw (Spiritually, mentally, physically, emotionally, socially) Talk about what you are going through in meetings or with someone in recovery. Thy Love, Thy Will be done.



"Give Me Zupie (Soup)"  
"Pay Forward" #194

*I greet The Indwelling Abundance.*

Today's "Pay Forward" gift is - "Give Me Zupie" (Soup). When a friend first came to this country, he would eat at the same Dali every day. He spoke little English. The only thing he knew how to order was zupie (soup), which he grew tired of. One day the person ahead of him ordered a corn-beef sandwich, it really looked good. My friend ordered a corn-beef sandwich. The waiter asked him, "whole-wheat or rye?" "Give me zupie" (soup). I've had the honor, the pleasure sharing with so many gifted people; I am truly grateful. For some newcomers, just not drinking was enough "give me zupie." Living Alcoholics Anonymous' program it didn't take long before they went way beyond "zupie and corn-beef." Having a Spiritual awakening changes the way we see and experience life, we are introduced to our Father and our Higher Self. Awakening inspires us to receive and give the love we are; receiving and giving are two sides of one coin. Encouraged by seeing others daily practicing A.As' way of life, we take the opportunity to share our gifts and talents; we can venture beyond the "Dali" (just not drinking). Living by Spiritual Principles, in all of our affairs, we find our illusions of separation slip into nothingness where it belongs. Where does the darkness go when the light is turned on? Darkness like separation has only the "power" we give them. Thy Love, Thy Will be done.

MAY YOU AND I HAVE THE PROGRESSIVE REALIZATION TO DO TO BE THE INDIVIDUAL INTENDED BY OUR CREATOR.

Our Faith Made Us Whole  
"Pay Forward" #195

*I greet The Indwelling Presence.*

Today's "Pay Forward" gift is – Our Faith Made Us Whole. When things were extremely good or bad, I turned, in earnest, to our Father. Now, I choose to start the day with prayer, meditation and affirmations. I read A.A. literature and inspirational books, and I write everyday as part of my prep work. I often remind myself, during the day, Who's my Boss; my One Source. I don't like to tell people about my extremes unless it serves a purpose. I don't want to come across as a "holier-than-thou" person. If you think, I'm kissing up to our Father, you're right. Long ago I found where the first Cause of all the good stuff comes. I built a habit saying Father at each beginning or shift in what I am, thinking, feeling or doing; I changed that saying to our Father to include others, inviting my consciousness to our Source. I found saying our Father is better than saying @#&\*! %; that's a negative mood changer. "A life spent in making mistakes is not only more honorable but more useful than a life spent doing nothing" (G.B. Shaw). Maybe my exaggerated seeking to do and to be our Father's Love and Will are mistaken; I don't care. I choose my extreme kissing-up-to a proven merciful Source than going back to my useless life; I was living alone and unaided. Come let us "Pay Forward" a little kissing-up-to our Father silently or openly, your choice. Thy Love, Thy Will be done.



Truly A Miracle  
"Pay Forward" #196

*I greet The Indwelling Miracle Worker.*

Today's "Pay Forward" gift is – Truly A Miracle. A wasp got trapped in my office, seeking freedom. I made a decision early in Alcoholics Anonymous that I would not kill anything I was not going to eat; I don't eat wasp. To free the wasp, I would take a cup and place over the wasp when it landed on the window, closing it in with a piece of paper. I would take it outside to freedom. The wasp was on my computer at one end of my office. On the other end, about 40 feet away, was a closet where I got a cup. I was holding the cup when the wasp flew into my cup. I felt a rush of love and gratitude, as I do now, writing about it. I felt at one with all of nature, with the universe, and most important a loving union with our Father. I experienced a moment of healing, forgiveness deeper than words. It was almost 11 A.M., time to go to my A.A. meeting. I knew the topic was going to be; wasp flying into a cup. I was waiting for the right time to share my spiritual experience; a deep loving gratitude to our Father. I got anger at someone for talking really bad about one of our members. I told him we didn't take other people's inventory, like I'm doing now. Oops, where did my loving gratitude go? Yes, it's time I work the Steps and Traditions again. Thy Love, Thy Will be done.

MAY YOU AND I HAVE THE PROGRESSIVE REALIZATION TO DO TO BE THE INDIVIDUAL INTENDED BY OUR CREATOR.

Our Father's Intention

"Pay Forward" #197

*I greet The Indwelling Intender.*

Today's "Pay Forward" gift is – Our Father's Intention. "It is in our darkest moments that we must focus to see the light" (Taylor Benson). I notice when I am in my dark-side I am on the defensive; looking for what is wrong in whomever or whatever. I found myself wondering around in the darkest night; an important time to turn to the Light and return to Love. I reach for the Light switch in my prayers, meditations and affirmations. I'm focusing my attention on our Father's intention. Spiritually, I'm active; turning to prayer, meditation and contemplation often, with an expecting faith. I'm proactive in Alcoholics Anonymous, expecting more from the Program, acting on what I am given. I expect more of myself, by giving of myself. Allowing others to be, whoever and however, our Father intends. I look for the good in everyone and everything, knowing our Father is Present within all. I am not wasting my life on the meaningless, worries, and nonsense. Our Father is directing me in a way I can currently hear, understand and follow. I am quick to accept and surrender whatever, to our Father. As soon the dark-side shows up, I turn to the Divine Light. I am committed to stay focused on our Father's intention during my wakeful hours and not doze off in the middle of my life. Like a Prodigal Son, I've returned Home to our Father, and I am a willing worker in His Fields. Thy Love, Thy Will be done.



Thoughts In Solitude

"Pay Forward" #198

*I greet The Indwelling Kingdom.*


Today's "Pay Forward" gift is - Thoughts In Solitude. "My Lord God, I have no idea where I am going. I do not see the road ahead of me. I cannot know for certain where it will end. Nor do I really know myself, and the fact that I think that I am following your Will does not mean that I am actually doing so. But I believe that the desire to please You does in fact please You. And I hope I have that desire in all that I am doing. I hope that I will never do anything apart from that desire. And I know that if I do this You will lead me by the right road though I may know nothing about it. Therefore will I trust You always though I may seem to be lost and in the shadow of death. I will not fear, for You are ever with me, and You will never leave me to face my perils alone" Thomas Merton.

**PLUS THIS**

Abandon yourself to God as you understand God. Admit your faults to Him and to your fellows. Clear away the wreckage of your past. Give freely of what you find and join us. We shall be with you in the Fellowship of the Spirit, and you will surely meet some of us as you trudge the Road of Happy Destiny.

May God bless you and keep you – until then. Alcoholics Anonymous page 164. Thy Love, Thy Will be done.

MAY YOU AND I HAVE THE PROGRESSIVE REALIZATION TO DO TO BE THE INDIVIDUAL INTENDED BY OUR CREATOR.

<p>A New Commitment "Pay Forward" #199 <i>I greet The Indwelling Presence.</i></p> <p>Today's "Pay Forward" gift is – A New Commitment. After many years working and living the Steps and Traditions, I find myself with a need and a desire to make a deeper commitment. I want so much to do and to be our Father's Love and Will, consciously known and unknown. The starting point for another spiritual transformation is to realize that my best ideas and actions are no longer enough. It is as if my personal "reality" has betrayed me once again, calling for me to surrender all I am and all I have. I believe that nothing that is our Father's loving Will for me or anything of real value can be lost. The change I believe to come; some already <b>done</b> include, but not limited to my present understanding of every-one and everything. I'm willing to clean out all my closets; spiritual, mental, physical, emotion and social, which include both the consciously known and unknown. As my denial breaks down I see more to be done, that has always been the case. I have no illusions that I can do all of this alone and unaided. I trust it will be done by our Father and the indwelling Presence within me. Paraphrasing Step Eleven, I must seek through prayer and meditation to improve my conscious contact with our Father, as I presently understand Him, praying only for knowledge of His will for me and the power to carry that out. Thy Love, Thy Will be done.</p>		<p>Mood Setting "Pay Forward" #200 <i>I greet The Indwelling Mood Changer.</i></p> <p>Today's "Pay Forward" gift is – Mood Setting. At the start of my day, the first few moments set my mood for the day. Affirmations are the seeds I'm planting. I turn my consciousness to Your Loving Presence Father. I celebrate the love we all are, as You created us. I am filled with gratitude for what You have in mind for me today. I focus my attention on Your intention, Father. I am devoted, dedicated, committed to be and to do Your Love, and Your Will. It is You Father within me doing the works, called life. I am empowered by Your Grace. I am Your son, and a loving brother to all. My mission is clear; I am to share all I am given. We are created in Your image and likeness; we share Your attributes. The gifts and talents, I receive I pass on. My skills are ever growing more loving, wise and useful. I am becoming fluent in our first language, silence. Daily I practice Your Presence in all my affairs. I am Miracle minded, open to everyday miracles. Your Guidance, Love, Tender Mercy, and Wisdom are given to me in a way I can currently hear, understand and follow. I am truly grateful, thank You. I only need to say, Father and that centers me. I plant the fruit seeds I want, and pull up the weeds. Come join me in the harvest. Thy Love, Thy Will be done.</p>
--	---	--

MAY YOU AND I HAVE THE PROGRESSIVE REALIZATION TO DO TO BE THE INDIVIDUAL INTENDED BY OUR CREATOR.

<p>The Special Gift To Share is - Ourselves "Pay Forward" #201 <i>I greet The Indwelling Giver.</i></p> <p>Today's "Pay Forward" gift is – The special gift to share is - Ourselves. Ordinary people doing extraordinary acts of kindness. During this virus crises we're hearing a lot about our First Responders, and rightfully so. I am deeply grateful for them, not just in times of crises, but for their daily dedication throughout the years. There are millions of volunteers all over this country dedicating themselves; quietly, helping others from all walks of life, that we will never hear of. Any ordinary person can find a way to reach out and act with compassion and generosity, if they choose. To "Pay Forward," is a perfect way for us to give away what we want to keep and expand. We don't have to have some special enlightenment, we can ask our Father to use us; my experience tells me He will. After all He created each of us as an individual, which means we have a purpose, His. Giving of our self just as we are is a gift no one else can give. We can learn from other givers and draw on our own strengths to make the world a kinder place to live. For those who are practicing A.A.'s spiritual principles, as a way of life, find our selfish self-centeredness has been transformed into an enlightened self-interest; it is better for us to give of ourselves to those who still suffer; and doing spontaneous random acts of kindness. Thy Love, Thy Will be done.</p>		<p>Our Intended Self "Pay Forward" Gift #202 <i>I Greet The Indwelling Awakener.</i></p> <p>Today's "Pay Forward" gift is – Our Intended Self. Upon awakening I turn to You Father. I am filled with love and gratitude. I turn to the silence within affirming; it is our Father within doing the good works. I am being prepared and I am preparing to carry out His Will, His Love. In contemplation meditation our Father's guidance moves me from the formless silence to the outer world of form, and the purpose He gave me. I trust He is leading me into effective loving service where I can make a good difference, even if it is ever so small. I trust He is filling my heart, mind and soul with truly caring not just a duty. "Do small things with great love" Mother Teresa. I trust my sharing is not just an impulsive fix, but an act of my heart's desire of wanting to make a good difference as an expression of loving service. Within the silence, let me be still and look for our Father's Presence and seeing It with the eyes of faith. My heart, mind and soul are purified with complete forgiveness for all; purification is forgiveness. As I am touched by His grace I am willing to respond outward as I am directed, in the fullness of His time. Practicing spiritual principles in all our affairs, the best we can, is fulfilling our promises. "When you are content to be simply yourself and don't compare of compete, everyone will respect you" (Lao-Lzu). Thy Love, Thy Will be done.</p>
---	---	--

MAY YOU AND I HAVE THE PROGRESSIVE REALIZATION TO DO TO BE THE INDIVIDUAL INTENDED BY OUR CREATOR.

Training The Whales  
"Pay Forward" #203

*I greet The Indwelling Miracle Worker.*

Today's "Pay Forward" gift is – Training The Whales. When SeaWorld first opened I took one of my grandsons to watch the training of the whales. I learned a simple lesson that works in most relationships. The trainer would set the bar at a starting level, when the whale reaches that goal, the trainer would reward the whale with a treat. Every time the whale failed to do so, the trainer paid no attention to the whale, [note the whale was not punished]. The trained continued raising the bar each time the whale reaches that goal, until the whale arrived at the desired level. Try this with someone you love; each time they do something that pleases you let them know you really like that. When something doesn't please you don't pay any attention to it [don't punish them or show your displeasure], let it pass by unattended. "Always do right. This will gratify some people and astonish the rest" (Mark Twain) Do this for 40 days, and don't tell them what you are doing, just do it. Yes, I know we are not whales but most of us love to be told or shown when we are sharing something of value with a love one. The results are truly miraculous, if you consciously and consistently practice this simple tool for the full term of 40 days. Like any real change there will be labor pains. "Don't worry about being good...Aspire to be authentic" (Yann Martel). Thy Love, The Will be done.



Dismantling Our False Self  
"Pay Forward" #204

*I greet The Indwelling Keys To The Kingdom.*

Today's "Pay Forward" gift is - Dismantling Our False Self. Saint Anthony of Egypt, the fourth-century father of Christian monasticism, provides a paradigm for dismantling the false self by means of both active confrontation and passive purification [prayer and meditation]. "...exemplifies the positive way of dismantling the false self by practicing unconditional love: selfishness cannot survive in the climate of continuous self-giving." Confronting our false self, likely feels like interior warfare, and in fact, it is. Our defects center within not outside, where we can blame and explain our problems. Faith, action [practicing A.A. spiritual principles - prayer and meditation in all my affairs], works for me. If I didn't know better I would think Saint Anthony plagiarized A.A.'s spiritual principles; for sure Steps Eleven and Twelve. "The joy of living is the theme of A.A.'s Twelfth Step, and action is the key word. Here we turn outward toward our fellow alcoholics who are still in distress. Here we experience the kind of giving that asks no rewards. Here we begin to practice all Twelve Steps of the program in our daily lives so that we and those about us may find emotional sobriety. When the Twelfth Step is seen in its full implication, it is really talking about the kind of love that has no price tag on it" Twelve Steps and Twelve Traditions. Thy Love, Thy Will be done.

MAY YOU AND I HAVE THE PROGRESSIVE REALIZATION TO DO TO BE THE INDIVIDUAL INTENDED BY OUR CREATOR.

Home Of The Brave  
"Pay Forward" #205

*I greet The Indwelling Presence.*

Today's "Pay Forward" gift is - Home Of The Brave. "We could never learn to be brace and patient if there were only joy in the world" Helen Keller. "We are going to know a new freedom and a new happiness. We will not regret the past nor wish to shut the door on it". Alcoholics Anonymous is where miracles happen and promises come true. My regrets for the things I did have been tempered by time. By our Father's grace my major defects have been transformed into workable assets. Regrets are paradoxes; what I did was wrong, harmful, yet those transformed defects give my life meaning. Would I have found my loving relationship with our Father, His Love, and His will for me, otherwise? My life has a purpose, real meaning because of my transformed defects. What about my regrets for the things I have not done? I choose to work on things left undone now. I cannot do anything to change the decisions I made in my past, but I can choose once again. My future, today, holds many opportunities to make a tiny good difference. Let there be no "if only" or no "if and buts were candy and nuts I would have fulfilled life". My heart's desire has opened my eyes to see our Father's Presence, Love and the ears to here is Holy Voice within the invisible silence. "Come; love one another as I have loved you." Thy Love, Thy Will be done.



The Healer Within  
"Pay Forward" #206

*I Greet The Indwelling Divine Therapist.*

Today's "Pay Forward" gift is – The Healer Within. "The Divine Therapy, like Alcoholics Anonymous, is based on the realization that you know where you are and that your life is unmanageable" Father Thomas Keating. It's not OK withholding my loving care. I pray that I may communicate love and forgiveness. It's our Father within doing the works through each of us, as us. I've judged others as A.A. Pharisee, when they come down too hard. I withheld my love, as if it were an outside issue, not to be shared in A.A. meetings. Am I to let fear get in the way of sharing the love I am? We are all of One life, that life is our Father's Life, which means His Life is our individual life. I know we are all created in His Loving image and likeness, so let us share the love we are no matter what the appearance, let us walk our talk. Let us pray that we are willing to share our strength and weakness as is. Let's not cover-up the love we are or our powerlessness. "Acknowledging the good that you already have in your life is the foundation for abundance" Eckhart Tolle. Openly or silently I say come let me encourage you to love, to heal, to teach, to forgive. Accept your awakening to the Infinite Power and Divine Love within, supplying us all we need to carry out our mission. Thy Love, Thy Will be done.



MAY YOU AND I HAVE THE PROGRESSIVE REALIZATION TO DO TO BE THE INDIVIDUAL INTENDED BY OUR CREATOR.

So What's Rebounding

"Pay Forward" #207

*I Greet The Indwelling Healer.*

Today's "Pay Forward" gift is – So What's Rebounding. Anytime I have a great expanding experience, most likely I feel like I will experience this good at this level, forever. "Above all, watch with glittering eyes the whole world around you because the greatest secrets are always hidden in the most unlikely places. Those who don't believe in magic will never find it" Roald Dahl. The obsession to do anything harmful to myself or anyone else during the high is out of the question. However when the good experience has completed its course, a negative rebound appears out of nowhere. It's the dark-side of my personal "reality," calling me home. To compound the problem I watched a movie last night that exposed one of my worse defects; bullies taking unfair advantage of others, which I feel like I "need to punish." I woke up early this morning, with a negative obsessing mind. After a little guilt and punishment, "the drug," I did a Radical Forgiveness on the bullies, and then on myself. I experienced our Father's loving mercy, and the gift of realizing this rebound had a purpose. My denial has broken down, which means I've been given the healing tools I need. It's time to let our Father, transform that defect into an asset. Setting this gift of grace into motion, action is the magic word, has opened me to another round of rebounding. I'm grateful for all the gifts, grace and mercy I've received. Thy Love, Thy Will be done.



What About The Past?

"Pay Forward" #208

*I Greet The Indwelling Present.*

Today's "Pay Forward" gift is – What About The Past? The only thing that concerns me about the past is my judgment of it. If I own it and surrender it to our Father, He can teach me what it was for, changing my judgment of it and upgrading it into an asset. Let us honor His good works and accept His loving mercy and grace. To hold on to our old judgment is to dishonor the present. So what if we fail again, in what seems to be the same way? It means that we are stuck in an illusion; which are lies we made up or went along with an old judgment. Every moment everything we do, say, think, feel, or experience at any level changes us a tiny bit. You are not the same as you were when we began reading this, nor am I when I first wrote it. My perception about judgment of the past has changed a tiny bit. I am willing to surrender it once again, qualifies me for the latest upgrade. Accepting old judgments is a sign of lazy thinking, and a lack of trust in our Father's willingness and ability to make all things new. For our part, we can choose once again and be willing to accept His Will, His mercy, His love, His grace and His plan for each of us. Alcoholics Anonymous gives us what we need to do just that. Thy Love, Thy Will be done.

MAY YOU AND I HAVE THE PROGRESSIVE REALIZATION TO DO TO BE THE INDIVIDUAL INTENDED BY OUR CREATOR.

“Let Down Your Bucket”

“Pay Forward” #209

*I greet The Indwelling Omnipotence.*

Today’s “Pay Forward” gift is – Let Down Your Bucket. This is one of the great spiritual lessons found in Around the Year with Emmet For – page 132. He is able to put profound insights in such simple term. This is a good reminder how often we miss the divine abundance at hand. We live in the Presence of God. The Bible says, In him we live, and move, and have our being (Acts 17:28). This limitless Power, which is Intelligence and Love – God –, can be contacted at any time by turning to Him in thought, and allowing Him to fill our hearts. Whenever we do this, He at once begins to influence our lives for peace and harmony and freedom. A party of shipwrecked sailors was drifting in an open boat on the Atlantic Ocean. They had no water, and were suffering agonies from thirst. Another small boat came within hailing distance, and when the shipwrecked mariners cried out for water, the newcomers said, “Let down your bucket.” This sounded like cruel mockery. But when the advice was repeated several times, one of the sailors dipped the bucket overboard – and drew up clean, fresh, sparkling water! For several days they had been sailing through fresh water and did not know it. They were out of sight of land, but off the estuary of the Amazon, which carries fresh water many miles out to sea. Closer is He than breathing; nearer than hands and feet – Tennyson. Thy Love, Thy Will be done.



“Turn To Me And I Will Give You, Eyes To See”

“Pay Forward” #210

*I Greet Indwelling Messenger.*

Today’s “Pay Forward” gift – is – “Turn To Me And I Will Give You, Eyes To See” - In my meditation, I was told that by The Holy Spirit of Truth. I finely forgave my dad. I realized how many times he tried to express his love for me, and I was blind to it. Example, when I was thirteen years of age, I was on my school’s track team. I didn’t have track shoes, so I ran barefooted. Our school was in a race meet, just before I was to run my dad showed up with a pair of track shoes for me. I was really surprised but not grateful, as I remember. Our Family was very poor at the time, making his gift special. As I began my sober life, practicing A.A. spiritual principles, I recalled a number of times when my dad tried to express his love me, but it wasn't the “right” kind or enough, according to me. When I came back from the Korean War, he gave me a job with the promise of a partnership, if I worked at it. Most days I didn’t draw a sober breath, and I did not produce anything of value. Later, he paid for my detox. I have a long list of his generosity, but you get the point. When the blinders came off I could see clearly how wrong and self-centered I was. The gift of love and forgiveness is precious. Thy Love, Thy Will be done.

MAY YOU AND I HAVE THE PROGRESSIVE REALIZATION TO DO TO BE THE INDIVIDUAL INTENDED BY OUR CREATOR.

Peace At Last  
"Pay Forward" #211

*I Greet The Indwelling Peacemaker.*

Today's "Pay Forward" gift is – Peace At Last. My Hero, Jesus did not use the "drug" guilt and punishment. My created higher self, I pray, may become at all levels, in His image and likeness. Too much of my life has been wasted on defending my rights and the rights of the underdog, closing me off from the peace I longed for. I did not realize I was hiding my fears behind anger, trying the punishment or at least make the "bullies" feel guilt. I started fighting those who were unfair when I was fourteen years old. All the anger, self-pity I had been stuffing sprang forth. I began my guilt and punishing crusade. Due to my physical smallness, I would try to make my punishing appear as an accident, but when I started using tools of violence, my motive came out of hiding. Practicing A.A. spiritual principles set me on a path of peace, and an understanding of spiritual realities. However, I stuffed my violence and I made myself feel guilty and punished myself for any thought or act of violence. Years of feel good about punishing the wrong doers did not leave overnight. I had to come to the realization of the spirit of love within me, longing to be expressed. My awakening to our Father within and my created higher-self heals me. As I practice these spiritual principles, through the grace of a fearless peace, I can make a good difference. Thy Love, Thy Will be done.



The Boss Is Omnipresent  
"Pay Forward" #212

*I Greet The Indwelling Partnership.*

Today's "Pay forward" gift is – The Boss. I am receiving whatever it takes to do Your Will, Father and to rewrite and rewire my personal "reality" with the equivalents of Your Will, for me on my serendipity journey Home to You. Yesterday was an example why I need upgrading. I experienced how fast my good mood could shift with a petty event. Of course, the drug guilt and punishment seem like the right thing to do. The more confidence I have in our Father, the sooner I face the truth about myself. This most precious, but often painful passage is the journey to ourselves. I do trust our Father, knowing no matter what I have done or not done, He is going to go on loving me. Why not trust our Father for everything? My personal "reality" upgrade is the need to include our Father in everything I do or don't do, no matter how small or great. He is communicating His guidance through my Higher Self; He created. I must take responsibility for the choices and action I take, first turning to Him for guidance; given to me in a way, I can currently hear, understand and follow. Everyone we are drawn to is our guides, teachers and students. Sometimes our personal "reality" leads us astray. It is our choice which road to travel. The real Source of all of life is our Father. He's the Boss; I love being His junior partners. Thy Love, Thy Will be done.

MAY YOU AND I HAVE THE PROGRESSIVE REALIZATION TO DO TO BE THE INDIVIDUAL INTENDED BY OUR CREATOR.

Giving Multiplies  
"Pay Forward" #213

*I Greet The Indwelling Multiplier.*

Today's "Pay Forward" gift is – Giving Multiplies. Our indwelling treasure house expands as we give of ourselves. "When faith grows into confidence, the crisis of faith has done its work and the crisis itself is resolved" Thomas Keating. Working A.A.'s spiritual principles our faith in our Higher Power expands, awakening confidence. "It works... it really does." The crisis of our faith is resolved into an experience of loving service. Every day we are sober and every time we share the gifts we've been freely given, our confidence in this way of life expands and multiplies. Openly or silently I say come let me encourage you to love more, to forgive more. Let us communicate, co-create and expand our awakening to the Infinite Power and Divine Love within, supplying us all we need to do His will. Affirm: Yes, I will, I have, I am. Our Father is Love, so why is it too often we look upon Him as our last resource? We go to Him because we have nowhere else to go. At birth we need tender love and care, because that is the image and likeness of our Creator. A.A. is an expression of love, which are our deepest need and our highest achievement. Come let us encourage one another to love more, and it will multiply. Love is a great healer. Love is our greatest teacher. Love overcomes the need for forgiveness. Love is a great communicator of our Father's Will. Love co-creates the real world. Thy Love, Thy Will be done.



Imagination The Co-creator  
"Pay Forward" #214

*I Greet The Indwelling Co-creator.*

Today's "Pay Forward" gift is – Imagination The Co-creator. Our thoughts become things. We can use them to co-create those things we want and dis-empower those things we don't. "No matter how thin you slice it, there are always two sides." The past, present and future all have two ways of viewing them; I can choose to perceive them having a good purpose or view them negatively. Why would that be a hard choice to make, even by one who is a little off centered? In A.A. we learn that our past can be transformed into loving assets, why not offer all of our past up for transformation? Now, is the only time we can do, say, think, feel anything or co-create, so why not choose the good purpose? Now, that I am thinking about the future why not expect a lot of inspiring surprises, it takes the same amount of time and energy, maybe even less than the negative stuff? Living with an open mind and open heart our unique life is filled with wonderful gifts, but we may have to stop, look and listen for them. If we choose to live our Father's Love and His Will we will have a great many promises come true. Our faith is our perceiving power, linked with the divine power will shape our outer experience in a most wonderful way, His Way. Let us ask more of our Father, more of our spiritual program and more of ourselves. Thy Love, Thy Will be done.

MAY YOU AND I HAVE THE PROGRESSIVE REALIZATION TO DO TO BE THE INDIVIDUAL INTENDED BY OUR CREATOR.

Mourning  
"Pay Forward" #215

*I Greet The Indwelling Blessed Mourner.*

Today's "Pay Forward" gift is – Mourning. Father, I listen to Your Holy Voice directing me in a way I can currently hear understand and follow. I see Your Presence with the eyes of an intuitive faith. I realize where ever You are Present there is Your Love and Grace. However, my deepest mourning comes when I don't have that wonderful conscious contact, with You and Yours. My heart's desire is to have that realization, to do and to be Your Love and Your Will. You are Present when I have tears of joy or tears of sorrow. Tears are a healer releasing and washing away our troubles; eliminating the poisons that reside within. We are to become conscious of that which we are at our deepest reality. Around the world it is called many names; I choose the name Christ. It dwells within each us, waiting for our awakening. We cannot fully understand the Infinite with my finite mind. To see with the eyes of faith, is to see with spiritual discernment; the vision of Christ, which is deeper than human words. It seems like the awakening of our heart, mind and soul within, that conscious contact many of us pray and meditate to improve. When I surrendered my personal "reality" - my false-self I mourned for a long time; that is nothing compared to my mourning for the loss of my union with You and Yours, Father Thy Love, Thy Will be done.



Effective Listener  
"Pay Forward" #216

*I Greet Indwelling Silent Listener.*

Today's "Pay Forward" gift is - Effective Listener. Let's say the person I am sharing with is speaking about 125 words per - minute – my conscious mind is many times faster than that. I have time to go off on side-tracks. If I go off too far I will miss what the person is sharing. The simple solution is to ask myself question about what that person is sharing, that way I can stay focused on the speaker, not me. Father I listen to Your Holy Voice directing me in a way I can currently hear, understand and follow. I can stay focused by turning my consciousness back to You Father, again by saying. "Our Father" when I go off on a side-track. My heart's desire, to do and to be Your will, Father. I'm grateful I'm able to be silent and still while I'm listening for Your guidance, whatever You intend for me. I surrender to Your radical training Father; calling for me to embrace both the beauty and the beast, both as me and all others and loving and serving anyway. I am willing to accept whatever You give me, and pass it on. That beauty is reflected from within out into the world. It's about the spirit of our Loving Father radiating His Presence through each of us. We are given the tools to be the individual we were created as, allowing us to radiant the love we are. Thy Love, Thy Will be done.

MAY YOU AND I HAVE THE PROGRESSIVE REALIZATION TO DO TO BE THE INDIVIDUAL INTENDED BY OUR CREATOR.

Weight Lifter

"Pay Forward" #217

*I Greet Omniscience of Our Father Within us.*

Today's "Pay Forward" gift is – Weight Lifter. I was watching one of the giant cranes at the port of entry in Houston, unloading the containers off a ship; they were big time weight lifters. The crane operator with ease touches a keyboard and moves many tons of cargo with no effort. I've never been a weight lifter, when I reach my limit, I break it apart into smaller parts, or I get help from the Master Crane Operator. I let our Father do for me what I cannot do for myself, by using the Golden Key, I stop dwelling on the problem and focus on our Father's attributes; He's my Crane Operator. Our Limitations Are Not Defects. They are only statements of our current supply. A place to leave from or accept and a time to seek a solution. Before I reach my limit, and I'm practicing A.A.'s spiritual principles, I turn to our Father at each beginning, He does my heavy lifting, and He does the lifting of the smaller stuff through me and my helpers. Paying Forward is a way of expressing faith and trust in A.A.'s way of life; including a willingness to forgive us all, and healing, loving, as I'm directed, action is the magic word. "We should never lose sight of the fact that the soul is on the pathway of an endless and ever-expanding experience, and that only by expansion can it evolve" The Science of Mind. Thy Love, Thy Will be done.



A Smile Is An Act Of Kindness

"Pay Forward" #218

*I Greet Indwelling Loving Greeter.*

Today's "Pay Forward" gift is – A Smile Is An Act Of Kindness. "For there is never anything but the present, and if one cannot live there, one cannot live anywhere" Alan Watts. Now has to be the best time to share a little kindness. For a while our gym's receptionist acted like an unhappy camper. She had a scornful questioning look like, why are you here? I tried to cheer her up, but it didn't work. I was grateful when she was replaced with a cheerful welcoming soul. I was surprised how much of an effect a simple welcoming smile can make. I question myself about the way I come across, at home, meetings, my office, or other places. I often state how grateful I am for my life, but what does my greeting reveal? It's clear that our body-language, and the tone our voice makes a difference. When I'm asked a rhetorical question like, how are you? - I most often reply, a little above excellent. One A.A. member- strongly suggested that I get to a meeting. It pays to be kind, loving and constructive even when my feelings are contrary. Enlightened self-interest tells me others are more likely to treat me kindly even when they don't feel like it. Yes, greetings can be a reflection of what's currently going on, they can also be a wise and loving investment in our future relations. Let's share a little kindness, starting off with a smile. Thy Love, Thy Will be done.

MAY YOU AND I HAVE THE PROGRESSIVE REALIZATION TO DO TO BE THE INDIVIDUAL INTENDED BY OUR CREATOR.

Messengers

“Pay Forward” #219

*I Greet Indwelling Messenger.*

Today’s “Pay Forward” gift is – Messengers. I believe our pains as well as our joys are our growing up messengers. Our pain tells us we are off our purposeful path, and our joy tells us we are on it. In my nightmare; I was trapped in a box with no way out. I was trying to fight my way out, straining every muscle, and filled with fear. I awakened with pain in my neck. I’m busy with a number of projects, most of which I know how to do. I continue my morning prep-work, which includes prayer, meditation, reading and writing, but I feel rushed. I reminded myself that my neck pain is telling me I am off my mission path, I prayed for understanding. The insight coming to me is simple. Because most of the “too many” projects are things I can do I forgot to first center within our Father, leaving the results up to me alone and unaided. I don’t think about my breathing as long as it is flowing freely, but let it get blocked and watch me turn to prayer. I began building a habit of saying, Father, which centered me within my True Source. At some point that habit lost it deeper meaning as heart knowledge and became head knowledge. This pain in my neck reminded me I forgot to include my Source at all levels. This does not require perfection, but a genuine striving for it. Thy Love, Thy Will be done.



Gratitude Upon Awakening

“Pay Forward” #220

*I Greet Indwelling Grace.*

Today’s “Pay Forward” gift is – Gratitude Upon Awakening. Yes, I am kissing up to Him this morning because I am reminded of whom He is and who I am. I am of little value apart from His grace. “It’s no trick loving somebody at their best. Love is loving them at their worst” Tom Stoppard. I realize our Father’s loving tender mercy; freely given to an undeserving being such as I am, but a want-a-be. Out of an enlightened self-interest I want to carry out the purpose He gave me. Good ideas are simple because they touch the core of our being. A.A. has a storehouse of these useful suggestions. Let’s share our gifts freely with whomever we are drawn. I’m given whatever it takes to rewrite and rewire my personal “reality” with the equivalents of Your Love, Your Will, Father. Your grace has placed me on my mission path, giving my life purpose and meaning. The fact that I am still alive and well is a miracle. I should be grateful 24/7 but I’m not. “Most human beings have an almost infinite capacity for taking things for granted” Aldous Huxley. I don’t believe I’m ungrateful, but perhaps I am a-grateful, that is not consciously one or the other. I don’t always think about how wonderful it is to be pain free until I experience pain. Gratitude is a sign I’m on the right path. Being a worker I found my serendipity journey in A.A.’s service fulfilling. Thy Love, Thy Will be done.

MAY YOU AND I HAVE THE PROGRESSIVE REALIZATION TO DO TO BE THE INDIVIDUAL INTENDED BY OUR CREATOR.

Hard Choices

“Pay Forward” #221

*I Greet Indwelling Chooser.*

Today’s “Pay Forward” gift is – Hard Choices. “You’ll find, my friend, that what you love will take you places you never dreamed you’d go” Tony Kushner. What do I want to spend my time and energy on? I can choose to be negative, feel sorry for me, selfish, resentful, worry, fearful, prideful, unloving, greedy, jealous, prejudice, with a promise of more of the same. I would have to be insane to choose that stuff. Good thing we have a Power, which will restore us to sanity. I could choose to dwell on what I want instead, which is, love, healing, teaching, forgiving, empowerment, enlightenment, enrichment, loving and wisdom. I want to communicate with others in a way that makes a good difference. I want to co-create those wonderful fulfilling things I desire and awaken to our Father’s Omnipresence. I could focus on preparing and being prepared to share the love we are. I could do some praying and meditating, worshiping our Father, in spirit (consciously) and Truth (reality). I could focus on loving all my fellow beings as if I loved myself, because I would be. I could prepare myself to be patient, kind, generous, humble, thoughtful, and unselfish, and have a good sense of humor. Let me see which of these are more likely to bring joy, happiness and freedom. I know it is a hard choice for me, so I’d better ask for guidance. In the meantime, I’ll take a timeout and enjoy relaxing. Thy Love, Thy Will be done.



Accepting The Gifts Already Given

“Pay Forward” #222

*I Greet Indwelling Giver.*

Today’s “Pay Forward” gift is – Accepting The Gifts Already Given. “Be yourself. Everyone else is already taken” (Oscar Wilde). Throughout history, it’s suggested that we will never be happy trying to be someone or do something to please others. I choose to be and to do the individual our Father intended. We have a guidance system telling us when we are in or out of alignment with that individually Divine Design, we are. We can become fluent in our first language, silence, and understand the signal. When we are truly grateful and loving, we realize our Father, as our Source of life, we are in alignment with His grace as our unique place. We experience an intuitive union with our created Self deeper than words; we are at-one-ment with His Holy intent. Practicing A.A.’s way of life fosters our awakening; we intuitively experience A.A. Promises being fulfilled. We care enough about others to want to be of service; the desire to make good difference flows from within out into the world. Our personal “reality” is enlisted into our Father’s loving service. Like Johnny Appleseed, we plant love seeds along our Spiritual journey’s pathway Home. Clearly all we really need to complete our purpose in life has already been given. We need only to step back and relax in our Father’s loving embrace. Come let us be about our Father’s Business, and loving one another as He Loves us. “Attention is the rarest and purest form of generosity” Simone Weil. Thy Love, Thy Will be done.



MAY YOU AND I HAVE THE PROGRESSIVE REALIZATION TO DO TO BE THE INDIVIDUAL INTENDED BY OUR CREATOR.

I'm Here  
"Pay Forward" #223

*I Greet The Indwelling finder.*

Today's "Pay Forward" gift is – I'm here. You can accomplish by kindness what you cannot by force" Publilius Syrus. Where-O-where can I go to find my true Self? I've been here and there looking for the real me, to no avail. I've tried all kinds of things to fulfill me, to no avail. I have sought out others to confirm my real Self, no one seem to know. Others seem to tell me more about themselves than about my Self. I turned to alcohol to give me insight and it gave me more illusions. I longed for closeness deeper than words, true intimacy; I felt would be found in sex and my disappointment increased. I tried to learn all about love and I realize the depth of love I was seeking cannot be learned, but experienced, realized as an expression of grace. Why couldn't I bring love, grace and gratitude on demand? I went off into a far country as a Prodigal Son seeking outside myself what could not be found. When I realized my heart's desire was hidden within me, by me, I turned Home. The Father within me, us all, doing the works called life, which is the Love and grace I seek and now find. Love is what we are, ready to be realized and seen with the eyes of faith. Acts of love are not Love but expressions of a deeper true Love, which does not come by works but by grace. Thy Love, Thy Will be done.



Forgiveness And Beyond  
"Pay Forward" Gift #224

*I Greet The Indwelling Forgiver.*

Today's "Pay Forward" gift is – Forgiveness And Beyond. What is the difference between a human and our Father? If we hurt a human once, he or she will forget all the previous kindnesses to them, focusing on the one time we failed them. When I've committed willfully acts, not only was I forgiven but through Your loving grace Father, You transformed my defects into assets. By the simple act of owning and surrendering my defective patterns over to You, Father, holding nothing back, I leave the forgiveness to You. There are some negative patterns so deeply engrained, which continually call for forgiveness at different levels. An example is jealousy. By our Father grace, I was shown its root cause; a deep-seated habit of thought and feeling about my lack of trust, betrayal and guilt projected on to others. These forgiveness patterns call for my taking ownership of the pattern, and changing my beliefs and actions, then, surrendering them to our Father to be transformed into an asset. Alcoholics Anonymous is not unlike the search for diamonds in South Africa. First, they found a few diamonds in the yellow-clay. Then, upon digging deeper, they came upon the blue-clay and found as many diamonds in a day as they had found in a year. A.A. differs from the diamond fields. The yellow-clay is "just not drinking." Beneath the blue-clay are much richer strata. "To love what you do and feel it matters – how could anything be more fun? {Katharine Graham} Thy Love, Thy Will be done.

MAY YOU AND I HAVE THE PROGRESSIVE REALIZATION TO DO TO BE THE INDIVIDUAL INTENDED BY OUR CREATOR.

Clearing The Way  
"Pay Forward" Gift #225

*I Greet The Indwelling Transformer.*

Today's "Pay Forward" gift is – Clearing The Way. The Spiritual transformation our too limited world view, that's blocking our ability to awaken to an upgrading of a higher level of consciousness of Father's Will. We are enabled to worship our Father in Spirit and Truth, if we choose. We are blessed with the Holy Spirit – The Spirit of Wholeness – our Father's Love and Will. The human conscious is so much lower than the Holy Spirit that it seems like it has no kinship, but it does. Our prayers, meditations, affirmations and contemplation does help us practice a higher level of consciousness, but humans cannot do it alone and unaided, it takes a Spiritual Transformation, which is equal to a rebirth – in affect the a dying to our personal "reality" and experiencing a way of awakening or being born again; repeated throughout this human condition; a good case for the concept of reincarnation; it cannot be done in one life time. However, nothing is impossible for our Father. I would love to be in Conscious Union with our Father's Love and Will 24/7. When everything we presently understanding stops working as it will, let us stop fighting everyone and everything, being still one moment at a time, waiting for our Father's grace to have His Way with us. If you would like more information on the Spiritual Transformation, there is a free workshop paper to download at <http://www.12stepworkbook.org> – click workshops. Thy Love, Thy Will be done.



Diamonds In The Rough  
"Pay Forward" Gift #226

*I Greet The Indwelling Polisher.*

Today's "Pay Forward" gift is - Diamonds In The Rough. "The diamond cannot be polished without friction, nor the man perfected without trials" Chinese Proverb. We are diamonds in the rough. Practicing the A.A. Spiritual principles in all our affairs while passing through daily trials, will clear away the illusionary cloud covering our diamond within. At the same time, it will polish our personal "reality." When the Divine Light radiates the sunlight of our Spirit, if flows freely, and it is a pleasure to experience. It's not the passing of time that polishes our diamond, but what takes place during the passing of time. In this case, it's our loving service, driven by our Father's grace. The friction and suffering are from our resistance to His grace. Our natural beauty; our polished diamond is Omnipresent within each of us, and it always was. As we continue to turn our diamond over, we may chant "I know You are within me, reveal Yourself." My greatest Hero, Jesus said something like, even the least among us could do all that He had done, and ever greater things. Alcoholics Anonymous awakens and teaches us to become miracle workers in our Father's service. It is the Father Within doing the works. "Turn your face to the sun and the shadows fall behind you" (An Old Proverb). Let us face our Father's Divine Light, and our darkness will fall behind us. Our delays come from taking "shortcuts" or quick fixes. Thy Love, Thy Will be done.

MAY YOU AND I HAVE THE PROGRESSIVE REALIZATION TO DO TO BE THE INDIVIDUAL INTENDED BY OUR CREATOR.

A Mystical Union  
"Pay Forward" Gift #227

*I Greet The Indwelling Mystic.*

Today's "Pay Forward" gift is – A Mystical Union. The A.A. Spiritual Principles have brought me into a wonderful partnership with our Father. By practicing this way of life I have received an unearned abundance; Spiritual, mental, physical, emotional, and social sobriety. The Spiritual Principles within the Traditions have given me the ability to be a worker among workers. I was told long ago that I would have to work for myself or by myself because I could not get along with people, animals yes, people no. I have been able to share my life with a great many, which is another miracle. I find myself not only willing to share with others in every important area of my life, but wanting and needing to. Alcoholics Anonymous offers us a useful set of tools. When these tools are applied wholeheartedly we gain a better insight into how we relate to God, others and ourselves. I've learned how important it is for me to pray and meditate. "Watch and pray" are not idle words any more. When I turn within to our Father, I experience A.A.'s promises, "Fear of people and of economic insecurity will leave us." "We will intuitively know how to handle situations, which used to baffle us." At times, my heart is filled to overflowing; I obey His guidance, and I find myself doing what turns out to be acts of love, that Divine Mystical Union with our Father. Thy Love, Thy Will be done.



"My Secret Place"  
Pay Forward #228

*I Greet The Indwelling Secret Place.*

Today's "Pay Forward" gift is – "My Secret Place." The message I got from Chapter five of the Sermon on the Mount by Emmet Fox, couldn't have come at a better time. Our secret place is our controlling center; it's where we do our thinking, which determine how we will experience life. I've tried to hide some of my ideas in my secret place. However, the things I've dwell on keep expressing themselves in my outer world. I need a change of policy in my controlling center. One desired change is to send out into the world only my good-side; my not good-side, demands equal time. I have enough proof that my changing the outer observance without changing my thoughts and feelings will turn out to be another "fix." "What you do speaks so loudly, I can't hear what you're saying." The only one I'm fooling about what's storied in my "Secret Place," is me. This realization has become useful for my uncovering and discovering what's hidden in my sub-conscious mind. The simple fact is whatever I'm experiencing is what I have stored in my Secret Place, what I really believe. My conscious mind has been known to lie to me. "Applause that follows upon outer acts is the only reward they will bring." When we blame someone or an event for what we experience; we give up our right to surrender it to our Creator or to change ourselves. Ownership is vital. Thy Love, Thy Will be done.

MAY YOU AND I HAVE THE PROGRESSIVE REALIZATION TO DO TO BE THE INDIVIDUAL INTENDED BY OUR CREATOR.

Missing The Mark  
"Pay Forward" Gift #229

*I Greet The Indwelling Bullseye.*

Today's "Pay Forward" gift is - Missing The Mark. Perhaps it is more "sinful" not sharing the love we are, or our deeper desire for a union with our Father within, fearful of what others may think. Nor to share that our love is a healing power, touching everything into wholeness, because our love is an extension of our Father's love. Prayer and meditation are great healers, because it is our Father within doing the works. Our faith continues to unfold with use; it is "sinful" (missing the mark) by not using it. My first 5th Step released lots of guilt and shame, but I didn't share about the controlling patterns I found, which were blocking the flow of grace. Blaming others prevented my ownership of my stuff, and without that I could not surrender it to our Father. The Divine Design within each of us is our True Self. I could see through the eyes of faith that we were created in the image and likeness of our Father, which is Love. Our mission is to express love. Healing is to awaken to our Father's Divine Design, which we are. Every creation was once an invisible idea. Alcoholics Anonymous can awaken the silent invisible witness within. Teaching us to embrace and share the love we are. Increasing our practice of A.As' spiritual principle, we will not "miss the mark" as often. "Our deeds determine us, as much as we determine our deeds" (George Eliot). Thy Love, Thy Will be done.



Purely Spirit And Human  
"Pay Forward" #230

*I Greet The Indwelling Purity.*

Today's "Pay Forward" gift is - Purely Spirit And Human. I'm deeply grateful to Jesus for showing us the way, and the light. I believe He was both pure Spirit and human. We are created His image and likeness. His mission was/is to demonstrate how to seek and find the kingdom of heaven. To be authentic as human in this world, He had to go through and rise above every human temptation, and condition. I have a burning desire to know how Jesus handled everyone and everything. Knowing I will fall short. I was driven by two masters by my active alcoholism; until I got on the path of recover. One of my unanswered problems is how to deal with my sex life. At times it was my master, as alcoholism was. Taking me to places, and doing things contrary to my well-being. How did Jesus handle His sex life? My question may seem disrespectful, sorry for that. I believe Jesus had to address it and every other human condition. Perhaps His answered to the sex question is Matthew 19:12. "For there are some eunuchs, which were so, born from their mother's womb: and there are some eunuchs, which were made eunuchs by men: and there be eunuchs, which have made themselves eunuchs for the kingdom of heaven's sake. He that is able to receive it, let him receive it." I'm willing. Jesus answered always, and I pray it's mine also. "Not my will, but thy Will be done.

MAY YOU AND I HAVE THE PROGRESSIVE REALIZATION TO DO TO BE THE INDIVIDUAL INTENDED BY OUR CREATOR.

Inner-dependence Day

"Pay Forward" #231

*I Greet The Indwelling Provider.*

Today's "Pay Forward" gift is – Inner-dependence Day is, when we enjoy a truly Independence Day – free from our defects. Food for thought – My Higher Purpose guides and motivates me. It causes me to focus, and committed to take a risk, to be independent of old ways; it prepares, to persevere, to rebound after each setback, giving me the courage to be creative and to take a risk. The Spirit of the law gives life. When I am in harmony with my heart's desire, our Father's Love and Will, I share from my heart. The spirit of the law is like a calling and always a purposeful fulfilling life. Metaphysics is the spiritual law before the physical law. Everything we see in this world was an invisible thought or idea in the beginning. The universe was first a thought in our Creator's mind. Heaven is the omnipresence of our Father/Creator, within, around and through all beings. It's the indwelling Presence within you and me. Earth is an outer expression of our Father/Creator's thoughts or ideas. My too limited idea of heaven and earth was in need of an upgrade. My outdated understanding must pass away, to be spiritual, and govern by the spirit of the law, not the letter. In computer terminology, when Jesus forgave or healed someone, He awakened, the Individually Created Divine Design of that person; He rebooted them to their default program, bypassing the old law of cause and effect, as we know it. Thy Love, Thy Will be done.




Now

"Pay Forward" #232

*I Greet The Indwelling Omnipresence-Now.*

Today's "Pay Forward" gift is – Now, is the only time we can do, say, think, feel anything or co-create, so I choose to do and to be my Father's Love and His Will. When I began clearing up the clutter in my life, and trusting in our Father, I opened up to the Divine flow of grace. Now, I'm willing to own my past, good and not good. Now, I'm willing to surrender the past I presently own to our Father. I trust Him to forgive me. I ask Him to transform my past, present and future into His Will and His Love. Now, I'm thinking about the future. I may as well expect a lot of inspiring surprises. It takes the same amount of time and energy; maybe even less than negative stuff. By knowing what my long-term goal is, I can use the present to work on the skills I need to reach it. I'm using my experience of what worked or didn't work in the past that's related to those need skills I'm working on in the present. The past, present, and the future are one. I am committed, dedicated and devoted to be and to do our Father's Love and Will 24/7, consciously and consistently known and unknown, which is my goal. I pray that my will be in harmony with His. I am willing to forgive myself when I fall short, of my heart's desire. Thy Love, Thy Will be done.

MAY YOU AND I HAVE THE PROGRESSIVE REALIZATION TO DO TO BE THE INDIVIDUAL INTENDED BY OUR CREATOR.

<p>Anonymity "Pay Forward" #233 <i>I Greet The Indwelling Giver.</i></p> <p>Today's "Pay Forward" gift is - Anonymity. In a steering committee meeting, a person was unhappy because they were not getting credit for a job well done. I have been on both sides of that coin. I've felt at times I was getting too much credit or not enough. This morning's prep-work reading was Tradition Twelve. "The spiritual substance of anonymity is sacrifice. Because A.A.'s Twelve Traditions repeatedly ask us to give up personal desires for the common good, we realize that the sacrificial spirit; well symbolized by anonymity, is the foundation of them all." "We give but little when we give of possessions, it is when we give of ourselves that we truly give." Seeking credit is breaking the spirit of anonymity. It's a warning -signal that I'm not looking to our Father as my only Source. Returning to love, our Father transforms my weakness into opportunities, taking down the walls I built around my heart, sharing the love we are, serving one another. Real credit comes from within not without. Any loving service we can do let us do it with a free heart mind and soul. Let us not defer or neglect it, for we shall not pass this way again. Giving and serving is truly enlightening self-interest. "It is well to give when asked, but it is better to give unasked, through understanding; And to the open-handed the search for one who shall receive is joy greater than giving" Kahlil Gibran. Thy Love, Thy Will be done.</p>		<p>Out-loving Our Critics "Pay Forward" #234 <i>I Greet The Indwelling Promises.</i></p> <p>Today's "Pay Forward" gift is - Out-loving Our Critics. Some critics tell us we cannot know our Father's Love and Will because He is infinite and we are finite. I want to out-love our critics not just out-live them. "The more clearly we can focus our attention on the wonders and realities of the universe about us, the less taste we shall have for destruction" Rachel Carson. It is easier to know what isn't His Love or His Will, often settling for "that." A.A. promises us that, "We will intuitively know how to handle situations which used to baffle us." Our Father's Love and His Will used to baffle me. "We will suddenly realize that God is doing for us what we could not do for ourselves." It's not wise to be critical of something that's works for so many of us. I am devoted, dedicated, committed to do and to be Your Love and Your Will Father, known or unknown. I am receiving whatever it takes, and I accept it with a deep gratitude. Enough love will blind us to our finite limits and cause us to turn within to the indwelling Presence; doing the works we call life. It is not wise or loving to be judgmental of our critics. No matter the disguise our Father is wearing, be reassured He is Omnipresent. Let us first out-love the critic within our own personal "reality" then out-love the other critics. Thy Love, y Will be done.</p>
--	---	--

MAY YOU AND I HAVE THE PROGRESSIVE REALIZATION TO DO TO BE THE INDIVIDUAL INTENDED BY OUR CREATOR.

Our Greatest Gift  
"Pay Forward" #235

*I Greet The Indwelling Giver.*

Today's "Pay Forward" gift is – Our Greatest Gift. Father, I ask You; to be in conscious union with Your Will, Your Love. I pray I'm the individual; You created, fulfilling Your intended purpose 24/7. Our Creator has given each of us a mission, which He intended to be good. A.A. has shown me the path to humility; it's not humiliation or shame, but grace. I'm one among many who have experience mercy for those wrongs I did, and for those I wanted to do, but didn't. Encouraging me to share with others those things I want; I'm unable to accept for myself what I withhold. Our individual purpose, differ widely. However, that does not determine our worth; our Father gives us equal value. Holding myself bound, is another form of selfish and self-centeredness. Out of enlightened self-interest, I forgive us all. The choice is mine the way I use my wrongs and my limited good. Guilt and shame can act as a dam that blocks the flow of love. I ask for the courage to break down the barriers and move on. I honor our Father's Presence within each of His Creators, which includes me. "Don't call me good, it is the Father within doing the good works." I can no longer get by blaming others for my past. I love co-creating the future I desire. Come let us be about our Father's Business, loving one another as He loves us. Thy Love, Thy Will be done.



Blaming Others No More  
"Pay Forward" #236

*I Greet The Indwelling Chooser.*

Today's "Pay Forward" gift is – Blaming Others No More. "The summit of happiness is reached when a person is ready to be what he is" Desiderius Erasmus. Many choose to live in darkness with our eyes closed, our ears stuffed, our fists tightly closed grasping nothing. With a closed mind focused on self, our emotions fed with yesterday's self-centered fears. We abused our physical bodies and used others as objects. We looked to people, places and things for our worth, meaning and purpose. We went for spiritual junk food because we were so hungry. We tried to control others and ourselves with guilt and punishment. Being willing to practice A.A.'s simple spiritual principles, we find the individually created self we've longed for. If we are willing to open our eyes, unplug our ears, open our hands to both receiving and giving, letting our emotions flow in its loving energy, and be open channels, we will receive everything we need to awaken. We will find the way and the power to "seek God, clean house, and help others." We don't change the Divine Laws when we plant corn instead of wheat; we do exercise our power of choice. We can choose once again, reminding ourselves that it's our Father who creates. We leave the results to our Boss. When you found yourself in darkness could you accept the idea that it was your choice? When you found yourself in conscious union with your Higher Power that it was a choice? Thy Love, Thy Will be done.

MAY YOU AND I HAVE THE PROGRESSIVE REALIZATION TO DO TO BE THE INDIVIDUAL INTENDED BY OUR CREATOR.

Growth In The Most Unlikely Place

"Pay Forward" #237

*I Greet The Indwelling Grace.*

Today's "Pay Forward" gift is – Growth In The Most Unlikely Place. When I read this poem I was reminded of the many miracles I have seen; taking place daily when the grace of our Creator transforms an alcoholic's disease into a useful asset. From selfish, self-centeredness into an enlightened self-interest A channel for the healing grace, one sober alcoholic sharing with an act alcoholic.

A Sign From God

One day when all my strength was gone, I took a walk to be alone. That's when I saw a sight so odd, It had to be a sign from God. There among the rocks did grow a flower strong-it did not know that flowers need a caring hand, water, light and fertile land. It only knew the will to live and that its purpose was to give. It didn't know the adds it faced, or feel that it had been misplaced. God placed it there for me to find to give me hope and peace of mind. To help me do the best I can and never doubt His greater plan. (Saundra Snow)

Thy Love, Thy Will be done.



Awakening Tools

"Pay Forward" #238

*I Greet The Indwelling Wisdom.*

Today's "Pay Forward" gift is – Using the Awakening Tools given us. My working definition of mindfulness is: the awareness that arises from paying attention, on purpose, in the present moment, and nonjudgmental. "People say that what we're all seeking is a meaning for life. I don't think that's what we're really seeking. I think what we're seeking is an experience of being alive . " Joseph Campbell, *The Power of Myth. Whole and Embedded in Larger Wholes—Einstein's Deep Insight into Human Beings, Our Suffering, and Compassion:* "A human being is a part of the whole, called by us 'universe,' a part limited in time and space. He experiences himself, his thoughts and feelings as something separated from the rest—a kind of optical delusion of his consciousness. This delusion is a kind of prison for us, restricting us to our personal desires and to affection for a few persons nearest to us. Our task must be to free ourselves from this prison by widening our circle of compassion to embrace all living creatures and the whole nature in its beauty. Nobody is able to achieve this completely, but the striving for such attainment is in itself a part of the liberation, a foundation for inner security." Alcoholics Anonymous has given us the tools we need to heal the illusion of separation we have made up or went along with. Are you willing to use these tools daily? Thy Love, Thy Will be done.



MAY YOU AND I HAVE THE PROGRESSIVE REALIZATION TO DO TO BE THE INDIVIDUAL INTENDED BY OUR CREATOR.

Blessing

“Pay Forward” #239

*I Greet The Indwelling Presence.*

Today’s “Pay Forward” gift is – Blessing. “Nothing is a waste of time if you use the experience wisely” Auguste Rodin. I am receiving whatever it takes to do and to be our Father’s Love and Will. There is harmonious ebb and flow in nature, a divine rhythm at work in our individual lives. This is our Father’s Loving Presence in motion. Our Spiritual journey is marked with patterns of beginnings and endings. As we practice spiritual principles we will awaken to these patterns. If we choose to own them and surrender them to our Father for transforming into assets, we are carrying out His Loving Will. We will intuitively know authenticity of these patterns. “...we will intuitively know how to handle situations which used to baffle us.” The keynote of life is change; let’s call it Omni-change. We see it everywhere present in nature: the tadpole becomes a frog; the larva of the Monarch butterfly becomes an exquisite winged creature. A.A. takes our drunken lives and transforms them into the loving beings we were create to be. The Divine Presence is always within us; separation is an illusion we make up. Father, I do love You, Your Son, Your Holy Spirit, and my awakening Prodigal self. I am taught by A.A.’s spiritual principles, your inspired words and my daily events. I want You and I need You and Yours. Each level of spiritual growth, we are awakened to Your Holy Presence by our increasing capacity to be conscious. Thy Love, Thy Will be done.



Angels Show Up

“Pay Forward” #240

*I Greet The Indwelling Angel.*

Today’s “Pay Forward” gift is – Angels Show Up. It’s good thing for me to ask for useful ideas as I prepare for my daily-prep-work. “Inspiration comes from the Heart of Heaven to give the lift of wings, and the breath of divine music to those of us who are earthbound” (Margaret Sangster). I’ve been there too often lately. I need to do the Prodigal Son thing; returning to our Father. I am experiencing writers block on two projects. Yesterday I took about an hour and a half to write one short paragraph, that I may not even use. When I am in harmony with the Divine Loving Mind, my project work is effortless; it does not feel like a burden, but a loving flow. My personal “reality” has to struggle to get a tiny bit done. I’ve learned, via A.A.’s spiritual principles, to do sober stuff no matter what; at some point, the block will break. I follow this same rule with all my projects, fruitful or not I will do at least a tiny bit toward my project. When the Angels are pushing and pulling me along my mission path, I often enjoy it, and feel special. I never know when Angels will show up or in what form. One thing for sure, their presence fills the empty rooms in my mind, and I feel like I do have a purpose. Come let us awaken and do a little effortless work. Thy Love, Thy Will be done.

MAY YOU AND I HAVE THE PROGRESSIVE REALIZATION TO DO TO BE THE INDIVIDUAL INTENDED BY OUR CREATOR.

I Know You're In There  
"Pay Forward" #241

*I greet The Indwelling Presence.*

Today's my "Pay Forward" gift is – I know You're In There. Where O where can I find my Higher Power? There is an Eskimo tribe known for their ivy carvings that has an interesting preparation rite. They take a piece of ivy and turn it over and over chanting. "I know you are in there show me." When the carver gets a vision of an image, he carves it. I use a form of the Eskimo carver's way. I consciously know our Higher Power, who I choose to call our Father, is within all of us doing the works I call my life, all life. I know that I did not create myself or am I able to turn the food I ate into energy, flesh and bone, in other words, everything it takes to live, move and have my being. However, all too often I have no conscious contact with Him. I say over, and over Father - I know it is You within me doing the works, please reveal Your Will to me. Awaken me to Your Presence, let me know Your Love, Your Will for me and let me have all it takes to carry it out. Most of the time I just say, Father, then I take the next step that comes to me, trusting it is His will. Practicing His Presence is the vital part of my life. Hanging on our A.A. wall is a sign, First-Things-First, I choose our Father first. Thy Love, Thy Will be done.



No Longer In Uncharted Waters  
"Pay Forward" #242

*I Greet The Indwelling Divine Child.*

Today's "Pay Forward" gift is – No Longer In Uncharted Waters. Father I am as you created me, Your son and a loving brother to all. "Let us love, since that is all our hearts were made for" St. Therese De Lisieux. I've come to the realization that my affirmation this morning is absolutely true. I am willing to continue my radical training being a faithful son and a loving brother to all I share with. What it means when I fail to demonstrate is that I'm like the Prodigal Son; I turn back Home ASAP. My "too sensitive" nature is slowly being transformed from the negative, to expressions of loving service. My defect of selfish and self-centeredness is becoming more of an enlighten self-centeredness. I enjoy being a loving brother, and acting like our Father's son. Practicing A.A.'s Spiritual principle I am no longer in uncharted water, thanks to those who has gone before me. As children of our Father we are no longer bound by the material limitations. Willingness to do and to be His Will and His Love is perfect freedom. When my dad was on his deathbed he said; "His regrets were for the things he didn't do." My question is what have I left undone? Accept what's revealed to me and do it. My love interrupts the past and opens the loving future to share. "If you see someone without a smile, give them one of yours" Dolly Parton. Thy Love, Thy Will be done.

MAY YOU AND I HAVE THE PROGRESSIVE REALIZATION TO DO TO BE THE INDIVIDUAL INTENDED BY OUR CREATOR.

My Beloved Teacher  
“Pay Forward” Gift #243

*I Greet The Indwelling Beloved Teacher.*

Today’s “Pay Forward” gift is – My Beloved Teacher. When the student is ready, the teacher will appear. The teacher is waiting under a shade tree for the student show up. Let’s see who will be my teacher today? Let’s praise some of our Father’s handy work. I’m shedding some of my old useless ideas making room for new more effective ones, following the trees’ journey. The giant oak tree was hidden in a tiny acorn, wow. We were just a thought to start with, wow. That oak tree has roots that grow deep into the ground and firmly grasping the earth. My roots are within my subconscious mind grasping old beliefs. That tree’s roots nourish its trunk and branches. Practicing spiritual principles, and letting go of some of my useless, harmful beliefs is nourishing me. Like the tree, my branches are ascending into the heavens as I pray and meditate. The trees sap flows freely nourishing its whole being. As I surrender my life and will I become a clear channel for our Father’s nourishment. The oak tree offers shade and gives off oxygen to breathe, unconditionally. I choose to carry the A.A. message; like the oak tree sharing a little shade and a breath of fresh air. Like the tree, we have ground support as it reaches for the heavens. Come let us love one another, offering ground support to others reaching for the stars and heavens. Teachers and students come in every conceivable disguise. Thy Love, Thy Will be done.



The Father Within  
“Pay Forward” #244

*I Greet The Indwelling Omnipresence.*

Today’s “Pay Forward” gift is – The Father Within. I’m building a habit of saying our Father at each beginning. My intention is to invite my consciousness to His Presence. Someone I dearly love is having a big program, and I realized how powerless I am to really help. I remembered to turn it over to our Father. “Gratitude can transform common days into thanksgivings, turn routine jobs into joy, and change ordinary opportunities into blessing” William Arthur Ward. Our human conditions run on habits, known or unknown. All we have to do to build them is to repeat something consistently long enough to set it up. We can shorten the building time by repeating whatever with strong emotions. The same process holds true for the dismantling or dis-empowering old habits. Our worse habits are deeply embedded in our subconscious, covered up with denial. We cannot let go of anything we don’t own. “All things are possible with God.” That’s who I turn to with complete dependence on divine inspiration. A.A.’s program teaches us to accept what we are powerless over and then, surrender whatever to the Boss. If we do not offer any resistance to His doing for us what we cannot do; the dis-empowering is stepped up as our denial breaks down. At times, I lack whatever it takes to trust our Father, the Indwelling Doer, as my only Source. I remind myself it is our Father within doing the work not me; I’m deeply grateful. Thy Love, Thy Will be done.

MAY YOU AND I HAVE THE PROGRESSIVE REALIZATION TO DO TO BE THE INDIVIDUAL INTENDED BY OUR CREATOR.

Prodigal Son

“Pay Forward” #245

*I Greet The Indwelling Lover.*

Today’s “Pay Forward” gift is – Prodigal Son. I’ve played all four characters found in the Prodigal Son story. We could write a book about each character. (1) As the Prodigal Love Son, I took my love inheritance given me by our Father. I went off into a far self-centered country; which was my personal “reality.” I used up my supply of love, and a great hunger for that precious commodity came over me. I remembered the unconditional Love our Father shares with His creatures. I wanted; I needed to return to Him. (2) The Father within; that indwelling Presence, saw me yet a great way off, and had compassion and came out to meet me. He honored me with the best robe; put a ring on my finger. He told the servants to prepare a celebration. (3) As one of the servants, I witnessed an outpouring of love, instead of “I told you so.” We are part of the welcoming party. (4) As the self-righteous pouting Elder Brother, feeling sorry for self, I put a damper on the welcome celebration. “My worthless Prodigal Brother blew his inheritance on harlots and came crawling home and gets the love rightfully mine.” I wanted to respond to the image and likeness of our Father’s unconditional Love. “Son, you are ever with me, and all that I have is yours.” “Maybe you have to know the darkness before you can appreciate the light” (Madeleine L’Engle). Unconditional love happens in Alcoholics Anonymous daily. Thy Love, Thy Will be done.



Beyond Forgiveness

“Pay Forward” Gift #246

*I Greet The Indwelling Forgiver.*

Today’s “Pay Forward” gift is - Beyond Forgiveness. What is the difference between humans and our Father, when it comes to forgiveness? If we hurt a human once, he or she will forget all the previous good we shared, and focus on the one time we failed them. I’ve committed a great many willful wrongs. Our Father’s not only forgave me, but took my worse defects and transformed into assets. I only needed to own and surrender those defective patterns, holding nothing back, leaving the results to our Loving Father. I have some negative patterns deeply ingrained in my personal “reality,” which continually call for forgiveness at different levels. A good example is the use of the “drug” guilt and punishment. This defect pops up in many different shapes and sizes. Anything beyond my pay grade I’m quick to turn it over to our Father. I enjoy Emmet Fox’s idea about the search for diamonds in South Africa. First, they found a few diamonds in the yellow-clay. Then, upon digging deeper, they came upon the blue-clay and found as many diamonds in a day as they had found in a year. Spiritual principles differ from the diamond fields. The yellow-clay is the wanting to forgive. Beyond forgiveness clears the clutter, to go beneath the blue clay is a much richer strata; a divine union with our Father’s Way, Truth and Light. “Good actions give strength to ourselves and inspire good actions in others” Plato. Thy Love, Thy Will be done.

MAY YOU AND I HAVE THE PROGRESSIVE REALIZATION TO DO TO BE THE INDIVIDUAL INTENDED BY OUR CREATOR.

Dwell On This!

“Pay Forward” #247

*I Greet The Indwelling Healer.*

Today’s “Pay Forward” gift is – Dwell On This! “Tell me, what is it you plan to do with your one wild and precious life?” (Mary Oliver). If the heavy drinker has passed the invisible line into alcoholism, and he/she just stops drinking or doing drugs, most often they will become a “dry-drunk.” For those of us, who have passed through that part of the disease will testify that it’s a miserable existence for us and those around us. Plus, if the alcoholic or addict does not get to the cause and conditions of the disease, they are likely to switch to another addiction. A spiritual based recovery program, like Alcoholics Anonymous, which is based on Christian principles, continues to serve millions around the world, daily. These spiritual ways of life have generously shared with the many successful recovery programs. For a long-term solution, it must come from within, and it must be spiritual. Positive thinking is ok as a quick fix, too often it is no more than a tourniquet, stopping the bleeding. It doesn’t heal the cause of the wound; returning to our Creator’s Individually Divine Design will. “A.As’ Twelve Steps are a group of principles, spiritual in their nature, which, if practiced as a way of life, can expel the obsession to drink [and many other dis-eases of the human condition] and enable the suffer to become happily and usefully whole” Twelve Steps and Twelve Traditions - Foreword. Thy Love, Thy Will be done.



Abiding Grace

“Pay Forward” #248

*I Greet The Indwelling Grace.*

Today’s “Pay Forward” gift is – Abiding Grace, is my benefactor for all that is important to me. How else could my defects be transformed into the assets? I want to align my will with our Father’s Love and Will. I turn to Him often. Enlightened self-interest reminds me, that He is the Source of all. “Acknowledging the good that you already have in your life is the foundation for all abundance” (Eckhart Tolle). I choose to fill my mind with what’s useful. I use my mind to co-create instead of making up useless illusions of separations. My love for our Father is, at times deeper than words. I choose to be kind and understanding, warm and loving. I choose to give freely instead of withholding and withdrawing. I choose not to let my personal limitations block the flow of miracles, of Your infinite abundance, Father. I am willing to surrender all of me for upgrading. I am teachable. I love my mission, my purpose, and choose to share it as I am directed; even when my trust and faith are lacking, it’s enough. Now is the time and place where miracles happen and promises are kept. I see the proof of our Father’s Presence through His works, everywhere I look. Father I realize Your Love, and Your Will needs to be appreciated more than understood. Alcoholics Anonymous gave me the eyes of faith to envision our Father’s grace. I am willing to forgive myself when I fail. Thy Love, Thy Will be done.

MAY YOU AND I HAVE THE PROGRESSIVE REALIZATION TO DO TO BE THE INDIVIDUAL INTENDED BY OUR CREATOR.

Perceived Unfairness Offers An Opportunity

“Pay Forward” #249

*I Greet The Indwelling Light.*

Today’s “Pay Forward” gift is - Perceived Unfairness Offers An Opportunity. Resisting unfairness has been a major defect and source of violence. A.As’ spiritual tools have given me a way for this defect to be turned into an asset. “Silence is God’s first language; everything else is a poor translation. In order to hear that language, we must learn to be still and to rest in God” (Invitation to Love – Thomas Keating). I must serve others, unconditionally; I can make a difference. Without our Father’s grace, I am poor in spirit. With it, mine is the kingdom in heaven. With His indwelling Presence as my Source I practice His spiritual principles in all my affairs, as a preservative of His Divine Wisdom. It’s the Father within us doing the good works. When everything is going my way, I love serving others. However, I’m learning to love and serve them at their worst also. Jesus drove home the importance of forgiving ourselves and others. Each time we give of ourselves our light grows brighter; expressing our Father’s glory. In the image and likeness my hero, Jesus, I want to be the salt of the earth and a light in this world. I’m passing on what I want to preserve, grow and expand, which enlightens us. When we touch the core of our Being/being, we will light up the world. “The privilege of a lifetime is being who you are” Joseph Campbell. Thy Love, Thy Will be done.



Heroes And Heroines

“Pay Forward” #250

*I Greet The Indwelling Giver.*

Today’s “Pay Forward” gift is - Heroes And Heroines. “All I’m saying is, kindness don’t have no boundaries” (Kathryn Stockett). A.A. gives us the opportunity to be a “hero or heroine daily; by making a good difference in someone’s life. We can carry the Spiritual healing message to one who still suffers, which could be you and me. No matter how many years we have been sober members of Alcoholics Anonymous. We can extend loving kindness to another silently or openly where we are; that qualify us as a hero or heroine. In other words, being a hero or heroine is simply sharing the gifts we have received, in our ordinary life. Come let us give of ourselves, just as we are; that’s enough. Let’s not tell ourselves or let another tell us we cannot be a hero or heroine for today, just do it. I have experienced the blessing of generosity, by giving and receiving, simple acts of kindness, and compassion. “The joy of living is the theme of A.A.’s Twelfth Step, and action in its key word...Here we experience the kind of giving that asks no rewards. Here we begin to practice all Twelve Steps of the program in our daily lives so that we and those about us may find emotional sobriety...When the Twelve Step is seen in its full implication, it is really talking about the kind of love that has no price tag on it” Twelve Steps and Twelve Tradition. Thy Love, Thy Will be done.

MAY YOU AND I HAVE THE PROGRESSIVE REALIZATION TO DO TO BE THE INDIVIDUAL INTENDED BY OUR CREATOR.

With Authority  
"Pay Forward" #251

*I Greet The Indwelling Authority.*

Today's "Pay Forward" gift is – Affirmation: I awakened to the realization that I projected onto my Heavenly Father, the characteristics of my earthly dad, and other authorities. I had to forgive our Father for the illusions I had made up. Today, I'm blessed with Spiritual Discernment. It's clear that I've had an invisible means of support all my life. I should be locked up or in a grave, long ago. In my heart, I know that we all are created with a purpose. As long as we are alive, we have not finished our mission. When I experience a peace within, and my heart is overflowing with love, which is deeper than words, for our Father and Jesus, I'm in conscious union with our Father's Will for me. I am a man with limited talents. "If you look for perfection, you'll never be content" (Leo Tolstoy). I need not to expect that my purpose in this world to be a great contribution to mankind. However, I do make some good difference to those I am given to share with. For me, to share my experience, strength and hope I've been given by grace, is to speak with authority. When anyone tells his or her life's story from their heart and experience, they are speaking with authority. Much like a parable, their sharing, speaks to the listener's heart, mind and soul. I am speaking with authority, when I pray with an open heart and mind -Thy Love and Thy Will be done.



The Meeting Place  
"Pay Forward" #252

*I Greet The Indwelling Meeting Place.*

Today's "Pay Forward" gift is – The Meeting Place. Say not, "I have found the path of the soul." Say rather, "I Have met the soul walking upon my path" (Gibran). I searched for the answer, to the question, who am I? I could never find an answer; I could live with. I used affirmations, claiming Divine guidance. I asked those I believed to be wise, who am I? None of them answer the question for me. Then one day it came to me so simple, like most good ideas do. What I can do is my responsibility and everything else is Our Father. It is my privilege just being myself, excepting my talents and limitations, one day at a time. I'm building a habit of turning my consciousness to our Father at each new beginning. Then I give "whatever" a try, holding nothing back. I stop fighting everyone and everything and surrender "whatever" over to the Boss for my solution. What if I did "whatever" with the same person before, but not now it will not work? What I could do in the past, no longer matters. It's the "whatever" with "whomever" now, that counts. I choose not to waste any more time and energy on what is above my pay grade. I surrender it to our Father without delay. I pray the Boss will do for me what I cannot do alone and unaided, if it's His Will. Thy Love, Thy Will be done.

MAY YOU AND I HAVE THE PROGRESSIVE REALIZATION TO DO TO BE THE INDIVIDUAL INTENDED BY OUR CREATOR.

My Invisible Workshop  
"Pay Forward" Gift #253

*I Greet The Indwelling Work Shop.*

Today's "Pay Forward" gift is – My Invisible Workshop. It is located in my secret place. I do all my thinking there. I pray and meditate, and I co-create and make things up. For example, I made up my illusions of separation from our Omnipresent Father, and other beings. When I did my inventory, I had good and useless and bad habits in stock. I own all of it; none of it came from the outside. The useless and harmful I surrender them for dismantling and replacement. I used the spiritual tool kit I found by working Alcoholics Anonymous' program. With radical training, and a lot of overtime, I've built a new world view. I accepted ownership of my defective pattern, **once an alcoholic, always an alcoholic; I** surrendered it to our Father, for transformation. I no longer blamed my alcoholism on other people, places or things. I drank alcohol because I was/I am an alcoholic, sober now. Using my tool kit on my separation defect; **Once a separator, always a separator.** I took full ownership of that defective pattern. I no longer blame anyone or anything outside of me for my illusions of separation. Father, every breath I take is proof of Your omnipresence. Thank You for the purposeful life You gave me, and for renewing it daily. By practicing the spiritual principles in my in all my affairs, I'm becoming more skillful. "Always try to be a little kinder than is necessary" (J.M. Barrie). Thy Love, Thy Will be done.



Extraordinary Love  
"Pay Forward" Gift #254

*I Greet The Indwelling Extraordinary.*

Today's "Pay Forward" gift is – Extraordinary Love. By the grace of our Father awaken within me as I practice the spiritual principles of Alcoholic Anonymous I have my ordinary life running over with an abundance of love. By applying the Traditions daily in all my relationships has taught me to give of myself freely. Sometimes I have to unselfishly do something for the relationship, because it is more important than having my way. My fulfillment, love, joy and forgiveness come through my sharing and joining with others in our common welfare. I need only to give what I already have to experience the joy of life. To think that I must be spectacular in my sharing, caused me to withhold my love. I trust in our Father to give me all I need to share the love I am; my fulfillment is a side effect, and that love flows back to me. If I waited until I can share only unconditional love, most likely it would never happen. I need to share what I have because it does have real value. I am to give to more instead of a few. I am reminded that I have chosen the road less traveled. Now I am willing to do whatever it takes. Come let us take this loving serendipity journey together, trusting our Father to guide us. I ask our Father to use me; as a beloved lover loving, sharing a little extraordinary love. Thy Love, Thy Will be done.



MAY YOU AND I HAVE THE PROGRESSIVE REALIZATION TO DO TO BE THE INDIVIDUAL INTENDED BY OUR CREATOR.

Ask For More Of Our Father  
"Pay Forward" Gift #255

*I Greet The Indwelling Infinite Presence.*

Today's "Pay Forward" gift is – Ask For More Of Our Father. I want to rewrite and rewire my personal "reality" to have what it takes, to do and to be our Father's Love and His Will. I want to see the proof of His Presence in everyone, and everything, with the eyes of faith, willing to love everyone; I don't have to like them. I agree with Emmet Fox, that we should not try to like someone we don't spontaneously like. I love them by wanting them to find their purpose and live it. To do this, I need to seek our Father's Presence at every beginning and with each shift in my conscious attention. After each action or non-action, I choose to give thanks, confirming my True Source, our Father within is doing the works. I do not have to feel it, but I need to practice it. I'm no longer alone and unaided. I am willing to do our Father's Love and His Will consciously consistently. I am willing to pray and meditate often. I'm seeing with the Spiritual vision given me by grace. I am willing to do loving acts, feeling like it or not. I am willing to forgive myself when I fall far short. I made a promise to myself years ago to ask for more of our Father, more of Alcoholics Anonymous and more of myself. Thy Love, Thy Will be done.



If Our Eye is Single  
"Pay Forward" Gift #256

*I Greet The Indwelling Intention.*

Today's "Pay Forward" gift is – If Our Eye [Consciousness] is Single. Our whole life would be filled with light and love. When we look for the good with someone, for that moment, our eye is in union with our created self, the indwelling Presence of love. When we are sharing spiritual principles with someone who really wants it, it's easier to stay on purpose. When we are focused on living our heart's desire, our eye is single. We are given the power to turn just about any situation that is not our heart's desire into an act of loving service. We may not feel loving, but we can do loving things, out of enlightened self-interest, causing our eye to be single. Focusing on those who still suffer, at some point on our spiritual path we all suffer. We can choose to keep our eye single as we are seeking to do and to be our Father's Love and Will. Living spiritual principles chips away what is not our Father's individual Divine design. Let us choose this day to be miracle-minded; trading selfishness for enlightened self-interest, trading guilt and punishment, the most commonly abused drug, for forgiveness. Trading not love for service. Trading our withdrawing and withholding for grace to give of ourselves. Choose the inner light, instead of darkness. Choose the power of our Father over the weakness of our personal "reality," freeing our mind to be single once again. Thy Love, Thy Will be done.

MAY YOU AND I HAVE THE PROGRESSIVE REALIZATION TO DO TO BE THE INDIVIDUAL INTENDED BY OUR CREATOR.

The Problem Solver  
"Pay Forward" #257

*I Greet The Indwelling Problem Solver.*

Today's "Pay Forward" gift is – The Problem Solver. I'm no stranger to powerlessness. "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 were we to find this Power" Alcoholics Anonymous. Much of our fear is based on illusions we made up or went along with. To motivate people to take care of themselves with fear, compounds the problem. What if we focused on the benefits of taking care ourselves, that would be real self-love. We need some faith-muscle building. Jesus suggested that we love our enemies. Fear is our greatest enemy. If we embrace our fear instead of denying or stuffing it – it will change its nature, to one of two things. 1) It is a real problem that calls for a solution. Or, 2) it's another one of the illusions we made up. It's a wonderful experience when our Creator transforms one of our defects into an asset. That infinite intelligence is in each of us, 24/7, transforming what we eat and drink into flesh and bones, in other words life. Humans cannot do that. It's time we get really serious about surrendering our dilemma over to Him, and follow His guidance and grace. His Love and our service will cast out all fear. "Showing gratitude is one of the simplest yet most powerful things humans can do for each other" (Randy Pausch). Thy Love, Thy Will be done.



The Messenger Speaks  
"Pay Forward" Gift #258

*I Greet The Indwelling Messenger.*

Today's "Pay Forward" gift is - The Messenger Speaks, and I hear with the ears of faith. Father I listen to Your Holy Spirit of Truth, directing me in a way; I can currently understand and follow. By grace, we are given the ability to apprehend what's needed to carry our given purpose. This understanding reveals that love, and wisdom should work together. At first, our understanding may be "head knowledge." I choose, to listen for our Father's Holy Voice within, "head knowledge" turns to heart knowledge. As our understanding within unites with the indwelling Presence, we will know what to do or to be, for the present moment. Let us turn from the problem to the solution, our Father. When the solution takes place, by grace, our understanding awakens to a deep sense of gratitude. Let us stop our useless chatter for a few moments and accept the wisdom within. Let us look and see through the eyes of faith proof of our Father's good works through us. Listen to His Holy Voice of Truth, speaking through us, as we share the love, we are. Let us ask for and accept our heart's desire and do and be our created Self. We do not ask for too much, when our Father is our only Source. It has to be our Father's good pleasure for us to express His Will, His Love through us. Affirming this makes me feel good. Thy Love, Thy Will be done.

MAY YOU AND I HAVE THE PROGRESSIVE REALIZATION TO DO TO BE THE INDIVIDUAL INTENDED BY OUR CREATOR.

Promises To Remember

“Pay Forward” #259

*I Greet The Indwelling Giver.*

Today’s “Pay Forward” gift is - Promises To Remember. If we are painstaking about this phase of our development, we will be amazed before we are halfway through. We are going to know a new freedom and a new happiness. We will not regret the past nor wish to shut the door on it. We will comprehend the word serenity, and we will know peace. No matter how far down the scale we have gone, we will see how our experience can benefit others. That feeling of uselessness and self-pity will disappear. We will lose interest in selfish things and gain interest in our fellows. Self-seeking will slip away. Our whole attitude and outlook upon life will leave us. We will intuitively know how to handle situations, which used to baffle us. We will suddenly realize that God is doing for us what we could not do for ourselves.

Are these extravagant promises? We think not. They are being fulfilled among us – sometimes quickly, sometimes slowly. They will always materialize if we work for them.

Alcoholics Anonymous pages 83-84

Abandon yourself to God as you understand God. Admit your faults to Him and to your fellows. Clear away the wreckage of your past. Give freely of what you find and join us. We shall be with you in the Fellowship of the Spirit, and you will surely meet some of us as you trudge the Road of Happy Destiny. May God bless you and keep you – until then. Alcoholics Anonymous page 164. Thy Love, Thy Will be done.



Being Faithful

“Pay Forward” Gift #260

*I Greet The Indwelling Presence.*

Today’s “Pay Forward” gift is – Being Faithful. “We are called upon not to be successful, but to be faithful” [to our Higher Power] Mother Teresa. It’s to be the individual we are created to be; honoring our Individually Divine Design. Let’s be ourselves, and be faithful to our Father, living the spiritual principles we are given. Doing that, we affect all of humanity in a loving way, by living a purposeful life. We do not have to be a great leader; we need only to take care of what’s in front of us. Come let us love one another and do our Father’s Will. Let us stop giving to other people, and circumstance the right to determine our happiness, joy and freedom, or the lack of it. A.A. gives us the tools to seek and find our Higher Power and our true created Higher Self. That same loving guidance is omnipresent; available to all who will ask our Father for it, with all our heart, mind and soul. By making someone or something our Source instead of our Higher Power blocks the way, the truth. To limit the spiritual principles we are freely given for problem fixing only, is like judging the abundance of the ocean by a few empty shells, or standing on the back of a whale, fishing for minnows. Our Father has guided me into a more purposeful life of love and service. “Faith without works is dead.” Thy Love Thy Will be done.

MAY YOU AND I HAVE THE PROGRESSIVE REALIZATION TO DO TO BE THE INDIVIDUAL INTENDED BY OUR CREATOR.

I Love Awakening And Learning

"Pay Forward" Gift #261

*I Greet The Indwelling Student.*

Today's "Pay Forward" gift is – I Love Awakening And Learning. It's great having something to do, that can make a good difference. Here it is another day, and I am still in radical training. Clearly, my need for an upgrade in the art of living is ongoing; my loving and serving leaves a lot to be desired. At some level I want learning to be done; I love the adventure and discovery. Most often we learn wisdom from failure and pain; clearly experiencing what doesn't work. Perhaps, success doesn't have enough emotional energy to move us very far. "When everything seems to be going against you, remember that the airplane takes off against the wind, not with it" Henry Ford. Any rise in my consciousness increases my capacity and ability to experience our Father's Love, His Will, His Way, and His Truth. I can worship, Him here and now, and see proof of His Presence and Action everywhere in everyone. I can see His good works through the eyes of faith in His mercy, grace, and I love it. Today I am willing to be patient with my failings and the failings of others. Alcoholic Anonymous gives us lots of opportunities to uncover, discover and share an ever awakening way of loving life. It is clear; as long as I am alive my work is not done. "There is as much greatness of mind in acknowledging a good turn, as in doing it" Seneca. Thy Love, Thy Will be done.



One Will - His

"Pay Forward" Gift #262

*I Greet The Indwelling Lover.*

Today's "Pay Forward" gift is - One Will – His. Father, I see Your Presence with my eyes of faith. "Service is the hallmark of one who is sent by God" (Thomas Keating). I am as you created me, Your son and a loving brother to all. That means I am to practice the commandment, to love our Father with all my heart, mind, and strength and to love all my brothers and sister as I love myself. I realize that's to do, to be our Father's Will; joining my will with His Will, as one. Our personal "reality" is the directive power, determining our character. When we will our Father's Will to be done we are building a loving Spiritual character, and awakening our true self; loves awakening. Desiring our Father's Will to be done is a good beginning, however, we need to take the action shown us and express His Will in this body, and in this world. Come let us link our will with our Father's Will, in order to express the love we are. Let us practice A.A.'s Spiritual Principles in all our affairs; clearly our Father's Will. Let's plant this affirmation seed, "I am devoted, dedicated and committed to do and to be Thy Will, Thy Love Father, consciously known or unknown." "We have ceased fighting anything or anyone." At each beginning, ask "What would Love do?" "Always do right. This will gratify some people and astonish the rest" (Mark Twain). Thy Love, Thy Will be done.

MAY YOU AND I HAVE THE PROGRESSIVE REALIZATION TO DO TO BE THE INDIVIDUAL INTENDED BY OUR CREATOR.

The Elephant's Way  
"Pay Forward" Gift #263

*I Greet The Indwelling Trainer.*

Today's "Pay Forward" gift is – The Elephant's Way. The baby elephant's leg is tied to a chain staked to the ground, keeping the baby elephant from moving beyond the chain's length. As the elephant grows, it becomes strong enough to either break the chain or rip the stake out of the ground. It doesn't however, because it became so conditioned to the distance it could travel that it never tested the chain. That's a great metaphor for the way we stay bound to limitations. I've made a decision to turn my will and my life over to the care of our Father. Sometimes I do things the rest of my personal "reality" disapproves of. That's a sure sign that it is time to do another set of A.A.'s Steps, not just an inventory. I want all levels of my consciousness to be trusted servants; with a common purpose, however, they do not govern. A conflict like this, tells me I have to accept my experience, not my conscious mind to be my real belief. When I gain ownership of my personal "reality's" patterns, I surrender them to our Father, for an upgrade, and possibly transformation into an asset. I choose Him to be my one ultimate authority. Let my eye [consciousness] be single, and full of light. After all – our common welfare should come first. The point is we are not elephants or saints. Thy Love, Thy Will be done.



Self-Betrayal  
"Pay Forward" #264

*I Greet The Indwelling Healer.*

Today's "Pay Forward" gift is – Self-Betrayal. "Keep thy heart with all diligence; for out of it are the issues of life." Anything I mentally entertain carries my soul's consent, and this soul-consent is the malice of sin, which is missing the mark. Out of enlightened self-interest, I turn away from lust, ASAP. In the Old Testament, these two words, adultery and idolatry are interchangeable. The worship of false gods was described as adultery. The adulterous soul, who is unfaithful by turning to some other god to worship; lusting after anyone or anything. DISTORTION OF ATTENTION - Preoccupied with the object of our addiction or attachment, we cannot think of anything else but what's connected with the addiction or the person or thing we are attached to. The distortion becomes our ULTIMATE CONCERN. Another word for it is "idolatry." The addiction or attachment becomes our god. I commit adultery with my personal "reality" – lower self by betraying my higher self, that which our Father created me as. I affirm; I love and worship you Father with all my heart, mind, soul and strength, and I choose to love all of your creatures, as myself. We are all created to do and to be, Your Love and Your Will Father, as one life. "All human wisdom is summed up in two words – wait and hope" (Alexandre Dumas). When I fall in a ditch again, I get out ASAP. I dust myself, and get back on the path. Thy Love, Thy Will be done.

MAY YOU AND I HAVE THE PROGRESSIVE REALIZATION TO DO TO BE THE INDIVIDUAL INTENDED BY OUR CREATOR.

Affirming Ten Attributes

“Pay Forward” #265

*I Greet The Indwelling Holy Attributes.*

Today’s “Pay Forward” gift is – Affirming Ten Attributes. At the center of each human is the individually Divine Design, our Father created. He communicates with us in His first language, intuitive silence. Each given a spiritual purpose, with ten attributes; one or more as part of our heart’s desire.

- 1) There Is only One Beloved Lover. That Beloved Lover is our Father. I am/we are all beloved lovers loving.
  - 2) There is only One Healer. That Healer is our Father. I am/we are healed healers healing.
  - 3) There is only One Teacher. That Teacher is our Father. I am/we are taught teachers teaching.
  - 4) There is only One Forgiver. That Forgiver is our Father. I am/we are forgiven forgivers forgiving.
  - 5) There is only One Empower-er. That Empower-er is our Father. I am/we are empowered empower-ers empowering.
  - 6) There is only One Enlightener. That Enlightener is our Father. I am/we are enlightened enlighteners enlightening.
  - 7) There is only One Enricher. That Enricher is our Father. I am/we are enriched enrichers enriching.
  - 8) There is only One Communicator. That Communicator is our Father. I am/we are communicated to communicators communicating.
  - 9) There is only One Creator. That Creator is our Father. I am/we are created co-created co-creators co-creating.
  - 10) There is only One Awakener. That Awakener is our Father. I am/we are an Awakened Awakener Awakening.
- Thy Love, Thy Will be done.



Spirit Of The Law

“Pay Forward” Gift #266

*I Greet The Indwelling Presence Of Truth.*

Today’s “Pay Forward” gift is – Spirit Of The Law. The letter of the law demands that we follow a set of man-made rules and experienced facts believed to be truth or reality. The Scribes and Pharisees at one time had something like six hundred rules, as if God demanded them to live by daily. Of course it was impossible, so they were in a state of guilt. I guess that’s where the “drug” guilt and punishment come from. As a “drug” it far exceeds all other drug users. I made up a lot of rules, mostly others should live by. I never counted them but when I add the ones my family made up, the number is way up there. The spirit of the law is Truth/Reality; a spiritual principle. Facts are outer expressions of the world we made up. An alcoholic may be completely dry, free from alcohol, but not applying the spiritual principles to the ism of their alcoholism. They are demanding, fearful, resentful and negative; no fun to be around a dry alcoholic, I’ve been there. A sober alcoholic living A.A.’s spiritual principles in all their affairs is joyous, happy and free, in the spirit of the law. After living A.A.’s way of life for a while we are likely to strive earnestly to keep the spirit of the Divine Law, beyond the letter of the law. “Ye shall know the truth, and the truth shall make you.” Thy Love, Thy Will be done.

MAY YOU AND I HAVE THE PROGRESSIVE REALIZATION TO DO TO BE THE INDIVIDUAL INTENDED BY OUR CREATOR.

Gratitude – Beyond Words

“Pay Forward” Gift #267

*I Greet The Indwelling Gratifier.*

Today’s “Pay Forward” gift is – Gratitude – Beyond Words. I cannot make myself experience the real depth of love it comes by grace only, although I do acts of love daily; I don’t always feel loving. I am blessed with all I need to pass on the gifts I have been freely given, and the people to share with, daily. I can make a long list of all I am grateful for, but, I cannot experience a deep gratitude. Like love at its deepest level I only have it by grace. This miracle of grace is for all who are breathing, no matter what. I shall try the impossible today; I shall try to share the depth of my love and gratitude for these sixty-three and a half years as an active A.A. member. I have witnessed thousands of miraculous awakenings including my own; being released from our self-imposed hell. Only by grace can an undeserving alcoholic such as me have a life of abundance, beyond anything I could have ever dreamed of. Emmet Fox suggested that we ask for guidance and then open the Bible at random. I opened It at the 21<sup>st</sup> chapter of Luke; I understood it was an explanation for the transformation journey I was on. Luke 21:14-15 show me how to prepare to share - “Settle it therefore in your hearts not to meditate before what you shall answer: For I will give you a mouth and wisdom...” Thy Love, Thy Will be done.



Spiritual Re-Birth

“Pay Forward” Gift #268

*I Greet The Indwelling Presence.*

Today’s “Pay Forward” gift is – Spiritual Re-Birth. All over the world two billion Christians are celebrating the Divine Mission of Jesus, the greatest Being ever, as far as I concern. All over the world millions will celebrate the awakening, the re-birthing of those newly transformed alcoholics and those using A.A.’s program for other addictions. We have been given this powerful program, based on the Spiritual principles given to us by the One who came into the world to show us how to do it. We freely give our A.A. program to anyone who chooses to use it. It is difficult to understand that it is ok for members of A.A. to use Christian Spiritual Principles, and yet, not give credit to Christianity or the Christian leaders who A.A. receive so much from. Bill Wilson, A.A.’s co-founder was asked why he didn’t give credit in the book Alcoholics Anonymous to them. He replied he did not want people to think our program was another branch of religion. Many alcoholics had been turned off by some unforgiving, judgmental people who called themselves Christians, but were not living it. We have some A.A. Pharisee and Scribes, much like my computer, having lots of rules and no mercy. By the grace of our loving Father I was awakened to the reality that there is only One life, that Life is perfect, that Life is our Father’s Life, my life and your life. “Kindness, kindness, kindness” (Susan Sontag). Thy Love, Thy Will be done.

MAY YOU AND I HAVE THE PROGRESSIVE REALIZATION TO DO TO BE THE INDIVIDUAL INTENDED BY OUR CREATOR.

Our Unique Tool Kit  
"Pay Forward" Gift #269

*I Greet The Indwelling Builder.*

Today's "Pay Forward" gift is – Our unique Tool Kit has ten characteristics, not found in other creatures. By Your grace, Father we are loved, healed, taught, forgiven, empowered, enlightened, enriched, communicated to, co-created with and awakened. These ten gifts are a unique set of tools, given to each of us. Before they are ours we must personally experience them. Once we have gained some skills we are to pass them on to others. A.A. offers us a great training ground, and everyone and thing we need to practice, and improve our sharing skills. "Never be so busy as not to think of others" (Mother Teresa). Awareness of how A.A. works will increase with use. Remember it is our Father within doing the works, not us alone and unaided. Expect the most wonderful things to happen. Each of us was given a purpose when our Father created us, unique and unrepeatable; we have no one to compete with. Practicing A.A.'s Spiritual principles in all our affairs, chips away all that is not the being we are. Life is a series of changes; let us embrace them. As we learn to love our changes, our love changes. Accepting our own uniqueness we will not need to dominate others, nor cringe before them. When someone does a wrong, let us be quick to forgive. Forgiveness is letting go, detaching from our judgment. Remember, Love is the answer, because our Father is love, and we were created in His image and likeness. Thy Love, Thy Will be done.



We Are Miracles  
"Pay Forward" Gift #270

*I Greet The Indwelling Holy Presence.*

Today's "Pay Forward" gift is – We Are Miracles. "We will intuitively know how to handle situations which used to baffle us" (Alcoholics Anonymous p84. "When, through intuition, faith finds its proper place under Divine Law, there are no limitations, and what are called miraculous results follow" (The Science of mind, p 162). By living a few simple principles, that A.A. freely give us we have a Spiritual Awakening, which is indeed a miracle. Over a great many years in A.A. I have been a witness to the magic and miracles of life; from the mundane to the extraordinary, no respecter of person happen. In 2010 International Convention of A.A. for some San Antonio's handouts, I coin the phrase - "Alcoholics Anonymous is where miracles happen and promises are kept." Two mornings ago I experienced a physical healing miracle. I was deeply grateful for about five hours. Then I started thinking the healing could have happened because of something I did, and my grateful heart went out the window. However the next day the problem came back; I applied my solution, which didn't work. I surrendered all of me to the Boss; I was healed once again. I was blessed with His loving tender mercy, and I remain grateful. I now realize how important for me to be miracle-minded. When I became willing and able to see and receive miracles they begin to appear everywhere. I'm the one who blocks my vision of our Father Love. Thy Love, Thy Will be done.



MAY YOU AND I HAVE THE PROGRESSIVE REALIZATION TO DO TO BE THE INDIVIDUAL INTENDED BY OUR CREATOR.

Be Authentic - Be Ourselves  
"Pay Forward" Gift #271

*I Greet The Indwelling Authentic Self.*

Today's "Pay Forward" gift is – Be Authentic - Be Ourselves. Augustine cried out, "Thou hast made us for Thyself, and our hearts are restless until they find themselves in Thee." Father this is the day; You have made, let us rejoice in it and share the love we are. Let our sharing be an act of love and compassion; these are not luxuries. Let us view one another as a whole being; Spiritual, mental, physical, emotional and social being. We are problem people, mostly because we try to separate our lives into parts, and we project our understanding and experience on to others, when it is ourselves that needs correction. The solution is to align ourselves, with our Father's Love and Will, and to conform to it, but not as a separated being. It is useful to focus on one part of our being at a time, but let us not forget to rejoin that part with our whole being. When we are sharing A.A. with another alcoholic let us remember to regard the whole person. We are all unique individually; however, we are all of one life. Some will be "doing" the same things as we are, some better and some not, but no one can "do" it as we can. Let us rejoice this day and be the individual we were created as, no one could do that better. All we need has already given to us. Thy Love, Thy Will be done.



Oops – Again!  
"Pay Forward" Gift #272

*I Greet The Indwelling Pathfinder.*

Today's "Pay Forward" gift is - Oops. I failed to practice my Spiritual path again last night. I am guilty, but I do not feel shameful. I am not a bad-person, but I still do what's "not-goods." I am not getting off cost free. I do remind myself that everything has a purpose, so what's this for? I am more merciful and forgiving toward others who fail than for me. My wrongs are not caused by being eccentric; they are just wrong. I accept my wrong doings and surrender them to our Father. I want to receive His loving grace and mercy. I want to use it as an opportunity to pass it on to those I share with. Growing old cannot be avoided. It is not the passing of time that changes things but what takes place doing that passing of time. I want to accept the demands placed on me because that means that I have something to share, but sometimes I have to say no. If we don't have to say no once and awhile there is a good chance we are not being asked enough. I thought I would be beyond last night's wrong doings by now. It is not a matter of my proving me to others, but it does matter that I am corrected, so I may serve others lovely and mercifully. For that I need our Father's grace not my "good" works. Thy Love, Thy Will be done.

MAY YOU AND I HAVE THE PROGRESSIVE REALIZATION TO DO TO BE THE INDIVIDUAL INTENDED BY OUR CREATOR.

Our Senior Tri-Partners  
"Pay Forward" Gift #273

*I Greet The Indwelling Father.*

Today's "Pay Forward" gift is – Our Senior Tri-Partners has known us before we came into this world. They love us with unfailing unconditional love. Until I took a real 5<sup>th</sup> Step, letting another human and our Father see all of me, both good and bad as I knew myself at that time, I had long for another to know me "as is". I had been searching for greater self-understanding and self-acceptance. Underlying my search was a burning desire to find someone who truly understood and accepted me just as I was. It is in my relationship with my senior Tri-Partners, the Holy Spirit of Truth (the Father within doing the works) and indwelling Christ (my individual created High-Self), I had a spiritual awakening, by practicing the Spiritual Principles of AA. I discovered that I had/have a purpose in this life in which I can make a good difference, passing on what I've been freely given. Dropping all pretenses and opening myself to our Father's service. In the light of Divine Loving Guidance I can see the things I need to change. I'm given all I need to clear away the fruitless past and share the love we are. I can take the time to let the love soak in deeply through prayer and meditation. Opening my heart and mind to receive all that our Creator has for me. I am no longer ashamed of my emptiness, I see it as the optimal condition to receive. Thy Love, Thy Will be done.



An Important Thing To Do  
"Pay Forward" Gift #274

*I Greet The Indwelling Spirit Of Truth.*

Today's "Pay Forward" gift is - An Important Thing To Do. It's vital for me to have an open heart and mind. I am receiving whatever it takes to rewrite and rewire my personal "reality" with the Spiritual, mental, physical, emotional, social equivalents of Your Will, Your Love Father, on my serendipity journey Home to You. It is well that I monitor my journey, but no one else. It is well I seek consistent realignment of my mission's path. When I awaken in the morning it is well that I seek our Father's Love and Will, instead of an illusionary separation. As Mother Teresa said, "The essential thing is not what we say, but what God says to us and through us. All our words will be useless unless they come from within." I choose to be a channel of our Father's loving grace, through which His Gifts flow freely. My prayers and meditation centers me with the indwelling Presence within. I ask and receive, and I seek and find the loving Spiritual guidance for my next step on my serendipity journey. My experience tells me I will not have to perform spectacular actions, but it's the love I put into each action. Our Father gifts of grace are always good; I choose to look for that good within all. I choose to call out that basic core of love, of goodness, to come out to play. Thy Love, Thy Will be done.

MAY YOU AND I HAVE THE PROGRESSIVE REALIZATION TO DO TO BE THE INDIVIDUAL INTENDED BY OUR CREATOR.

Ladybug Zombies  
"Pay Forward" Gift #275

*I greet The Indwelling* Divine Designer.

Today's "Pay Forward" gift is - Ladybug Zombies. Ladybugs are said to bring good luck, but one infected by the wasp species *Dinocampus coccinellae* is decidedly unfortunate. When a female wasp stings a ladybug, it leaves behind a single egg. After the egg hatches, the larva begins to eat its host from the inside out. When ready, the parasite emerges and spins a cocoon between the ladybug's legs. Though its body is now free of the tormentor, the bug remains enslaved, standing over the cocoon and protecting it from potential predators. Some ladybugs survive this eerie ordeal [but become a real zombie]. (National Geographic November 2014) This is a useful metaphor for the active alcoholic's journey. For many of us, the egg was within our genes at birth. If I had not found the Program, I would be dead or a real alcoholic zombie. Without the grace of our Father, I would, in effect, be a useless zombie. There was another Egg within and beyond this physical body, it's the individual creative Divine Design within each of us, our Father's will is done. "To hurt is as human as to breathe" J.K. Rowling. So if a wasp stings us, we can choose not to be its host, or at least, we will not feed it. "The life of the soul in conscious union with the Infinite shall be for us the only real existence" Emerson. Thy Love, Thy Will be done.



"Be still, and know that I am God."  
"Pay Forward" #276

*I greet The Indwelling* Knower.

Today's "Pay Forward" gift is – "Be still, and know that I am God." The start, middle, and end of the Spiritual journey are the conviction that our Father is always Present. Being still is the core of Centering Prayer and Contemplation and a handy tool for Step Eleven. "The only place the mind will ever find peace is inside the silence of the heart. That's where you need to go" Elizabeth Gilbert. Letting go and detaching from our thoughts and feelings for a few minutes is a gateway to that mystical union with our Creator, our Father within. This is clearing a way for our awakening to a love deeper than words. Living Alcoholics Anonymous' spiritual principles, chips away what we are not, and awakens who we are. We are never given the gift of a heart's desire without also being given the Power to make it come true; living it, by our Father's grace. We will have to be willing to die to the old too limited self, making room for our rebirth or awakening to our Higher Self. To resist the process causes extended labor-pains. For most of us, the Spiritual journey is a gradual process of enlarging our relationship with our Father; it will come if we do our little part. "No one has ever seen God; but if we love one another, God lives in us and His Love is made complete in us" 1 John. Thy Love, Thy Will be done.

MAY YOU AND I HAVE THE PROGRESSIVE REALIZATION TO DO TO BE THE INDIVIDUAL INTENDED BY OUR CREATOR.

Emotions Guidance  
“Pay Forward” # 277

*I greet The Indwelling Warning Signal.*

Today's “Pay Forward” gift is - Emotional Guidance – is important part of our Early-Warning System. Perceiving our emotions and feelings, when they popup, we may try to reason with them or try to stuff them. We may even try to understand them and manage them. “It’s a little embarrassing that after 45 years of research and study, the best advice I can give people is to be a little kinder to each other” (Aldous Huxley). If we embrace our emotions and feelings, positive or negative, we are given a choice. Yesterday I was angry at a person. The way I responded was contrary to the way I tell myself to; be forgiving, understanding and loving. I reacted with a helping of the “drug guilt and punishment.” “Action speaks louder than words” (Mark Twain). No wonder I need to continue my radical training. I am learning the “angels” in my life need to know I care for and love them also. My negative emotions and feelings get far too much attention. I choose not to use the excuse “the devil made me do it!” Our divine guidance system is not an end in its self, but an important tool; we need to learn how to use more effective. Alcoholics Anonymous gives us the tools; we need to sharpen our loving, serving and co-creating skills. My emotional “Endangered Species” list is growing. “The highest forms of understanding we can achieve are laughter and human compassion” Richard Feynman. Thy Love, Thy Will be done.



One-Thing-At-A-Time  
“Pay Forward” # 278

*I greet The Indwelling Omniscience.*

Today's “Pay Forward” gift is – One-Thing-At-A-Time. Yesterday I started two new projects. I had a good deal of success with the most important one, and I failed with the other. I should be more grateful, but I am not. I reminded myself that I can only focus on one-thing-at-a-time. I decided on positive, loving ideas to pass on, but I could not stop the negative chatter. Maybe a gratitude list would work; it cannot make me grateful, but it’s nice to have one. Gratitude always comes by grace. I realize once again that our Father is my only True Source. I turned to our Father in prayer and meditation, but I couldn’t stop the useless noise, running around in my head. Like the Prodigal Son, I will keep returning to our Father. Today I have been acting like the Elder self-righteous brother. I think I will go for a little physical exercise that will help me realign my thoughts. I am committed to keep turning to our Father, even if I cannot feel His Presence; I intuitively know He is. However, if none of the above works, I will go to my A.A. meeting; letting me get out of myself, by helping another. I will most likely see our Father Good Works - in action. We can be discouraged by failure, or we can learn from it. Today I choose to be a student and a teacher. Thy Love, Thy Will be done.

MAY YOU AND I HAVE THE PROGRESSIVE REALIZATION TO DO TO BE THE INDIVIDUAL INTENDED BY OUR CREATOR.

Exercise

“Pay Forward” # 279

*I greet The Indwelling Omnipotent Doer.*

Today’s “Pay Forward” gift is - Exercise – it improves quality of life; it adds to our life and adds life to our years. Physical activity boosts mental and emotional wellness, even my meditations and prayers flow better. Daily exercise can relieve tension, anxiety, depression and anger. Unattended anger can turn into a resentment; our number-one offender. I am in the habit of meditating in the morning and evening. I can tell the difference when I miss my meditation, even one day. On the really stressful days, I would meditate at noon. However, when I went back to work the negativity returned. I heard a physical therapist tell about the importance of exercise when we are having a stressful day. We pump the fight or flight stuff throughout our body; it only burns off with physical activity. It was suggested that we go for a walk before we sat down to meditate. When I took even a twenty-minute walk before my meditation, I was peaceful afterward, and the negative stuff was gone. What if we treat our body as if it were one we loved and respected? For sure, we want it to serve us well. Do unto others as we want them (our bodies) to do unto us. After all, our Father created our bodies and dwells in each of His creatures, how about loving His handy-work? How about Spiritual exercise? Prayer, meditation, affirmations and contemplation will bring about peace within; in concert with the Boss. Thy Love, Thy Will be done.



Take It Easy!

“Pay Forward” #280

*I greet The Indwelling Comforter.*

Today’s “Pay Forward” gift is - Take It Easy! “A man cannot be comfortable without his own approval” (Mark Twain). I’m sure I’ll be really cool when I have seventy years of sobriety – I have other five-and-half years to go. My life has its moments of being carefree and being uncomfortable. I believe it’s healthy to want more. However, I had to redefine what I want, and what is of real value. I am comfortable with having an abundance of material things, as long as I keep them in the right picking order. I am grateful for all the loving grace given me, allowing me to carry out my purpose, my mission, without anything being called into question. I don’t like it when I am overly concerned about other’s opinion is of me, which makes me uncomfortable. Now-a-days I am comfortable when I believe others love me and find me useful. I am unbound by anxiety when I when I can love and accept myself and the world as it is. Loving myself enables me to love others, as they are. I’m learning how to practice Alcoholics Anonymous’ spiritual principles as a way of life, and owning my defects, and my limited good. I encourage myself to serve others, asking nothing in return. I’m cutting back on myself-centeredness, while practicing the gift of grace – enlighten self-interest, it is well worth whatever it takes. The awakening and growing I prize; a Divine intended process. Thy Love, Thy Will be done.

MAY YOU AND I HAVE THE PROGRESSIVE REALIZATION TO DO TO BE THE INDIVIDUAL INTENDED BY OUR CREATOR.

"Moodiness Detector"

"Pay Forward" # 281

*I greet The Indwelling Warning System.*

Today's "Pay forward" gift is – "Moodiness Detector."  
"Dogs are angelic conspirators who know no boundaries and will stop at nothing to bring you abundant love and happiness" (Joann Donahue). I was feeling great one morning on my walk, when a neighbor's dog, that is most often friendly, suddenly aggressive growled at me. I did not do anything to provoke him. As it turned out, he was my "moodiness detector" forewarning me of the experience I was headed for. I felt just fine when I got growled at, and still was when I got to my office. It was soon brought to my attention that I had a bad attitude, not the optimistic one I planned on. That insightful dog picked up on my oncoming mood, before I did. Feelings of gratitude and negative feelings seem to pop up uninvited. A.A. has given me an indwelling "Moodiness Detector." I am learning that these events are showing me what I really believe, no matter what my head has to say. The question is this - what am I going to do when one or the other of these has arrived on the scene? I am inspired to be of service, which is filled with gratitude and love. Sometimes I feel inferior and jealous and react by doing nothing. Here's my "Pay Forward" plan-of-the-day; I will follow the angelic dog, no matter what form it comes in. I am reminded that God spelled backward is dog, Thy Love, Thy Will be done.



Grieving Part Of Recovery

"Pay Forward" # 282

*I greet The Indwelling Healer.*

Today's "Pay Forward" gift is - Grieving Part Of Recovery. I told myself when all else fails; go to an A.A. meeting. I decided to go early to my meeting. When I walked into the meeting room, I saw someone who looked familiar setting at the back, she looked out of character. I assign names to some, not just to protect their anonymity but also to protect the innocent part of their guilt. I called this person, "Joyful Joyce" because she "always" had a wonderful smile, but not this time. Her eyes were swollen and bloodshot; she wouldn't look up or return my greeting. No doubt she was deeply grieving the loss of someone or something important. She sat in silence for a long time. Finally she opened up and shared what happen. She was having a difficult time doing her Step Four inventory. She was just repeating the same old stuff. Her sponsor suggested that she focus on one of her other addictions. Her denial broke down, and she owned that addiction; she surrendered it to our Father, to be healed, or transformed into an asset. Letting it go was like ripping off her flesh. She believed the addiction was her best friend, even though it was killing her. Her grieving was for the loss of this lifelong "friend." I understood her grieving. Every time I let go of one of my addictions, I experienced a great loss at first, then freedom. Thy Love, Thy Will be done.

MAY YOU AND I HAVE THE PROGRESSIVE REALIZATION TO DO TO BE THE INDIVIDUAL INTENDED BY OUR CREATOR.

Do You Work For A Living?

"Pay Forward" #283

*I greet The Indwelling Calling.*

Today's "Pay Forward" gift is – "Do You Work For A Living? It is a mistake to work for a living. To work this way is to be a slave under dominion to the laws of slavery. How can you gain a life? Life is! You cannot pay for it. You have no price to give in exchange for life, for your breath and your being. You are here under the blessing of God to live a life of wholesome, loving kindness, of success and good will towards each other and the bringing out of your nature, the *divine self*. God lives you every moment. If you are conscious that God is your very life and being you will not work to express it in terms of mortal consciousness, in dollars and cents and salary. You will no longer serve the old world conception of prosperity. What you do you will do with your might in the service of Principle, like Brother Lawrence – he did not work for a living, he worked to express God by living in such an attractive way as to draw other men to the Divine Life. The kitchen of that monastery where he cooked was more magnetic than any other part of the whole concern. He was rich towards God and man, not like an ox driven by the duties demanded of him. He was a man serving a great Principle, and he lived in security" H.H. Rix, *The Rich Mentality*, 1916. Thy Love, Thy Will be done.



An Affirmation

"Pay Forward" #284

*I greet The Indwelling Healer.*

Today's "Pay Forward" gift is – A Timely Message; I have borrowed from *Guide For Spiritual Living Science of Mind* – Sunday, October 25, 2020 Spiritual mind healing has long since passed the experimental stage. We now know that we cannot tell where the body begins and the mind leaves off, and many of us believe the organs, and functions of the physical body are activities of infinite Intelligence within us. To come to realize, then, that there is one body, which at the same time is our own body, is to accept a greater influx of the one Life. Daily affirm:

- ✓ There is one life, that life is perfect. That Life is God's Life, that Life is our life, that Life is my Life now. Every organ, function of my physical body is in harmony with Our Father's divine design. There is perfect circulation, perfect assimilation and perfect elimination.
- ✓ If there is anything in me that does not belong, it is removed. If there is anything my physical being needs, it is supplied. My body is daily renewed after the image which is held in the mind of God.
- ✓ I affirm that my body is the body of God; the life of the Spirit circulates through it, the laws of the spirit govern it, the loves of the Spirit sustain it. My whole life is God's expression in this world. Thy Love, Thy Will be done.

MAY YOU AND I HAVE THE PROGRESSIVE REALIZATION TO DO TO BE THE INDIVIDUAL INTENDED BY OUR CREATOR.

Spiritual? Or Religion?

“Pay Forward” # 285

*I greet The Indwelling Awakener.*

Today’s “Pay Forward” gift is – Spiritual? Or Religion? “Having had a spiritual awakening [experience the Presence] as the result of these steps, we tried to carry this message to alcoholics, [sharing a little love] and to practice these [Spiritual] principles in all our affairs.” When I first awakened through the gift of grace as an active member of Alcoholics Anonymous everyone who thought they knew me could not understand what had happened to me. My then wife wanted to know what I was going to do with all that religious stuff. I told her it was Spiritual, having no idea what that meant. The people, places and things that once held my interest did not any longer. Alcohol is sometimes called spirits. My awakening experience was replacing the spirit of alcohol. Our Father Created life so that we have to have others, sharing is an expression of love. The second part of Step Twelve is the spirit of love, replacing the selfish user path I have been on. Practicing the third part of Step Twelve lets us demonstrate the love we are in all our affairs. There comes a time when we are to worship our Father in Spirit [our awakening consciousness] and Truth [His Reality, His Love, His Will]. “Pay Forward” by letting your Spiritual awakening flow silently from your heart out into the world. “Attention is the rarest and purest form of generosity” Simone Weil. Thy Love, Thy Will be done.



Fruits From A.A.’s Orchard

“Pay Forward” 286

*I greet The Indwelling Harvest.*

Today’s “Pay Forward” gift is – The spiritual fruits of Alcoholics Anonymous’ are always in season; ripe for the picking. We have a wonderful set of master tools. While tending to the orchard, we dismantled our illusions (weeds), of our Father’s separation. A few members gather grapes from our vineyard and go off into a far country, making wine out of our table grapes. They are more than welcome to come back, like the Prodigal Son. Let’s taste some of the fruit. Joy is a sense of well-being, contingent with our daily Spiritual condition. Peace is a pervasive sense of contentment, coming from being rooted in our Father’s Love and Will, fully aware of our weakness. Meekness is freedom from the negative energy; resentments or outbursts of anger and fear. Faithfulness is our daily commitment to practice Alcoholics Anonymous’ spiritual principles in all our affairs, a labor of love. Gentleness is a participation in our Father’s way of doing things; gentle but firm; living Alcoholics Anonymous’ code, “love and tolerance.” Wisdom is affirming of our Father’s Will, as loving and useful; always having a purpose. Patience is confidence in our Father’s unwavering supply of all we need to carry out the purpose; He gave us. Self-control is an awareness of our Father’s Presence, within each of His creatures. Service is accepting the daily opportunities to pass on the fruits we gather from our Father’s Orchard. Thy Love, Thy Will be done.



MAY YOU AND I HAVE THE PROGRESSIVE REALIZATION TO DO TO BE THE INDIVIDUAL INTENDED BY OUR CREATOR.

I am

"Pay Forward" #287

*I greet The Indwelling Knower.*

Today's "Pay Forward" gift is – I Am. If our Father wanted us to be someone or something else we would be. "Every blade of grass has its angel who bends over it and whispers, "Grow, grow" (Talmud). Although we are far more important than a blade of grass, if we listen in the silence of our soul our angel is shouting, "Awaken." "He has given His angels charge over us (me); they lift us (me) up in their arms, lest at any time we (I) may dash our (my) foot against a stone." We don't have to be one of the great leaders; we need only to take care of whom or what is in front of us. Let us be faithful to our authentic-self. How many ways have we heard the same thing said? "What we have to be - is what we are" (Thomas Merton). We have only one real dis-ease; our illusion of separation from our Father and His Holy Team. A human without a conscious contact with our Father, has not fully awakened. We have an indwelling Presence within us that will introduce us to our I Am - Higher-Self, if we ask with all of our heart, mind and soul, and practice a few simple spiritual principles A. A. has given us. We have come a long way on our Spiritual recovery when we plant the Alcoholics Anonymous' seed which we know we may never see it grow. Thy Love, Thy Will be done.



Walk In The Light

"Pay Forward" #288

*I greet The Indwelling Divine Light.*

Today's "Pay Forward" gift is - Walk In The Light. I went on a walk before daylight, the street was dimly lit; it's hard to see the sidewalk's uneven in places or bumps. I feared I would trip over one of these sidewalk hazards. I was walking in the bicycle-lane, along came a biker. I had to step onto the sidewalk, and sure enough I tripped, and hit the ground. You would think by now I would have learned, that telling me not to think about tripping is thinking about tripping. Most likely, I would have a tripping experience. I think I will think about what I want to experience. I am responsibility for my decision, thoughts and actions and I choose to look to our Father for the results. I choose to start each beginning or shift in my attention to centering my consciousness in our Father, by saying, "our Father," I am more likely to think of Him as my Source. After all, He gave each of us a purpose when He created us, so I look to Him for everything we need to carry out His Divine Design. When I'm stuck in an old habit, I change it back in to the belief, which I had bought into or make up. I replace it with what I want, and I repeat it until it becomes my new habit. Father, "I love you more today than yesterday and less than tomorrow." Thy Love, Thy Will be done.

MAY YOU AND I HAVE THE PROGRESSIVE REALIZATION TO DO TO BE THE INDIVIDUAL INTENDED BY OUR CREATOR.

A Holy Indwelling Place  
"Pay Forward" #289

*I greet The Indwelling Presence.*

Today's "Pay Forward" gift is – A Holy Indwelling Place. "Don't call me good, it is the Father within doing the works." Our Father is omnipresent; meaning He is Present in every atom, every cell of our physical body, that's an awesome realization. If we could only remember that Truth, we would surely treat my body as a holy temple. No one can deny that an infinite intelligence, created each of us as an individual, with a purpose for being. This invisible Source takes the food we eat and transform it into flesh and bone, energy, thoughts and feelings, in other words, what we call life. Why not treat our physical body as a love one? I believe Our Father forgives us when we don't love our body, if we let Him. Let us silently and or openly be a living example of a healthy way, and share this good news with those we love and perhaps with those we don't love. Focusing on those things we want will improve our disposition and health; while dwelling on disagreeable things are both useless and harmful, to others and ourselves. We would do well daily, to remind ourselves that we have within us 24/7 an infinite Power which we can call on, any time after all it is already living us. We do have power over our mind, not events or other people; unless we tell ourselves they do control you, with or without our say so. Thy Love, The Will be done



The Wisdom Of Giving  
"Pay Forward" #290

*I greet The Indwelling Giver.*

Today's "Pay Forward" gift is – The Wisdom Of Giving. "We give but little when we give of our possessions, it is when we give of ourselves that we truly give." And to the open-handed, the search for one who shall receive is joy greater than giving" The Prophet by Gibran. When I reached Alcoholics Anonymous, I was a user. I knew nothing about giving. When I awakened, I realized those A.A. members who had what I wanted most were self-givers. If I were to have a life and be joyous, happy and free I had to learn to give of myself, first as an A.A. "duty," then I come to love service. As my sharing the Program was changing, so was my love. I am deeply grateful to our Father for giving us Alcoholics Anonymous, and for those who live it, and freely sharing it. I am happy that I was given the "secret handshake" giving of myself. Our Program takes us from a useless, harmful, self-centered, meaningless, worthless path to a loving way of life that makes a daily-difference, as we give of ourselves. All we need to do to experience our Father's Love and His Will is to give some of what He gave us. The size of our gift matters not, we only need to give of ourselves, and that is more than enough. Let us "Pay Forward" now by giving of ourselves to whomever we are with. Thy Love, Thy Will be done.

MAY YOU AND I HAVE THE PROGRESSIVE REALIZATION TO DO TO BE THE INDIVIDUAL INTENDED BY OUR CREATOR.

Restoring  
"Pay Forward" #291

*I greet The Indwelling Restorer.*

Today's "Pay Forward" gift is - Restoring. "Those whom the gods wish to destroy they first make mad" (Anonymous Ancient Proverb). Thanks to our Father we have a solution; Step Two – "Came to believe that a Power Greater than ourselves could restore us to sanity." Could, is an important word for me to remember, because I have fallen into an insanity ditch. Not the kind of insanity that calls for medication, just the common insanity we experience in recovery. I am in need of spiritual restoration. I've overreacted to what others think and do. I'm not extending the love I want, but demanding others love me. I want and need tender mercy and forgiveness. Have I forgotten that I must give away what I want or to keep? Everything was a God thing while I lived a Spiritual child-like innocence. The incredible earthworm could have been my role model. My motto: I can swallow anything you throw at me, turn it into fertilizer, and make it a growth experience. I was reminded in one of my readings, of our Fathers ever-present help. I know I have the A.A. tools to accept His help and live it, here and now. Father, I place my total being into Your Hands. I remember it's you, Father who is my only real solution. I let go of my illusionary burden; making myself available for service. Now, I intuitively know our Father is restoring me to sanity. Thy Love, Thy Will be done.



Making A Difference  
"Pay Forward" #292

*I greet The Indwelling Presence.*

Today's "Pay Forward" gift is – Making A Difference. "We did not weave the web of life – we are merely a strand in it. Whatever we do to the web; we do to ourselves" (Chief Seattle). With the tiny movement of its wings, the butterfly makes a difference, altering the world air currents and affecting all. Throw a pebble into a pond and it will cause a ripple. Every time we pray, or do, or say, or think or feel we cast a pebble into the universal pond, making a ripple. Nature is forever changing the face of the earth without a great fanfare. The dandelion seeds travel with the wind, affecting what will grow. Sometimes a squirrel forgets where they hid an acorn in the ground, and an oak tree springs up. The winds move the tides help keep the oceans alive. In other words, our Father is using everyone and everything, to make a difference. We have a conscious choice to make. We can contribute to the web of life in a way that makes a good difference; just being the individual we're created as. Let's remember we are casting seeds, creating a breeze, and making waves when we pray, and through our words and actions. Remember, what we do and don't do; affect us all. Alcoholics Anonymous gives us a very special gift to share by living it. "Raise your words, not voice. It is rain that grows flowers not thunder" (Rumi). Thy Love, Thy Will be done.

MAY YOU AND I HAVE THE PROGRESSIVE REALIZATION TO DO TO BE THE INDIVIDUAL INTENDED BY OUR CREATOR.

Thanks For Giving  
"Pay Forward" #293

*I greet The Indwelling Giver Of A Grateful Self.*

Today' "Pay Forward" gift is -Thanks For Giving. Great Personal powers or great talents I have not, however, what I do have I am grateful for; these give my life purpose and meaning as a trusted servant to both the "sinner" and the "saint." With the opportunity to share with the sobering-up banker and the bank robber. The most enjoyable to share with are those who want what I have and are hungry and thirsty for an awakening grace. As long as we are green, we're still growing, and fun to work with. When we become ripe, we stop growing, and begin to rot The most difficult for me to share with is the overripe "all-knowing" Pharisee who has the "right words," for about everything, but lack the spirit of forgiveness and compassion. No human can be or do anything good enough to earn our Father's grace nor do or be bad enough to block our Creator's gift of grace. That's truly Thanksgiving no matter what day of the year or point in our serendipity journey Home to our Father's Banquet in which all of us are welcome. Invite your love ones and enemies, we are going to have an abundance of leftovers, we always do. Come let us love one another, with an open heart and open mind, and let us accept our Father's daily invitation. Thy Love, Thy Will be done.



The Information Age!  
"Pay Forward" #294

*I greet The Indwelling Wisdom.*

Today's "Pay Forward" gift is – The Information Age! Now days we have so much information to deal with that a simple reply to a question is difficult to come by. I have a busy day today. Will I do what I want to do? Or, will I find myself doing what I didn't want to do? I'm singing the international theme song of the alcoholic – "Now that I know it's bad I will never do it again, or even think about it." Within a few hours, I will be doing it. I heard in a meeting – "If 90 percent in my life is going great and 10 percent wasn't; I will spend 90 percent of my time and energy on the 10 percent." If I haven't uncovered the harmful stuff buried within me, alive, at some point, it will deal with me. That is one of the "whys" I'd better do a searching and fearless inventory. However, I need to do the first three Steps. Trying to keep it simple before it is, helps keep one in denial. I love sharing the healing I experience. "Great opportunities to help others seldom come, but small ones surround us daily" (Sally Koch). Mother Teresa suggested that we do small things with great love. That's a good reason why I need to show up today. I pray that I am loving, wise and useful, and to share with others whatever I receive. Thy Love, Thy Will be done.

MAY YOU AND I HAVE THE PROGRESSIVE REALIZATION TO DO TO BE THE INDIVIDUAL INTENDED BY OUR CREATOR.

All That Is Not  
"Pay Forward" #295

*I greet The Indwelling Chipper.*

Today's my "Pay Forward" gift is – Chipping Away All That Is Not. Working the A.A. Program aids the process of letting go of what is not like our Father's vision of the individual, He created. When I took possession of what I found in my inventory, I could own the rough patterns I found. I was more than willing to surrender them to our Father for their transformation into assets. Our Father began clearing out the useless, harmful stuff as soon as I got out of His way. That chipping away revealed my heart's desire; His Divine Design He created as me. I love the way our Father does business. I recommend Him highly for all your chipping-away needs. Knowing how this works you would think that I live this process 24/7, but I don't. I have to remind myself often daily to return within for our Father's Love and His Will. The rewriting and rewiring our habits of thoughts and feelings are a lifetime job, under the guidance of our Father. "Say not, "I have found the truth," but rather, "I have found a truth." Say not, "I have found the path to the soul." Say rather, "I have met the soul walking upon my path." For the soul walks upon all paths. The soul walks not upon a line, neither does it grow like a reed. The soul unfolds itself, like a lotus of countless petals" The Prophet – Kahlil Gibran. Thy Love, Thy Will be done.



Love Is No Stranger  
"Pay Forward" #296

*I greet The Indwelling Lover.*

Today's "Pay Forward" is – Love Is No Stranger. Love is the force that dissolves all opposes and can smooth every obstacle that gets in its way. Hate is not love's opposition, apathy is. Selfishness, self-centeredness is the breeding ground for apathy; having no concern or interest in the well-being of others. Alcoholics Anonymous is the perfect solution for apathy. As we awaken to our true Self, love; we give it away to keep it [service], and we watch it grow. Most of us realize when we awaken out of our lonely, loveless sleep, how little we know about receiving and giving the love we are. My ideas about love were limited; I believed one love fits all. The dissatisfaction from that limitation inspired me to write the Six Love's workshop. [www.12stepworkbook.org/workshops](http://www.12stepworkbook.org/workshops) My older brother was known for his gift of never meeting a stranger. Some things he did were not spiritual, but his love was. All love is grounded in Agape; Spiritual Love. Whenever and wherever, just as we are, we only need to turn within to love and worship our Father. "For even as love crowns you so shall he crucify you. Even as he is for your growth so is he for your pruning. Even as he ascends to your height and caresses your tenderest branches that quiver in the sun, so shall he descend to your roots and shake them in their clinging to the earth" The Prophet – Kahlil Gibran. Thy Love, Thy Will be done.

MAY YOU AND I HAVE THE PROGRESSIVE REALIZATION TO DO TO BE THE INDIVIDUAL INTENDED BY OUR CREATOR.

Let's Set The Record Straight  
"Pay Forward" #297

*I greet The Indwelling Knower.*

Today's my "Pay Forward" gift is – Let's Set The Record Straight. We have been foolish, but we are not fools. We have failed many times, but we are not failures. We have done many bad things, but we are not evil. Punished many times and made to feel guilty and have done the same to others, but now we seek correction for others and ourselves. We have withheld and withdrawn our love and our Spiritual Gifts, and this caused us to believe that others, even God were doing the same to us. We do not have to rely on ourselves alone and unaided; we have a way of life that really works. It's our A.A. Program, come, join us. For every alcoholic using, our Twelve Step Program for alcoholism or a drinking problem seven are using it for something other than alcoholism. "It is when your spirit goes wandering upon the wind, that you, alone and unguarded, commit a wrong unto others and therefore unto yourself... Oftentimes have I heard you speak of one who commits a wrong as though he were not one of you, but a stranger unto you and an intruder upon your world. But I say that even as the holy and the righteous cannot rise beyond the highest which is in each one of you. So the wicked and the weak cannot fall lower than the lowest which is in you also" The Prophet – Kahlil Gibran. Thy Love, Thy Will be done.



Divine Shopping Center  
"Pay Forward" #298

*I greet The Indwelling Presence.*

Today's "Pay Forward" gift is – Divine Shopping Center. Being willing to live a Divine Food Plan that nourishes all levels, I began to receive "how to" messages. I was told about the Divine Food Shopping Centers and their nearest location and about online shopping. These Shopping Centers are open 24/7. Everything we need is available, there are five departments. It's suggested we start our daily shopping experience in the Spiritual Department. We will find great teachers to help us learn how to practice the Presence of our Higher Power. They offer courses in prayer, meditation, affirmations and contemplation. The Mental Department offers courses on Spiritual discernment, intuitive wisdom, and how to constructively use our mind in union with the Divine mind, plus common sense. The Physical Department let us gather vine ripe fruit, and vegetable, or you may pick up a basket of bread and fish to share. The Emotional Department offers guidance in unconditional love, and the other five loves. We are shown how to face, embrace and disempower, our fears, changing their nature to the nothingness they are. The Social Department offers courses on how to be a worker among workers, a lover among lovers. Go on the Divine-online and find out more about these wonderful Divine Shopping Centers. It starts with the key, willingness to commit to the suggested Divine feasting and fasting plans. Let our choice be an act of worship. Alcoholics Anonymous offers daily shopping tours. Thy Love, Thy Will be done.

MAY YOU AND I HAVE THE PROGRESSIVE REALIZATION TO DO TO BE THE INDIVIDUAL INTENDED BY OUR CREATOR.

Built In Thermostat  
"Pay Forward" #299

*I greet The Indwelling Healer.*

Today's "Pay Forward" gift is - Built In Thermostat. We have a built in thermostat; a path to correction. I call guilt and punishment a drug; it gives us an illusion that it is correcting a problem. Like alcohol, it acts as a "fix," not a solution. Once again, I caught myself using the drug guilt and punishment, first on another and then on myself. I felt like a friend betrayed me, when I run into him, I gave him a little shot of the drug, guilt. I applied a little of, "You done me - wrong song," he didn't by it. In fact, he offered me the same drug, guilt, adding a shot of punishment. In the Hands of our Father, everything has a loving purpose. When I was a child my caretakers taught me, for my own good of course, the many "good" and "bad" uses for the drug, guilt and punishment. "The worst thing: to give yourself away in exchange for not enough love" (Joyce Carol Oats). Our Divine Thermostat is a handy tool for realigning our will with our Father's Loving Will. Our Father gave His angels charge over us to help us get out of a ditch we've fallen into. We have a free will, to follow His loving guidance or to misuse the drug, guilt and punishment. "Gratitude is looking on the brighter side of life, even if it means hurting your eyes" Ellen DeGeneres. Our Choice. Thy Love, Thy Will be done.



Busy Doing  
"Pay Forward" #300

*I greet The Indwelling Lover.*

Today's "Pay Forward" gift is – Busy Doing. If we would busy ourselves giving away everything we want, like love, kindness, forgiveness, understanding, we would find ourselves living the life we dreamed of. If we were busy sharing the service work we are given in Alcoholics Anonymous, any kind, any time or any place, most likely we would be sober, joyous, happy and free. If we were busy being kind, before we knew it, we would find we'd soon forget to think 'twas true that someone was unkind to us. If we were busy being glad and cheering people who are sad, Although our heart may ache a bit, we'd soon forget to notice it. If we were busy being good and doing the best we could, we'd not have time to blame some man Who's doing just the best he can. If we were busy being right, we'd find ourselves too busy to criticize our neighbor long because he's busy Being wrong. Anonymous, any kind, any time or any place, most likely we would be sober, joyous, happy and free. "What we really have is a daily reprieve contingent on the maintenance of our spiritual condition" (Alcoholics Anonymous p85). Thy Love, Thy Will be done.

MAY YOU AND I HAVE THE PROGRESSIVE REALIZATION TO DO TO BE THE INDIVIDUAL INTENDED BY OUR CREATOR.

Unbinding Thoughts And Liberating Dreams  
"Pay Forward" #301

*I greet The Indwelling Knower.*

Today's "Pay Forward" gift is – Unbinding Thoughts And Liberating Dreams. "Great things are done by people who think great thoughts and then go out into the world to make their dreams come true" (Creative Mind and Success). "Every great dream begins with a dreamer. Always remember, you have within you the strength, the patience and the passion to reach to the stars to change the world." Harriet Tubman was a slave born around 1820. She dreamed of freedom and at the age of 29, escaped. She helped over 300 other slaves escape. Dr. Bob and Bill have help millions escape their self-made prison. I was a dreamer my first six and-a-half years in Alcoholics Anonymous. Then I committed an act of violence. I had promised myself that I would never do that level of violence again. By stuffing one of my defects I buried that negative energy alive, and when its time came it popped up. I was so disappointed in myself for violently acting out that I built another self-made prison. By reworking the Steps again I experienced freedom. By our Father's grace, I am once again a dreamer of greater dreams. In an abiding intuitive faith in our Father's loving mercy, I know He is our first cause for all my dreams. He is my only Source for their fulfillment. I am happy to pass their fruits on. "Nothing is a waste of time if you use the experience wisely" (Auguste Rodin). Thy Love, Thy Will be done.



I Know You're There  
"Pay Forward" #302

*I greet The Indwelling Presence.*

Today's my "Pay Forward" gift is – I know You're There. Where O where can I find my Higher Power? There is an Eskimo tribe known for their ivy carvings that has an interesting preparation rite. They take a piece of ivy and turn it over and over chanting. "I know you are in there show me." When the carver gets a vision of an image, he carves it. I use a form of the Eskimo carver's way. I consciously know our Higher Power, who I choose to call our Father, is within all of us doing the works I call my life, all life. I know that I did not create myself or am I able to turn the food I ate into energy, flesh and bone, in other words, everything it takes to live, move and have my being. However, all too often I have no conscious contact with Him. I say over, and over Father - I know it is You within me doing the works, reveal Your Will to me. Awaken me to Your Presence, let me know Your Love, Your Will for me and let me have all it takes to carry it out. Most of the time I just say, Father, then I take the next step that comes to me, trusting it is His will. Practicing His Presence is the vital part of my life. Hanging on our A.A. wall is a sign, First-Things-First, I choose our Father first. Thy Love, Thy Will be done.



MAY YOU AND I HAVE THE PROGRESSIVE REALIZATION TO DO TO BE THE INDIVIDUAL INTENDED BY OUR CREATOR.

Rule 62

“Pay Forward” #303

*I greet The Indwelling Presence.*

Today’s “Pay Forward” gift is – Rule 62. One of my readings this morning was from Tradition Four in Twelve Steps and Twelve Traditions about Rule 62 “Don’t take yourself too damn seriously.” However, live the Program as if everything depended on it. The effectiveness of our living the Program depends on our Source. If our Father is our one Source, there is no need to take ourselves too seriously; this morning I did. I think I left my backup chip at the office; I hope so. I’d better return to our Boss and remind myself I cannot lose anything that belongs to me by right of consciousness. “A.A’s Twelve Steps are a group of principles, spiritual in their nature, which, if practice as a way of life, can expel the obsession to drink and enable the sufferer to become happily and usefully whole.” Being, fulfilled, joyous, happy and free is to be the individual we were created as. I may add if we are not enjoying our A.A. way of life, we are doing something wrong, or we have not been doing it long enough. Our business is to bring our whole nature into conformity with the Love and Will of our Father. What would I do differently if I could do it over? I would ask more of our Father, more of the Program and more of myself, sooner, and not take myself too seriously. Thy Love, Thy Will be done.



Winners And Losers

“Pay Forward” #304

*I greet The Indwelling Spirit.*

Today’s “Pay Forward” gift is – Winners And Losers. Who are these winners and losers? We hear in meetings “stick with the winners,” who are these winners? The winners are those who are living the solution. Who are the losers? The losers are those that are still getting ready for the program (practicing their illness). Therefore, we could say that winners and losers were the same person at different points in recovery. A sad fact is that most of those losers never make the cut. Since you are here, I would suggest that you stay and forgo any added sick prep work. I am so grateful that I stayed active in the program until the miracle of being transformed into a winner. By the time I reached the doors of Alcoholics Anonymous, I was a real loser. I did not have an inferiority complex; I was incompetent in every area of my life. By our Father’s grace and mercy, I can make a good difference daily, and I have an abundance of everything I need to carry it out. When I fail these days, I accept it as a learning opportunity. “Much of your pain is self-chosen. It is the bitter potion by which the physician within you heals your sick self. Therefore, trust the physician, and drink his remedy in silence and tranquility: For his hand, though heavy and hard, is guided by the tender hand of the Unseen” The Prophet – Kahlil Gibran. Thy Love, Thy Will be done.

MAY YOU AND I HAVE THE PROGRESSIVE REALIZATION TO DO TO BE THE INDIVIDUAL INTENDED BY OUR CREATOR.

Transcending Our Limits

"Pay Forward" #305

*I greet The Indwelling Presence.*

Today's "Pay Forward" gift is – Transcending Our Limits. Transcendence becomes a reality by living the Alcoholics Anonymous' way. A Spiritual awakening is the fruit from practicing Alcoholics Anonymous' program. We witness our life going beyond the limits we have bound ourselves with. Our capacity for transcendence; a gift of grace distinguishes us from other creatures. Alcoholics Anonymous teaches us how to be human and Spiritual at the same time; a gift of grace. Let us claim our transcendence, and our transformation, and leave the results to our Father. This gift can transform our defects into useful, loving assets. Sharing these assets is proof of our transcending our old way of life. Action is the magic word. Great ideas, and good intentions, without works are useless; faith without works is dead. Ten black birds were setting on a limb one decided to fly, how many were left? Ten, one decided but did not fly. The best way to receive more of those things we want is to pass on what we already have, that increases our capacity to receive. Let us share how our world view has transcended our preprogram world view. "When you love you should not say, "God is in my heart," but rather, "I am in the heart of God." And think not you can direct the course of love, for love, if it finds you worthy, directs your course" The Prophet – Kahlil Gibran. Thy Will, Thy Love be done.



As We Choose

"Pay Forward" #306

*I greet The Indwelling Wisdom.*

Today's "Pay Forward" gift is – As We Choose. The following story is a great reminder that our choices do matter, a good lesson about responsibility. Once upon a time, there was a wise man who lived in a small village. There was a guy who was jealous of him, and hell-bent on showing him up. One day, this guy took witnesses to confront the wise man. He had a small bird in his closed fist. He said - "If you are so wise, tell me this: Is the bird I have in my hand dead or alive?" The man knew if he answered the bird was alive; he would squeeze it to death, and if he answered that it was dead, he would open his hand and let it fly away. The wise man replied, "It is as you choose." And so it is with us. "The only requirement for A.A. membership is a desire to stop drinking." Any alcoholic is a member of A.A. when he [or she] says so. "Made a decision to turn our will and our lives over to the care of God as we understood Him." This decision places the responsibility directly on the decision maker. Making a decision is choosing our Source. Let us choose to trust our chosen Higher Power. By grace and our wiliness to do and to be His Will, we have a daily choice, whom shall we serve? Thy Love, Thy Will be done.

MAY YOU AND I HAVE THE PROGRESSIVE REALIZATION TO DO TO BE THE INDIVIDUAL INTENDED BY OUR CREATOR.

The Road Less Traveled  
“Pay Forward” #307

*I greet The Indwelling Omniscience.*

Today’s “Pay Forward” gift is – The Road Less Traveled. “Two roads diverged in a wood, and I took the one less traveled by, and that has made all the difference” (Robert Frost). My works are not a matter of chance, but the choice of a Partner; our Father, and the road I chose to travel. If I could live my journey over, I would ask more of our Father, of A.A.’s program and myself sooner. I would not dwell on failures, mistakes or wrongs done or rights not done. I would not dwell on guilt, shame or remorse or contempt for me or others. I would learn how to worship and to love our Father more, in Spirit and Truth. I would respect myself and others more. When I fall short, I would forgive myself and turn back to our Father AS SOON AS POSSIBLE. We can have whatever we are willing to be by grace. Deep within each created being is a Devine Design reminding us to be our intended self. This message is given to us in a way we can currently hear, understand and follow. Be still, watch and listen. The road less traveled is no less than our mission calling us to arms. This call is giving us the permission to do and to be our intended life. The greatest teacher ever said, “Let it be done unto you as you believe.” Alcoholics Anonymous can clear our consciousness, so we can believe. Thy Love Thy Will be done.



Love - The Greatest Thing In The World  
“Pay Forward” #308

*I greet The Indwelling Lover.*

Today’s “Pay Forward” gift is – Love - The Greatest Thing In The World. Our Father, Creator is Love, which means you, and I are expressions of Love. He Created life in a manner that all must share with other forms of life. No living creature can stand alone. Sharing is love; I call that Primal love. In 1884, Henry Drummond wrote The Greatest Thing In The World, a tiny little book with a very large message. It’s commentary on 1 Corinthians 13. Most of us have asked, “What is the supreme good?” Is it Faith? Is it Hope? Is it Love? The greatest of these is love. Drummond listed nine elements of love. They have common names; things we can practice daily. The nine ingredients are: Patience, Kindness, Generosity, Humility, Courtesy, Unselfishness, Good Temper, Innocence and Sincerity; these make up the supreme gift. You’ll observe that these are into the known today and the near tomorrow, and not to the unknown eternity. Having a burning desire to better understanding and to share love inspired me to write the workshop on The Six Loves. You may download it free - [www.12stepworkbook.org/workshops/sixloves](http://www.12stepworkbook.org/workshops/sixloves). “When love beckons to you, follow him, Though his ways are hard and steep... for even as love crowns you so shall he crucify you. Even as he is for your growth as is he for your pruning” The Prophet – Kahlil Gibran. All forms of love make the greatest “Pay Forward” gift both to give and receive. Thy Love, Thy Will be done.

MAY YOU AND I HAVE THE PROGRESSIVE REALIZATION TO DO TO BE THE INDIVIDUAL INTENDED BY OUR CREATOR.

The Seven-Day Mental Diet  
“Pay Forward” #309

*I greet The Indwelling Thinker.*

Today’s “Pay Forward” gift is – “The Seven-Day Mental Diet.” The subject of diet is one of the foremost of the present day in public interest. Newspapers and magazines teem with articles on the subject. Emmet Fox wrote many years ago, first in a pamphlet later in his book “Power Through Constructive Thinking.” Emmet Fox deals with the subject of mental dieting, infinitely more profound and far-reaching in its effect than a food diet. It is the food (thoughts) we furnish our minds that determine our experience. There are no neutral thoughts, and all thoughts are personal. Change our minds and our conditions change. *“We are transformed by the renewing of our minds.”* The prescription is simply but not easy. For seven days, you must not allow yourself to entertain or dwell on any negative thought or feeling. When anger, fear, failure, negative thoughts and feelings come to mind, just don’t dwell on them. If we were sitting by an open fire when a red-hot cinder flies out and falls on our sleeve, if we knock it off at once, no harm is done. This diet seems to stir up all sorts of difficulties; that’s a good sign, because there is movement. If you lapse you must go off the diet altogether and then start again later. Do not tell anyone that you are on this diet; wait until it’s over. Thy Love, Thy Will be done.



Fool’s Gold Or Pure Gold?  
“Pay Forward” #310

*I greet The Indwelling Abundance.*

Today’s “Pay Forward” gift is – Fool’s Gold Or Pure Gold? Facts too often get in the way of Reality. Habits are the primary characteristic of my personal “reality.” Repeating an established habit, gives me the illusions that it must be true. Growing up I bought into the belief the most important way of thinking was common sense, not book learning. Later, I realized what my family was calling common sense was common consensus, fool’s gold. Just because many others have had the same type of experience does not make it common sense. Pure gold is the intuitive wisdom which comes only by grace, when demonstrated becomes our gift of Pure Gold to share. I believe we have the same Creator, and He is Love, to demonstrate that Truth lets me love all His children. If that sounds like trying to kiss up to Him, I am. Come let us love one another by demonstrating it here and now, silently or openly. I know that I will continue to have opportunities to express the love I am, we are and that’s based on Real Common Sense. I pray that I am getting better at demonstrating His Love, pure gold. “Each one of us matters, has a role to play, and makes a difference. Each one of us must take responsibility for our own lives, and above all, show respect and love for living things around us, especially each other” Jane Goodall. Thy Love, Thy Will be done.

MAY YOU AND I HAVE THE PROGRESSIVE REALIZATION TO DO TO BE THE INDIVIDUAL INTENDED BY OUR CREATOR.

Me And My Shadow  
“Pay Forward” #311

*I greet The Indwelling Reality.*

Today’s “Pay Forward” gift is – Me And My Shadow. I talk a lot about our personal “reality”; it is a filter system that molds much of what I experience. It is not the created me, my Higher Self. Most often what I see is my made-up reflection in that limiting mirror of my personal “reality,” hearing the hum of its little voice as “reality.” This image I see and the sounds I hear are familiar, habitual that I think and feel that “this” is REALITY. At best, it is but a shadow of my created Higher Self. After I worked through all Alcoholics Anonymous’ Steps, I experienced a Spiritual Awakening. I began to experience my Higher-Self and REALITY more in alignment with our Father’s Love and Will. I began to experience an intuitive knowing; our Father’s first language, silently. I believe our awakening is a form of spiritual discernment, having the ability to tell the difference between my personal “reality” and REALITY. I experience as something as double-minded, and unstable in all its ways. My intuitive REALITY is always good and loving, needing no other proof. Daily, I seek through prayer and meditation to improve my conscious contact with our Father and His REALITY. “The most authentic thing about us is our capacity to create, to overcome, to endure, to transform, to love and to be greater than our suffering” Ben Okri. Come; let us be about our Father’s Business. Thy Love, Thy Will be done.



Love And Tolerance  
“Pay Forward” #312

*I greet The Indwelling Presence.*

Today’s “Pay Forward” gift is – Love And Tolerance. “Death is not a period, but a comma, in the story of life” (Anonymous). I believe our Father designed us to practice experiencing dying each night and reborn each morning; telling us, death is only a comma. I am disappointed about the way I handled some of my personal “reality” thinking, feeling and acting. Alcoholics Anonymous’ code; love and tolerance, has taught me not to hate myself. I am learning to detach from the undesirable and forgive myself. I am learning how to bend or become strong enough to resist breaking. “The trees in the storm don’t try to stand up straight and tall and erect. They allow themselves to bend and be blown with the wind. They understand the power of letting go. Those trees and those branches that try too hard to stand up strong and straight are the ones that break” (J.B. Hill). Fractured bones are stronger at the healed fracture site than normal bones, and so it is with Alcoholics Anonymous. A sober member who is practicing its spiritual principles is given a set of healing tools the average person does not have. Our A.A. way of life is a daily “exercise program” for the whole human condition. We become flexible during life’s storms and joyful times of every season. “The place to improve the world is first in one’s own heart and head and hands, and then work outward from there” Robert M Pirsig. Thy Love, Thy Will be done.

MAY YOU AND I HAVE THE PROGRESSIVE REALIZATION TO DO TO BE THE INDIVIDUAL INTENDED BY OUR CREATOR.

We Are Spiritual Beings  
“Pay Forward” #313

*I greet The Indwelling Presence.*

Today’s “Pay Forward” gift is - We are Spiritual Beings having a human experience, not humans having a Spiritual Being. We are infinite beings having a finite experience. This clears up a number of questions for me. This takes on the idea of life after this life a reality for me. To express our Father’s Will and Love in this physical world is an attainable goal. The whole meaning of life in this world takes on a much difference meaning. I know we did not create ourselves. I know we cannot transform water or food into flesh and bone, thoughts and feeling along and unaided. That takes an infinite intelligence way beyond our human pay-grade. When I am using prayer and meditation to get stuff I am consuming spiritual junk-food. When I am seeking approval from other humans, instead of the infinite Source in Whom we live, move and have our being, I am headed for a dead end. Love, forgiveness, compassion is far more appealing. A.A. gives us a great set of spiritual tools, with which we can truly make a good difference. We are assured that we can start over again with less baggage and prejudice. Everything my Hero Jesus showed us how to do is a worthwhile investment. Those of us in A.A. who practice its spiritual principles, although we may call the program different names, we know it works. “It really does.” Thy Love, Thy Will be done.



Unearned  
“Pay Forward” #314

*I greet The Indwelling Giver of Life.*

Today’s “Pay Forward” gift is – Unearned. Grace is the Presence and Action of our Father within doing the works we call life. We can rewrite our personal “reality” accepting that its world view can be changed. Without that upgrade, we are likely to think and feel grace will only come as a once-in-a-while miracle. Our Creator stands at our door. We would do well to invite Him in. He is always Present, but we must choose to accept His Omnipresence. Our Father is awesome, infinitely beyond and yet intimate. When our Creator first thought us into being, He supplied us with all we need to manifest His individual Divine Design. We can use our free will to accept His Divine Design as is, if we choose, letting go of our made up personal “reality.” He built into each of His creatures the natural healer. The Wholeness we search for is already here and now when we are ready to awaken. Alcoholics Anonymous gives us the awakening tools. If we are wounded the Divine Healer within will make us whole, if we are willing to let His Love be done. “Although the world is full of suffering, it is also full of the overcoming of it” Helen Keller. Love is a healing power touching everything into wholeness; Our Father is love, so are we. If we withhold our love to anyone, we are denying that love to ourselves. Thy Love, Thy Will be done.

MAY YOU AND I HAVE THE PROGRESSIVE REALIZATION TO DO TO BE THE INDIVIDUAL INTENDED BY OUR CREATOR.

Our Home Group  
“Pay Forward” Gift #315

*I greet The Indwelling Presence Within Our Group*

Today’s “Pay Forward” gift is – Our Home Group. We are drawn to our Home Group for a purpose. Faithfulness to your Home Group, your Higher Power and A.A., affects all of A.A. and all of humanity. I think of Kahlil Gibran’s writing when I ponder A.A.’s Tradition Four. “Each group should be autonomous except in matters affecting other groups or A.A. as a whole.” Tradition Three gives each individual a great freedom to be themselves and the responsibility for their choices and actions. Tradition Four does the same each group. “Ay, you shall be together even in the silent memory of God. But let there be spaces in your togetherness, and let the winds of the heavens dance between you. Love one another, but make not a bond of love: Let it rather be a moving sea between the shores of your souls. Fill each other’s cup but drink not from one cup. Give one another of your bread but eat not from the same loaf. Sing and dance together and be joyous, but let each one of you be alone, even as the strings of a lute are alone though they quiver with the same music. Give your hearts, but not into each other’s keeping. For only the hand of Life can contain your hearts. And stand together yet not too near together: For the pillars of the temple stand apart, and the oak tree and the cypress grow not in each other’s shadow” Kahlil Gibran. Thy Love, Thy Will be done.



Rebooting  
“Pay Forward” Gift #316

*I greet The Indwelling Omniscience.*

Today’s “Pay Forward” gift is – Rebooting. My computer is reminding me of the ebbs and flows of my life. When my computer stopped working, I cut off its power supply, and then I rebooted it. When it came back online my default programs came up. My personal life stopped working this weekend, in need of rebooting. First, I had to stop the negative power flow of energy, so I turn to our Father. I began the rebooting with a prayer and meditation. I remember how great my Heroes are; I love the way they shared. When I compare myself to my greatest heroes, I fall far short. When my default programs are up and running my created individual self-will comes into play. I need to learn the lessons they demonstrated and not compete, and do my little part. If our Father wanted me to be of more useful and loving, He would have created it so. Today I am looking inward, not backward, that I might receive a little more truth about my Higher Self. The past is over and lives only in my mind. I forgive myself and others for the real and imaginary stuff. I put my life in our Father’s hands, letting Him do for me what I cannot do. I am willing to let Him reboot my mind to its default program, His Divine Design. “My father didn’t tell me how to live; he lived and let me watch him do it” Clarence Kelland. Thy Love, Thy Will be done.

MAY YOU AND I HAVE THE PROGRESSIVE REALIZATION TO DO TO BE THE INDIVIDUAL INTENDED BY OUR CREATOR.

Listening To Our Heart  
“Pay Forward” Gift #317

*I greet The Indwelling Beloved Lover Loving.*

Today’s “Pay Forward” gift is – Listening To Our Heart. “It’s quite simple: It is only with the heart that one can see rightly; what is essential is invisible to the eyes” Antoine De Saint Exupery. Acting As If. “Before they call I will answer; and while they are still speaking, I will hear” Isaiah 66:24. With an intuitive faith I am acting as if my affirmations are answered; and while I am speaking, our Father within hears. I choose to focus on feasting on what I want, which is to be and to do our Father’s Will and Love. I am fasting from all that is contrary to His Will and Love as I understand it. I affirm that my heart’s desire is in alignment with our Father’s divine design is. Affirmations are planting the love seeds, which I want to bear fruit. I exchange myself-centeredness for the grace of an enlighten-self-interest. I let go and let our Father have His Way. I claim my inheritance of Spiritual, mental, physical, emotional, and social abundance. I am willing to share all I want to increase. I use all my senses and am open to the energy that is within, around and through me. While my mind may go in a million directions, I choose once again to re-center my consciousness within our Father’s Will and Love. I choose to be at one with the infinite rhythm of Life. Come let us be about our Father’s Business. Thy Love, Thy Will be done.



Awakening Once Again  
“Pay Forward” #318

*I greet The Awakened Awakener Awakening.*

Today’s “Pay Forward” gift is – Awakening. Spiritual discernment is, the ability to distinguish when we are judging with our personal “reality” or awakening to our spiritual Higher Self. Having had a spiritual awaken as the result of living A.A.’s spiritual principles in all our affairs, at least some of the time, we are given a taste of spiritual discernment. Transmutation is the conversion of one element into another. Our conscious is changing in action and character to conform to spiritual principles. Experiencing our world changing from our made up world to Reality. The transforming our selfish self-centeredness into enlightened Self-interest. This gift is given to us by Divine grace, unearned or deserved, we are opened by grace to receive this gift. To keep it and experience its expansion we need to pass it on, pay it forward. When our powerlessness is raised up experiencing the omnipresence of our Father, Creator, we are able to spiritual discern His Love and His Will, in the present moment. When we attempt to confine the divine spiritual principles to our personal “reality”, our made up world view and scoff at anything beyond, we may become A.A. Pharisees “My way or the highway.” Practicing A.A.’s spiritual principles until we awaken from our denial, and surrendering all we are aware of getting in our spiritual path, and receiving the gift of spiritual discernment, even if we have become a temporary Pharisee. We are introduced to our Higher Self, consciously and consistently receiving daily miracles. Thy Love, Thy Will be done.



MAY YOU AND I HAVE THE PROGRESSIVE REALIZATION TO DO TO BE THE INDIVIDUAL INTENDED BY OUR CREATOR.

The Healing Place  
"Pay Forward" Gift #319

*I greet The Indwelling Healed Healer Healing.*

Today's "Pay Forward" gift is – The Healing Place. "Every time we heal any condition; however, small, by prayer, we gain an increase in spiritual understanding. One definite healing will teach us more about spiritual truth than hours of discussion or reading" Emmet Fox, a great A.A. friend. Once we have learned how to enter our inner silent invisible kingdom, we have a special prayerful place to retreat, that is ours to go to anytime, to visit the Presence of our Source of life. "And if it is for your comfort to pour your darkness into space, it is also for your delight to pour forth the dawning of your heart. We cannot ask thee for aught, for thou know our needs before they are born in us: Thou art our need, and in giving us more of Thyself Thou gives us all" Kahlil Gibran. Let us go within our special prayerful retreat and ask for His Will and His Love to be done, and He will reward us with His Presence, which is Love. "Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out." Whatever we can do or dream we can let us begin it now. Willingness is boldness opening us, giving us what we need, for the moment, let us takes time out and begins our prayer. Thy Love, Thy Will be done.



Who's Doing The Works?  
"Pay Forward" Gift #320

*I greet The Indwelling Presence.*

Today's "Pay Forward" gift is – Who's Doing The Works? "Don't call me good, it's the Father within doing The works. Let me remember that we need to credit the results to our Father, to take off our mask and practice His Principles in all of our affairs. Our primary need is simple; being the individual we are. All we need has already been given. Alcoholics Anonymous gives us the tools we need to chip away all that is not who we are. Practicing hasn't made it perfect, but it sure helps. Our choice to be discouraged by our failure, or we learn from it. Pure faith and love may remain a mystery. The faith and love we have now is enough to grow on. Most of my troubles come when I have unrealistic expectations – "I" - cannot fulfill. However, when our Father is my only Source, and I trust Him to supply me with all I need, to do and to be His Will, nothing is impossible. I am reminded of Jacob Riis' affirmation. "When nothing seems to help, I go and look at a stonecutter hammering away at his rock, perhaps a hundred times without as much as a crack showing in it. Yet, at the hundred and first blow it will split in two, and I know it was not that blow that did it, but all that had gone before." It's not just this time I'm affirming our Father as my only Source, but all which went before. Thy Love, Thy Will be done.

MAY YOU AND I HAVE THE PROGRESSIVE REALIZATION TO DO TO BE THE INDIVIDUAL INTENDED BY OUR CREATOR.

Friends

“Pay Forward” #321

*I greet The Indwelling Inspired Fellowship.*

Today’s “Pay Forward” is – Friends. Having a common cause or purpose, is the basic characteristic of friendship; that’s why it’s easy to have friends in Alcoholics Anonymous. Humans are users, and it is up to each of us as to how we use others and ourselves. A.A. gives us the ability to choose our friends. A best friend is someone who will put up with our craziness and inadequacies but still accept us and be there for us. It’s helpful if we choose ourselves as a best friend, otherwise it will be difficult to accept another as a best friend. When our best friend does something wrong, dangerous, or stupid we can forgive them as if it’s for ourselves, because we are. A best friend is someone special; we are lucky to have one, but it takes a real commitment to keep nourishing it. If we include our Father with the two of us, we can have a Tri-partnership. I do love our Father and all my Spiritual teachers. I am taught by His inspired words and my daily events; I want and need. I am learning to love all His creatures. Through practicing A.A.’s way of life, we can find our created purpose; all we need is given each of us. “I awoke this morning with devout thankfulness for my friends, the old and the new. Shall I not call God, the Beautiful, who daily shows Himself so to me in His gifts” Ralph Waldo Emerson. Thy Love, Thy Will be done.



Through The Eyes Of Faith

“Pay Forward” #322

*I greet The Indwelling Presence.*

Today’s “Pay Forward” gift is - Through The Eyes Of Faith. I am responsible for what I believe. Seeing with the eyes of faith is my proof of our Higher Power’s Presence. “Blessed are the pure in heart for they will see God.” I want; I need to see proof of our Father’s Presence. He gave us faith. I can see Him through His expressions; acts we call life. I have faith that He is love. When I see or experience something negative or violent I cannot understand. Why this could be if He is only love? I need an abiding faith in His grace, and to trust that He knows what He is doing, even in what seems useless or harmful. Why did He plant weeds? The weeds keep the rich top soil from washing away until we can prepare the ground and plant the good stuff. I have faith that we are all created in His image and likeness, the fruit of His love. My negative thoughts are the weed seeds I planted. Unaware that our Father was keeping the rich top soil, my soul from washing away until He could prepare the ground within and plant His Love seeds; His image and likeness. Within my abiding faith, I stand at the door of my consciousness as a silent invisible witness waiting for the highest level of faith; an intuitive faith, the gift of knowing even as I am known. Alcoholics Anonymous’ awakening is the gift of Spiritual discernment. Thy Love, Thy Will be done.

MAY YOU AND I HAVE THE PROGRESSIVE REALIZATION TO DO TO BE THE INDIVIDUAL INTENDED BY OUR CREATOR.

Forgiveness, Our Choice  
“Pay Forward” #323

*I greet The Indwelling Presence of love within us all.*  
Today’s “Pay Forward” gift is – Forgiveness, Our Choice. I realize how important it is to forgive all, withholding from no one, even myself; freeing us from the past, and to live in this moment in our Father’s Presence. Knowing this, why haven’t I fully forgiven all? What about the abundance I have, am I passing it on unconditionally to those I’m drawn to? I have to say no; I find myself withholding from some. I fear that I may cut off the free flow of abundance if I don’t pass it on. I am reminded that resentments; our number one offender, is an attachment holding us bound to one another as a prisoner and jailer in a wall less prison. What can I do to correct my withholding forgiveness and the gifts I’m given? I know the answer to this question. It’s simple; I know from experience that I have a solution that works. I must extend the wisdom and love our Father has already given me. I silently forgive each one for all the wrongs done and for the good not done. I set us free to carry out Your intended Will, Father. As I am guided, I silently extend to each one what I realize at that present moment to be a perfect gift, for us both, aiding us to carry out Your Will, Father. By offering this forgiveness and this gift I set us all free to be about our Father’s Business. Thy Love, Thy Will be done.



Busy Little Termites  
“Pay Forward” #324

*I greet The Hidden Enemy.*

Today’s “Pay Forward” gift is – Busy Little Termites. Our Father’s greatness is a gift of grace that I should humbly receive, yet, at times I let these little guys undermine the very foundation of my relationship with our Loving Father. No wonder I need the A.A. spiritual principles to restore me to sanity, as if I ever had any. I hate the idea of my making anyone homeless. However, this little day-in-day-out stuff I’m calling termites, need to go. They are real present danger. These little guys can cause foundation problems to our relationships. Termites destroy more property than all the fires, floods, wind, and hail, and so it is with any area of our human condition. Because of the possible high cost the “big” problems force us to address then or run away. With the “little” stuff we don’t have to do anything or they are not important enough to matter. One way or another, we often stuff these little guys. One termite doesn’t matter, but when they build up in large numbers, watch out. It is best to deal with all problems AS SOON AS POSSIBLE. Each of us has latent gifts to claim and share, but these little termites undermine our confidence. Failing in some little thing I lack faith in what exists within me because I lack faith in Who exists within me. It’s quite simple: It is only with the heart that one can see rightly; what is essential is invisible to the eyes” Antoine De Saint-Exupery. Thy Love, Thy Will be done.

MAY YOU AND I HAVE THE PROGRESSIVE REALIZATION TO DO TO BE THE INDIVIDUAL INTENDED BY OUR CREATOR.

Any Good Thing I can do Any Good Thing I can do  
“Pay Forward” #325

*I greet The Indwelling Doer Doing Within.*

Today’s “Pay Forward” gift is - Any Good Thing I can do - or any kindness that I can show to any human being, let me do it now. Let me not defer it, or neglect it, for I shall not pass this way again. How about doing a little outrageous acts of love? What if we extend an act of love to the most unlovable person in the entire world? What if we forgive the most unforgivable, in the most undeserving person in the entire world? What if we pray for the one who needs our prayers the least and for the one who needs our prayers the most in the whole world? What if we give a welcoming smile to the person that really turns us off? What if we ask some important personal advice from the person we least respect or that we resent? What if we give something, we value to a rich person and to a poor person? What if we have faith in the unbelievable? What if we have hope in the hopeless? What if we are merciful to the one person who shows no mercy? What if we start by offering these outrageous acts of love to ourselves? What if we give in one brief moment that which we have for a longtime denied? After doing these “what ifs” the next question is: what’s it like being in Heaven in the Presence of our Father? Thy Love, Thy Will be done.



Death is the only cure for the false self  
“Pay Forward” #326

*I Let The Dead Bury The Dead.*

Today’s “Pay Forward” gift is - Death is the only cure for the false self. That takes place when we hit our bottom, when everything we have been “living” by stops working, as we know it. Making room for the beginning of our spiritual transformation. We cannot enter into the transforming union with our false self in charge, we need to let go and let God have His Way. The word hallowed has the same root as holy, whole, wholesome, and heal, or healed – is taking place. “The Spirit can give us only what we can take; It imparts of Itself only as we partake of Its nature” Ernest Holmes. “Acceptance is the answer to all my problems today” Alcoholics Anonymous. But, I need to remind myself acceptance is often a call for action. Aligning ourselves with the indwelling Presence opens us the grace of regeneration, a loving healing Power touching everything into Wholeness. I find it useful to look for what’s right, loving, true and beautiful, as well as what’s wrong, so I can own my part, which gives me the ability to surrender all of me to our Father, to be transformed into a workable asset. There is always deeply rooted error ideas stored away in the sub-consciousness, and on their own account they come forward, as our denial breaks down, a sign that we have the spiritual tools to deal with them. Divine grace is taking care of that, when we are willing and ready. Thy Love, Thy Will be done.

MAY YOU AND I HAVE THE PROGRESSIVE REALIZATION TO DO TO BE THE INDIVIDUAL INTENDED BY OUR CREATOR.

Affirming Our Choice  
“Pay Forward” #327

*I greet The Indwelling Presence of Love within us all*

Today’s “Pay Forward” gift is – Affirming Our Choice. Quite simply, the Spiritual Ideal is the understanding of the basic fact that good is permanent, omnipresent, and all-powerful; and evil, a temporary, insubstantial belief, without character of its own, which is destroyed by prayer. Thus, what may be called the *secret of spiritual treatment* is not to wrestle with the error, which only gives it further life and power, but to destroy it by withdrawing from it just that very energy of belief that gives it its body. *The only existence it has, is that which we give it by temporarily ensouling it with our thought.* Withdraw this-and it fades into nothingness. We have thought the error into existence, consciously or, more often, unconsciously. Now un-think it. It is our thinking that matters. Indeed, as Shakespeare says. “There is nothing either good or bad but thinking makes it so.” Now, fear, hatred, and resentment are ideas heavily charged with emotion, and these, when added to any difficulty, recharge it with fresh and vigorous life and make it all the more difficulty to overcome. Again, the mere rehearsing in thought of any difficulty endows it with new life. Going over old grievances mentally; thinking how badly someone acted at some time, for instance, and recalling the details, has the effect of revivifying that which was quietly expiring of neglect. With any new experience, it is the reception that we give it that matters. Our Choice. Thy Love, Thy Will be done.



Guilt And Punishment Our “Drug” Crisis  
“Pay Forward” # 328

*I greet The Indwelling Judger*

Today’s “Pay Forward” gift is – Guilt And Punishment Our “Drug” Crisis. We are faced with the growing problem; every moment has to be politically correct, a call for perfection. Remember, we are judging ourselves as we judge others. It has gotten so sick, it is as if we have reverted back to the Old Testament; to be a good religious-zealous, one would have to practice some 613 letter, not the spirit of law. Therefore living with a chronic sense of guilt. People from all walks of life turn the “drug” guilt and punishment, to control their self and others. We are in a guilt and punishment “drug” addicted crisis. Our Creator is love and so are we. Let us commit, one moment-at-a-time to be the individually Divine Design that we are, which is love. Let’s turn to the Lord’s Prayer for help. Forgive us our trespasses, as we forgive them that trespass against us.” This clause is the turning point of the Prayer. It is the strategic key. Telling us what God is, [our Father], what man is, [His offspring], how the universe works, [as He Wills it], what our true nourishment or supply is, [our daily bread], and the way in which we can obtain it, [ask]. Now, we come to the forgiveness of our sins, [missing the mark – the illusion of separation]. Forgiveness for trying to be our only source or giving that right to others. *Greet The Indwelling Presence of Love within those you love and those you don’t.* Thy love, Thy Will be done.

MAY YOU AND I HAVE THE PROGRESSIVE REALIZATION TO DO TO BE THE INDIVIDUAL INTENDED BY OUR CREATOR.

Love's Awakening  
"Pay Forward" #329

*Nourishment for our serendipity journey Home.*

Today's "Pay Forward" gift is – Love's Awakening.

Amazing Grace! How sweet the sound  
That saved a wretch like me.  
I once was lost, but now am found,  
Was blind, but now I see.

'Twas grace that taught my heart to fear,  
And grace my fears relieved.  
How precious did that grace appear  
The hour I first believed.

Through many dangers, toils, and snares,  
I have already come.  
'Tis grace has brought me safe thus far,  
And grace will lead me home.

When we've been here ten thousand years.  
Bright shining as the sun,  
We've no less days to sing God's praise  
Than when we'd first begun.

When I hear this wonderful song my heart, mind and  
soul is awakened, and I know - Thy Love, Thy Will is  
truly being done.



Stop – Look – Listen To The Boss  
"Pay Forward" #330

*I greet The Indwelling Presence within you.*

Today's "Pay Forward" gift is - Stop – Look – Listen To The Boss. Father I listen to Your Holy Voice directing me in a way I can currently hear understand and follow, meaning we have the ability to apprehend what's needed to carry our given purpose, here and now. This understanding reveals that love and wisdom should work together as I share A.A.'s Program. At first my understanding may be head knowledge, by choosing to listen for our Father's Holy Voice within, head knowledge turns to heart knowledge. As my understanding within unites with His Holy Voice, I know what to do or to be, for the present moment. I turn from the problem to the Solution, accepting the answer to my dilemma. When the solution takes place, clearly by grace, my understanding goes deeper than head knowledge and awakens a deep sense of gratitude. Let us stop our useless chatter for a few moments and accept the wisdom within. Let us look and see through the eyes of faith proof of our Father's good working through us. Let us listen to His Holy Voice speaking through us, as we share the love we are. Let us ask for and accept our heart's desire and do and be our created Self. We often to ask for too little, from our infinite provider. It has to be our Father's good pleasure to fulfill His Will, His Love through us. Affirming this makes me feel good. Thy Love, Thy Will be done.

MAY YOU AND I HAVE THE PROGRESSIVE REALIZATION TO DO TO BE THE INDIVIDUAL INTENDED BY OUR CREATOR.

Rewriting And Rewiring  
"Pay Forward" #331

*I greet your Indwelling Creative Imagination.*

Today's "Pay forward" gift is - Rewriting And Rewiring. I am receiving whatever it takes to do Your Will, Your Love, Father and to rewrite and rewire my personal "reality" with the Spiritual, mental, physical, emotional, social equivalents of Your Will for me on my serendipity journey Home to You. The rewriting and rewiring is determined by the way I use my gift of imagination. As an alcoholic I was given a very active imagination. It works both ways; constructive and positive or destructive and negative, my choice. Everything manifested in "my world", real or imagined was first an invisible image. When I am practicing A.A.'s Spiritual Program, in alignment with our Father's Will and His Love, the fruits I gather are far more than I deserve. I don't have to tell you about fruit I gather when I am off the Spiritual Path; it's self-evident. Before I came to A.A. that fruit was often distilled "spirits." Seeking through prayer and meditation to improve my conscious contact with our Father within I am given the guidance I lone for. My day and night dreams are filled with divine ideas and ideals that reflect the character I want to rewire and rewrite my personal "reality". Until I share the loving, wise and useful fruit with others these gifts remain in my imagination unfulfilled. I pray that I'm in conscious union with the invisible, silent flow of grace within me. Thy Love, Thy Will be done.



Fluent In Our Father's First Language, Silence  
"Pay Forward" #332

*I greet The Indwelling Presence within you.*

Today's "Pay Forward" gift is – Fluent In Our Father's First Language, Silence. We will intuitively know what use to be impossible, an A.A. promise, but we need to be open to receive it, and act on it. Intuitive wisdom is the direct communication between our conscious mind and our Father within. Silence is our Father's first language everything else is a poor translation. Living A.A.'s spiritual principles we can count on that intuitive wisdom as promised. I listen to Your Holy Voice, Your Holy Spirit, the Spirit of Truth, Your Consciousness of Wholeness, our Father directing me in a way I can currently hear understand and follow. I see Your Presence with my eyes of faith. Every breath I take is proof of Your Omnipresence, Omnipotence and Omniscience, an expression of grace. Father, please introduce Yourself to me this day. Father, I listen to Your Holy Voice directing me. I see Your Presence with my eyes of faith. I realize I am on Your Time. I am in Your created body. I am in Your World and Your Universe. I am living Your Purpose, consciously known by me or not. All this is saying I did not create myself, or any other part of life. We are all here for His Purpose, so let's get on with it. Let us love and worship You with all our heart, mind, soul and strength, and love one another as You intended, Father. Love is our true nature; giving of ourselves is a good daily workout. Thy Love, Thy Will be done.

MAY YOU AND I HAVE THE PROGRESSIVE REALIZATION TO DO TO BE THE INDIVIDUAL INTENDED BY OUR CREATOR.

Is This Really Unconditional?  
“Pay Forward” #333

*I greet The Indwelling Presence within you and me.*

Today’s “Pay Forward” gift is – Is This Really Unconditional? Yesterday I told a member what a great A.A. service he had done. He reacted with a deep sense of gratitude. Today I asked him to do a tiny act of kindness, and he reacted with a clear sign of displeasure. Why was I able to pick up his negative reaction? The way I judge anyone or anything is coming from my personal “reality” storehouse. I could remember, even in the near past when I reacted in the same way. I just celebrated my sobriety as an active member of Alcoholics Anonymous; I wanted to be treated special after the celebrated. I’ve shared the Program with a great many, my denial tells me, for the most part, it was done in a spirit of unconditional love. However, when some of those I have “unconditionally” loved didn’t come to my celebration, I reacted with displeasure, to say the least. When I was sharing my awakened insight with another, I remembered an old defect. When I have done something “good,” I want to be treated special in other unrelated events. An even older defect popped up. If I believe, you believe I am special we have a deal, when I no longer believe you believe, we have a problem. Oops, it’s time for another Moody Workshop, [www.12stepworkbook.org](http://www.12stepworkbook.org). Thy Love, Thy Will be done.



Love’s The Answer  
“Pay Forward” #334

*I greet The Indwelling Presence love within you.*

Today’s “Pay Forward” gift is – Love’s The Answer. “Some people grumble that roses have thorns; I am grateful that thorns have roses” Alphonse Karr. Of course, love alone changes people because our Father, our Creator is Love. The change is not adding something, but chipping away all that is not loved. All of our father’s creatures bear His mark, Love. As long as we are alive we can be changed by Love, because it is the Father within us doing the Loving works. He is constantly trying to correct us with tender mercy, but never with vindictiveness. We are welcomed Home no matter what. No wonder the story of the Prodigal Son returning Home touches our hearts. Our ill-conceived effort will accomplish nothing. Love gives us room to change. Alcoholics Anonymous is a Spiritual program, giving us rooms and tools, that awaken us, and to bring us Home. When we are changed, everyone around us changes, this is a way we can see with our new vision. Let us accept whomever we are trying to help just as they are. “Love is a fruit always in season” Mother Teresa. Love keeps inviting us to let go, and let our Father have His Way. We are loved for whom we are, not for our works, good or bad. How about paraphrasing a line from the movie, Something’s Gotta Give? Jack Nicholson said, “I know these loving things about you, and that make me feel good – about me.” Thy Love, Thy Will be done.



MAY YOU AND I HAVE THE PROGRESSIVE REALIZATION TO DO TO BE THE INDIVIDUAL INTENDED BY OUR CREATOR.

As We Understood Him  
“Pay Forward” #335

*I greet The Indwelling Presence Awakening you.*

Today’s “Pay Forward” gift is - As We Understood Him. A.A. gives us the freedom to choose our Higher Power, as we understand Him or Her. In doing so, we have to take the responsibility for that choice. I choose to call my Higher Power, “Our Father.” I’ve been on a seek and find journey soon after I came into Alcoholics Anonymous, being He’s infinite my search will never end, which is OK with me. Let me note some of my ideas about Him. I believe He created us all and is an indwelling Presence within us all, transforming everything we eat and drink into what we call life. He is Spirit; and those of us, who love and worship Him must do so in spirit (consciousness) and truth. For the best human relationships we must love others as we love ourselves. We have never seen Him excepting as He manifests Himself through His works. His attributes are therefore brought into expression by humans, who are His children, in His image and likeness. I pray and meditate daily, which broadens and deepens my communicate skills with Him, and making more room for His grace and my understanding. Some of His common thought of attributes I accept: Omnipresence, Omnipotence, Omniscience, Love, Truth, Intelligence, principles and Life, to list a few. Note the promises on page 83 – 84 of Alcoholics Anonymous. How about page 60? “(c) That God could and would if He were sought.” Thy Love, Thy Will be done.



The I Am Within You And Me  
“Pay Forward” #336

*I greet The Indwelling Presence of I Am within you.*

Today’s “Pay Forward” gift is – The I Am Within You And Me

– A child of our Father, and He is our true Source, and our inheritance is from Him also. The I Am is the created Higher Self dwelling within you and me, whom our Father made in His image and likes, I am told. The I Am is the gate through which our thoughts come forth from the silent invisible, and it is through this gate that we go to get into the indwelling Presence of Spirit. “This above all: to thine own self be true, and it must follow, as the night the day, thou canst not then be false to any man.” I think Shakespeare must have been a mystic. Michelangelo took a rough piece of marble and chipped away everything that did not look like the vision of David; he held in his mind. Working the A.A. Program can aid the chipping away what is not like our Father's vision of the I Am, the individual He created. My greatest Hero came into this world as an archetype; fully Divine and human. We can be awakened to our Father’s Divine Design; we only need to be willing. The will is the directive power that decides the character formation. “Not my will, but thine, be done.” A.A. offers us both the Divine and human tools to chip away all that is not our individually intended purposeful Self. Thy Love, Thy Will be done.

MAY YOU AND I HAVE THE PROGRESSIVE REALIZATION TO DO TO BE THE INDIVIDUAL INTENDED BY OUR CREATOR.

The Alter Is A Place Within To Go  
"Pay Forward" #337

*I greet The Indwelling Presence within you.*

Today's "Pay Forward" gift is - The Alter Is A Place Within To Go – for prayer, meditate and contemplation. A place to give up the lower for the higher, the personal for the impersonal, the animal for the divine; to be still. Centering Prayer is different from what you may think of as prayer; in fact I call it meditation. It is simply moving deep within yourself, in silence, saying nothing, asking for nothing, just being and allowing your Higher Power to be with you.

**The Guidelines: 1. Choose a word – (examples; Love, Let Go, Peace, Silence, Faith etc.). 2. Sitting comfortably and with eyes closed, settle briefly and silently introduce your chosen word as the symbol of your consent to God's Presence and Action within. 3. When engaged with your thoughts (include body sensations, feelings, images, and reflections – use the Four R's: Resist no thought – Retain no thought – React emotionally to no thought – Return ever-so-gently to your chosen word). 4. At the end of the prayer period, remain in silence with eyes closed for a couple of minutes.**

We can learn to pray anytime, but we should not meditate when dwelling in "powerful" illusions; like resentments, remorse or sexual fantasies. "Therefore if you bring your gift to the alter, and there remember that your brother has ought against you; leave there your gift before the altar, and go your way; first be reconciled to you brother and then come and offer your gift" Matthew 5:23-24. Thy Love, Thy Will be done.



How Does Your Garden Grow?  
"Pay Forward" #338

*I greet The Indwelling Gardener within you.*

Today's "Pay Forward" gift is - How Does Your Garden Grow? I was told by my family about my early gardening. When I was about six years old I planted the bone from a T-Bone steak and to my disappointment it did not produce what I was hoping for. Until I came into A.A. I planted a lot of "T-bones" that did not produce a desired result. Living Alcoholics Anonymous' spiritual principles I've become an effective gardener. The human body is the outer expression of our Creator's individually divine design. Like a garden, our consciousness, is given to us to keep and to trim. Our job is to use our creative power to preserve it in union with our Father's Love and Will; to grow vine ripe fruit, in due season. The Garden is the spiritual body in which we as humans dwell when we bring forth thoughts after the pattern of the original divine ideas. The gift of free-will is embodied in our silent invisible thoughts, which we incorporate into our conscious union with our Father. Useful faculties of mind, called by many names, comes as standard equipment: faith, strength, wisdom, love, power, imagination, understanding, will, law, zeal and unity. We can always call on the Master Gardener; that indwelling Omnipresent, Omnipotent and Omniscience. "The most authentic thing about us is our capacity to create, to overcome, to endure, to transform, to love and to be greater than our suffering" Ben Okri. Thy Love, Thy Will be done.

MAY YOU AND I HAVE THE PROGRESSIVE REALIZATION TO DO TO BE THE INDIVIDUAL INTENDED BY OUR CREATOR.

An Abiding Faith  
"Pay Forward" #339

*I greet The Indwelling faithful knowing within  
you.*

Today's "Pay Forward" gift is – An Abiding Faith. My early spiritual innocence told me, everything was a "God thing." In that heightened faith I believed in as many as a dozen impossible things becoming possible before noon. "The fruit of silence is prayer. The fruit of prayer is faith. The fruit of faith is love. The fruit of love is service. The fruit of service is peace" Mother Teresa. Authentic love is intuitive; it is a prayer answered; it is a realized faith in our Father's grace; it is an unselfish service, freely given; it is peace beyond words. By practicing our faith in all our affairs our faith turns into what I call an abiding faith. It works like an intuitive wisdom; a deeper than words knowing that all is being taken care of. The purpose of the crisis of faith is to bring us to a radical willingness to live by faith in our Father's grace. Faith is spiritual assurance, the power to do the seemingly impossible. It is the force that draws to us our heart's desire right out of the silent invisible spiritual substance, and grows quickly in the rich soil of grace. It is a deep inner knowing that which is sought is already ours for the taking, the "assurance of things hoped for." The faith that co-operates with creative law. "When thine eye is single, thy whole body also is full of light." Thy Love, Thy Will be done.



Strength Of Character  
"Pay Forward" #340

*I greet The Indwelling Strength within you.*

Today's "Pay Forward" gift is - Strength Of Character. "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 were we to find this Power? Well, that's exactly what this book [Alcoholics Anonymous] is about. I had given up any idea of character building, just not drinking would be enough. Much like a great many others that came before me, I found the strength as a freedom from my weakness. I began to experience the power to withstand temptation. It was a force to do and to be our Father's Love and Will. We can share our love, experience, strength and hope with one another; building a purposeful character by giving of ourselves. With the eyes of faith, I see a tiny bit of the mystery of our Father's Reality, and I gained an inner strength I only dreamed of. "A thousand unseen hands reach down to help you from their peace-crowned heights. And all the forces of the firmament shall fortify your strength" Ralph Waldo. "Every great dream begins with a dreamer. Always remember, you have within you the strength, the patience and the passion to reach to the stars to change the world." Harriet Tubman was a 29-year old slave, who escaped, and helped over 300 other slaves escape. Dr. Bob and Bill have help millions escape our self-made prison. Thy Love, Thy Will be done.

MAY YOU AND I HAVE THE PROGRESSIVE REALIZATION TO DO TO BE THE INDIVIDUAL INTENDED BY OUR CREATOR.

The Spirit Of The Law And Order  
"Pay Forward" #341

*I greet The Indwelling Spirit of the Law within  
you.*

Today's "Pay Forward" gift is - The Spirit Of The Law And Order. The inner spirit of the law is A.As' way of life, as we practice a few simple principles. We have a universal something within us that tells us when we are doing right or wrong. When we come into Alcoholics Anonymous we are told it's OK that we are on the broad-road. In the early days of A.A. the only requirement for A.A. membership was an honest desire to stop drinking. The word honest was taken out. The more we practice A.A. spiritual principles in all our affairs, the road get progressively narrower. I can't get by with just ever day kind of negative stuff. There is a law of spiritual, mental and emotional growth. When I got into alcoholic drinking my growth stopped I would stuff my problems by drinking them away. Living our recovery program raises us from sense consciousness to spiritual consciousness, aligning us with our Father's Love and Will. "I have not come to destroy the laws and prophets but to fulfill them." Alcoholics Anonymous has come into our lives to fulfill us, and to destroy the errors housed in our personal "reality," Father is not violating natural laws when He expresses a miracle through us. What we call a miracle is an expression of grace, using Spiritual Principles to rise above natural laws. The "law of lack and limitation" no longer blocks me off from the sunlight of the Spirit.



Enthusiasm In Pursuit  
"Pay Forward" #342

*I greet The Indwelling Spirit of Zeal within you.*

Today's "Pay Forward" gift is - Enthusiasm In Pursuit – of my heart's desire is most important to me. I can state it in the form of an affirmation – I am dedicated, devoted and committed to do and to be our Father's Love and Will, consciously known or unknown, 24/7. Zeal command is, "Go forward!" It is a driving force that incites all my desires to action; an eternal urge, the zest for living. However zeal must be tempered with wisdom. Easy does it, but do it. For the active A.A. member practicing its spiritual principles in all their affairs, find a joyous, happy and free life. To the not-sober alcoholic zeal can be the awful awakening to face the hideous Four Horsemen – Terror, Bewilderment, Frustration and Despair. Watch the pull of a giant locomotive; note how it slowly but steadily moves forward, almost inches at first but gradually increasing until its mile-long train swiftly disappears in the distance. We need not put all our enthusiasm into sharing with others. Our own unfoldment of my heart's desire is of vital importance. Energy is zeal in motion, and is the forerunner of every effect. If our Higher Power is our Source we will do well to seek His guidance, asking Him to do through us His intention. We have then set in motion the machinery of the universe to gain possession of it; however, we must be willing to take whatever action called for. Thy Love, Thy Will be done.

MAY YOU AND I HAVE THE PROGRESSIVE REALIZATION TO DO TO BE THE INDIVIDUAL INTENDED BY OUR CREATOR.

In His Image And Likeness

“Pay Forward” #343

*I greet The Indwelling Lover.*

Today’s “Pay Forward” gift is - In His Image And Likeness. It is written that humans are created in our Creator’s Image and Likeness. Most Spiritual teachers tell us that God, our creator is love, which means His off-springs, you and I are love. Alcoholics Anonymous, gives us a great set of Spiritual love tools; to co-create with. Paraphrasing Step Twelve; Having a Spiritual awakening as His Love, we’re blessed by practicing love in all our affairs. In our Father’s image and likeness, we become beloved lovers loving. I started this day by praying for all I need to share all the love I am, His Will. I am meditating on our Father’s unconditional Love; its meaning and its expressions. I choose to practice each of the six loves, this day, centered in the Divine Love. As we shift from one thing to another we ask, “What would Love do?” Then do it. I dwell within on loving emotions and actions. When, a not love pops up, I surrender it quickly and return to loving. As I share my life with others, I extend the appropriate love first silently, and then openly as called for. For many years, I sought out ways to practice the Presence of our Father in all my affairs; love is the most natural way. I tried for many years to make one-love-fit-all, which was problematic, and at beat too limiting. Thy Love, Thy Will be done. [www.12stepworkbook.org](http://www.12stepworkbook.org) Click Workshops to download a free Six Loves workshop



Daily Upgrading

“Pay Forward” #344

*I greet The Indwelling Presence.*

Today’s “Pay Forward” gift is – Daily Upgrading. As a finite being dealing with an infinite Source, I continue to awaken to the different ways I’ve been wrong, and the many ways I’ve missed opportunities to expand my joy, happiness and freedom. I bought into the illusion that I must consciously know what is right and wrong, before I could own it, or I can act on them or surrender them to the Boss. It’s been useful; however, it is another way I’ve limited my life. Here I am in the beginning of my 65th active member in this wonderful way of life; realizing I have been missing the mark, again. For the most part, I did have good intentions, so what? I am ready to surrender everything and everyone, including myself, that which I consciously know and the unknown. I am learning from the past, and letting it go, ASAP. I am trusting our Father to see I do His Love and Will, knowing only, in principle, what He wants you and me to be the individual He Divinely Designed; supplying us with all that takes to be done. I realize my personal “reality” is not a power to trust alone and unaided. Its purpose is to express the created Higher Self, which is in the image and likeness of our Creator, with the aid of the Holy Spirit (the Spirit of Truth and the Voice of our Father). In other words – Thy Love, Thy Will be done.

MAY YOU AND I HAVE THE PROGRESSIVE REALIZATION TO DO TO BE THE INDIVIDUAL INTENDED BY OUR CREATOR.

Service - A Path to Happiness  
"Pay Forward" #345

I greet The Indwelling Omnipotence.

Today's "Pay Forward" gift is – Service - A Path To Happiness. "Giving is a miracle that can transform the heaviest hearts" (Kent Nerburn). I realized this truth not long after I started practicing Alcoholics Anonymous' way of life. It was soon clear; those who were joyful, happy and free were active in A.A. service. "To watch people recover, to see them help others, to watch loneliness vanish, to see a fellowship grow up about you, to have a host of friends – this is an experience you must not miss" Alcoholics Anonymous page 89. A sure path to happiness; do something for somebody. Even when our life is in a terrible mess, let's do something for somebody, AS SOON AS POSSIBLE. It works; it really does. I've found when overwhelmed with problems, and I took time-out to help another person; I would be out of myself long enough for our Father to take over. When focusing on helping another person, I feel much better than I do when I'm dwelling on my problems. Another great benefit from sharing: the next thing I know other people are helping me. I just got an email from a person having their A.A. Birthday. I am happy for that person and myself because I know I was part of their growing up in Alcoholics Anonymous. This is perfect timing for me; I needed to be reminded that my life has made a difference. "It is higher and nobler to be kind" (Mark Twain). Thy Love, Thy Will be done.



As I Awaken  
"Pay Forward" #346

*I greet The Indwelling Co-Creator.*

Today's "Pay Forward" gift is – As I Awaken this morning, I turn my consciousness toward Your Holy Presence Father, and the Individual; I was created as. I am filled with gratitude for what You have in mind for me. I now visualize, and realize I am in conscious union with Your Spiritual Gifts. These are my Heart's Desire, which are also Your Will for me, Father. I begin this day with a short review of yesterday and a willingness to forgive all. I now choose to be non-judgmental. I am awakened in Your Light, in that Spiritual Flow, in Your Holy Presence and darkness disappears. I know Your Voice is directing me very specifically, telling me what to do, say, think and feel in a way; I can currently hear, understand and follow. I am given all I need to experience Your Loving Will for me, Father. We all are, created in Your Image and Likeness. I practice these characteristics: higher purpose, focus, preparedness, conviction, faith, trust, perseverance, creativity, risk taking, curiosity, resilience, independence, commitment and courage. Father. I choose once again my goal to be consciously, and consistently that individual; You created me to be. I choose to be in direct conscious union with Your Divine Will, at all levels, totally committed. I practice Divine love and many forms: unconditional (agape), friendship (philia), affection (storge), and being in love (eros), primal-Love (everywhere present), and self-love. Thy Love, Thy Will be done.

MAY YOU AND I HAVE THE PROGRESSIVE REALIZATION TO DO TO BE THE INDIVIDUAL INTENDED BY OUR CREATOR.

Sensitivity  
"Pay Forward" #347

I greet The Indwelling Presence.

Today's "Pay Forward" gift is – Sensitivity. As our sensitivity to the Spiritual dimension of Alcoholics Anonymous awakens and develops through our daily practice. Our awareness of our Father's Presence in the ordinary activity increases. We are likely to feel called to turn within to our Father without knowing why. Through our daily practicing the Presence, the quality of our Spiritual life is developing and enabling us to pick up the loving vibrations from the world we never believed possible. Perhaps we can understand the suggestion that we are to pray always. Without deliberately going apart to pray; we find our Father's Presence in the midst of our daily life. As we practice Alcoholics Anonymous' spiritual principles, we can accept our Father's grace at deeper levels. Negative sensitivity, feeds our worst enemy, Fear. Our Father can transform our fear into an asset, if we sincerely ask Him. As we awaken to our purpose, we realize we can make a good difference here and now. We only need to be willing to accept our Father's grace. Believing in the omnipresence of our Father within has given us a purpose, and opens the storehouse of His Holy Attributes, which we are free to use. The opportunities for Spiritual growth are present daily in ordinary life. When the love of our Father and His Will is the principal motivation, our little actions transmit Divine Love. We have nothing to boast about, but a great deal to be grateful for. Thy Love, Thy Will be done.



Daily Reprieve  
"Pay Forward" #348

*I greet The Indwelling Reprieve.*

Today's "Pay Forward" gift is - Daily Reprieve. "What we really have is a daily reprieve contingent on the maintenance of our spiritual condition" (Alcoholics Anonymous page 85). This maintenance is to change our choices, actions and character to conform to a way of life that works, in other words, to "practice these principles in all our affairs." Alcoholics Anonymous has given us the tools needed to follow a Spiritual journey, to do and to be our Father's Love and Will. It is an overstatement to say, "Practice makes perfect," but to seek through prayer and meditation daily to improve our conscious contact with our Father is a very good idea; a great investment. Each day is a new beginning. We can rethink our past and look with great expectations for things to come, if we choose. A new day reminds us that we have a chance to start anew. Let us "Pay Forward" by practicing the Spiritual Principles we already have, encouraging others by our example. Daily living Spiritual Principles develops our Spiritual Condition, affecting our whole being. There is nothing like a peaceful, compassionate love-filled heart and mind to turn others on. "Any good thing I can do, or any kindness that I can show, to any human being, let me do it now. Let me not defer it, or neglect it, for I shall not pass this way again" The Prophet by Kahlil Gibran. Thy Love, Thy Will be done.

MAY YOU AND I HAVE THE PROGRESSIVE REALIZATION TO DO TO BE THE INDIVIDUAL INTENDED BY OUR CREATOR.

Failure A Pathway To Attainment  
"Pay Forward" Gift #349

*I greet The Indwelling Presence Doing The Works.*

Today's "Pay Forward" gift is – Failure A Pathway To Attainment. There Is always a purpose for everything, and everyone. I don't know why I question some of my "Pay Forward" gifts, even when they ring true. "To begin to think with purpose is to enter the ranks of those strong ones who only recognize failure as one of the pathways to attainment" James Allen. "I live on purpose and keep my gaze firmly on what life is calling me to do" Science of Mind. Practicing A.As' spiritual principles, I am building a habit of looking for the solution often hidden in a problem, and that's difficult at times. This is when I must call on an abiding faith and act as if there really is a purpose. I take ownership of what I am experiencing and surrender it to our Father for an upgrade or perhaps a transforming into an asset. Calling me to let go of the obstacles blocking the Divine Energy I need. I get tired thinking I have more to do than I can do. For now, I need to rest more in the silence, in our Father's invisible Presence. "You have taught me the way of life; you will fill me with joy in Your Presence" Act 2:28. I am encouraged to keep on. "Unshared joy is an unlighted candle" Spanish Proverb. I pray when I fall short I will quickly forgive myself and move on. Thy Love, Thy Will be done.



Preparing Ourselves Spiritually  
"Pay Forward" #350

*I greet The Indwelling Guide.*

Today's "Pay Forward" gift is - Preparing Ourselves Spiritually. Let us exercise our spiritual muscles, preparing ourselves for our next awaking. I'll practice some prayers, meditations, affirmations and or a little contemplation workout? We may choose to be still for a few minutes, stopping our chatter, listen for a little guidance and look at the proof of our Father's Presence within all of His creatures. Talk at least one of our Alcoholics Anonymous members into joining daily Spiritual workout. After all, we are part of our Father's Handy-work. The life force within us connects us to one another; in fact, this life force connects us with every other living being. As part of our Spiritual workout, let us practice asking our Father for our heart's desire, and follow His guidance. Let our Father take us on a great adventure within. Let's let our private, self-made world be still for a few moments giving ourselves an opportunity to experience the impossible. Of course, my judgment of others, is not always loving or fruitful. I need to learn how to be merciful, so I can believe others will do the same for me. If I'm jealous or envious of others, I am not being grateful for all I have been given. Not only that, I withhold mercy from others, and therefore, myself. When I sincerely, holding nothing back, asked our Father to correct that defect, He transformed it into an asset. Thy Love, Thy Will be done.



MAY YOU AND I HAVE THE PROGRESSIVE REALIZATION TO DO TO BE THE INDIVIDUAL INTENDED BY OUR CREATOR.

Transformed Selfishness

“Pay Forward” #351

*I greet The Indwelling Knower.*

Today’s “Pay Forward” gift is - Transformed Selfishness. “Is it selfish to pray for ourselves? I bought into that illusion, now; I know how important it is to pray to my only Source. Praying for ourselves is the reverse of selfishness. For many who are practicing spiritual principles, as a way of life, have experienced our self-centeredness transformed into an enlightened selfish-interest. It is better for me to be loving, forgiving, sober, and sharing what I have been so freely given. There is only one way to experience a true purposeful life and that is to be and to do our Father’s intended Will we were individually created to be; that gives us a deep sense satisfaction. We are supplied with everything we need to complete our mission in this world. I pray that I will not let my misguided personal “reality” block the way. “It is written that no man has seen God at any time, only the Son has revealed the Father.” We do not see the invisible cause; what we see is the visible effect. We are created in the image and likeness of our Creator’s children, which means we are both spiritual and human. That which is spiritual within us can intuitively know and have a working relationship with our Father/Creator. We will know by our fruit when we are on His Path. When we stop all our arguments, we can know even as we are known. Thy Love, Thy Will be done.



An Affirmation

“Pay Forward” #352

*I greet The Indwelling Healer.*

Today’s “Pay Forward” gift is – A Timely Message; I have borrowed from Guide For Spiritual Living Science of Mind – Sunday, October 25, 2020 Spiritual mind healing has long since passed the experimental stage. We now know that we cannot tell where the body begins and the mind leaves off, and many of us believe the organs, and functions of the physical body are activities of infinite Intelligence within us. To come to realize, then, that there is one body, which at the same time is our own body, is to accept a greater influx of the one Life. Daily affirm:

- ✓ There is one life, that life is perfect. That Life is God’s Life, that Life is our life, that Life is my Life now. Every organ, function of my physical body is in harmony with Our Father’s divine design. There is perfect circulation, perfect assimilation and perfect elimination.
- ✓ If there is anything in me that does not belong, it is removed. If there is anything my physical being needs, it is supplied. My body is daily renewed after the image which is held in the mind of God.
- ✓ I affirm that my body is the body of God; the life of the Spirit circulates through it, the laws of the spirit govern it, the loves of the Spirit sustain it. My whole life is God’s expression in this world. Thy Love, Thy Will be done.

MAY YOU AND I HAVE THE PROGRESSIVE REALIZATION TO DO TO BE THE INDIVIDUAL INTENDED BY OUR CREATOR.

Love Part One

“Pay Forward” Gift #353

*I greet The Indwelling Beloved Lover.*

Today’s “Pay Forward” gift is – All About Love - Part One. God, our Higher Power is the only subject that more songs, stories, books and poems are written and talked about than love. You would think everything that can be said has been, however, the infinite can never be exhausted. As an attribute of God, love is infinite with a great many agents, channels, and forms. These will not or cannot add up to the infinite whole. At the human level, we could be ever expanding. Love has been and still is the second most important and fulfilling thing in my life, yet I cannot get enough receiving or giving of it. The primary purpose for these affirmations is to share a little information that could make a difference in your experience of love. Let us remember even for an instant, this moment, to realize that we were/are created by Love, for love, to express love, the appropriate love with whomever we are drawn to. To learn more about the appropriate love to express is the purpose of this little posting. If we want the fullness of life, if we want loving, caring relationships, if we want to be joyous, happy and free, if we want an open heart, mind, and soul, then we must be willing to give all the love we can and forgive all we can. Then we can look to our Higher Power to do the deed. Thy Love, Thy Will be done.



Love Part Two

“Pay Forward” Gift #354

*I greet The Indwelling Lover.*

Today’s “Pay Forward” gift is – Love Part Two. I am totally committed to Your Will, Father, and I am assured that You are using me. Father, I believe, You are Love. I believe that we are all created in Your Image and Likeness, which means we are all love. I cannot get enough of it; in fact, I would love to know more about it. I practice a number of forms of love, and I would love to share some of what I call blue-collar love. I am a lover among lovers. I will share some of the different aspect of loves as affirmations: I practice Patience; my love is passive, waiting to begin, not in a hurry, calm, and ready to do its work when the summons comes. Love understands and therefore, waits. I am Kind; my love is active. I enjoy merely doing kind things. Any kindness that I can share with any being let me do it now in a wise and loving way. I shall not defer it nor neglect it, for I shall not pass this way again. I share my Generosity. I am Your son, Father, and a loving brother to all. I willingly share my goods, my gifts, and my talents, with all of my heart, mind and soul, out of the abundance I am receiving, as I am directed. I pray my sharing does enrich, enlighten, and awaken those I pass it on to. Thy Love, Thy Will be done.

MAY YOU AND I HAVE THE PROGRESSIVE REALIZATION TO DO TO BE THE INDIVIDUAL INTENDED BY OUR CREATOR.

.Love Part Three

“Pay Forward” Gift #355

*I greet The Indwelling Father Expressing Love.*

Today’s “Pay Forward” gift is – Love Part Three. We are sharing these loves as affirmations, which we hope you choose to pass them on as a “Pay Forward” gift. “Only the truth of who you are, if realized, will set you free” Eckhart Tolle. I live in a conscious state of Humility as I have the gift of knowing that You, Father, are my/our only True Source. Each time I share, I put a seal upon my lips and go back into the shade, and say nothing about it. I wait for the next gift to receive and share. I am but a channel, an agent of Your Will, Father. I express Courtesy love in little things, thoughtful things; with a gentle heart filled with Your loving Grace, Father, expressing love at all levels, with all beings, in conscious union with Your Will, Father. I am Unselfish out of enlightened self-interest. By giving of myself, I truly am a master receiver. I give but little when I give of my possessions. It is when I give of my-Self/self I truly give. Having asked our Higher Power for guidance, note how we experience every-day acts of love. What about making a list of your everyday Blue-Collar loves. Check out the workshop The Six Loves – it’s a free download as all the workbooks and workshop papers. Perhaps you could use some of these ideas as “Pay Forward” gifts. Thy Love, Thy Will be done.

[www.12stepworkbook.org](http://www.12stepworkbook.org)



Love Part Four

“Pay Forward” Gift #356

*I greet The Indwelling Beloved Lover Loving.*

Today’s “Pay Forward” gift is – Love Part Four - A Lover Among Lovers. My Affirmations: I have a Good Temper - and a Good Sense of Humor. I envy no other, as I have no competition as the individual, You created me to be, Father. I do not make capital out of faults, my own or any other. I quickly seek correction; better yet I am non-judgmental of the "sins" of the physical world and the "sins" of the disposition, so there is no need for forgiveness. I realize the Innocence in others and myself - that Higher Self, and the Holy indwelling Presence. I encourage all to chip away all that is not their true, Higher Self. I co-create an atmosphere of love and wisdom wherever I am and whomever I am with. Our innocence is beyond the human condition, yet it is ever present. I am truly Sincere in all I do, say, think, and feel. I search after the truth and a consciousness of Your Attributes, Father (Life, Love, Truth, Reality, Wisdom, Spirit, Consciousness, Soul, Intelligence, Omnipresence, Omnipotence, Omniscience), with a humble and unbiased heart, mind, and soul. I rejoice in what I find, and I freely pass it on. “I bear all things, believe all things, hope all things, and endure all things, for love never fails.” “As we express our gratitude, we must never forget that the highest appreciation is not to utter words, but to live by them” John F. Kennedy. Thy Love, Thy Will be done.

MAY YOU AND I HAVE THE PROGRESSIVE REALIZATION TO DO TO BE THE INDIVIDUAL INTENDED BY OUR CREATOR.

Love Part Five  
"Pay Forward" Gift #357

*I greet The Indwelling Beloved Lover Loving.*

Today's "Pay Forward" gift is – Love Part Five. "Let us love, since that is all our hearts were made for" St Therese De Lisieux. Let's take a look at another group of loves examples. Agape (Spiritual Love – God is Love), Storge (Affection – Nurturing), Philia (Friendship), Eros (Being in Love – Romance), Primal-love (all-inclusive expressions of love), and Self-love (the least understood). The division of love may be endless. Most of us have from time to time tried to generalize love as though one love fits all. For example: a woman and a man may be the best of friends (Philia) and they decide to add romance to the relationship (Eros), perhaps a little sex is included. Before long, all kinds of problems come up, the fun flows out; the demands charge in. Another example: Primal-love is a manifestation of love from the simplest form of creation to the most complex, an expression of Omnipresence and seems to be Agape (Spiritual Love – God is Love), the First Cause where Primal-love is an effect, an expression. Another example: Perhaps the most limiting and harmful misunderstanding is that of self-love, believing it is the same as selfish, ego-driven self-centeredness. All relationships are expressions of love, but often we need the Eyes to see beyond the appearance. Ask your Higher Power for guidance for your serendipity journey to love. Perhaps these "Pay Forward" affirmations will help broaden and deepen our understanding of love, our true nature, and it's Loving Source. Thy Love, Thy Will be done.



Love Part Six - Agape  
"Pay Forward" Gift #358

*I greet The Indwelling Beloved Lover Loving.*

Today's "Pay Forward" gift is – Love Part Six – Agape; unconditional love. Affirming love's characteristics. The Spiritual Love which goes out from us to God came first from Him. Where Agape is, the Presence of God Is, for God Is Love. When we have cleaned house, new useless illusions rush in, but when God arrives, Agape fills our consciousness and the half gods are transformed into His service. The need for the beloved is not love. The desire to be loved is not love. The delight in being loved is not love. When Agape enters our natural loves, Philia, Storge, Eros, Primal-love and Self-love are transformed into God's loving service. **Agape is a Gift-Love.** Each of the natural loves is a reflection of Agape, but all fall short. **Natural loves are need-loves** where Agape has no need. God's Love works both ways. He gives us His Love, and He causes us to be able to receive His Love. With this come the ability to love others, and also the ability to receive love from others. It enables us to love Him back. With Agape we need humans less but delight in loving more. With Storge, Philia, Eros and Self-love we have a problem receiving the unconditional Love of God because we are so conditional. Humans want to be loved and special in the eyes of God or others. We are created in our Father's image and likeness, which is love and so are we. Thy Love, Thy Will Be done.

MAY YOU AND I HAVE THE PROGRESSIVE REALIZATION TO DO TO BE THE INDIVIDUAL INTENDED BY OUR CREATOR.

Love Part Seven - Storge

"Pay Forward" Gift #359

*I greet The Indwelling Lover.*

Today's "Pay Forward" gift is – Love Part Seven – Storge; a few of its characteristics are - it has a driving need to be needed; an example is a mother giving all to her baby. It is the most homely, comfortable, the least demanding of others, and it's humble, can serve love to anyone. It is the most common and peaceful of the loves. It often appears to be Agape because it gives so much, but its affection, nurturing can turn into hate. It is a need-love not a Give-Love. Too often people think that it's their "right" by birth or for the type of relationship or rules we make up, freeing them from any form of responsibility. Storge is seen all throughout nature, like a dog wagging its tail at those they know and barking at those they don't know. Storge may get jealous when a loved one finds a new way of life that seems to exclude them. Some experienced this when they joined A.A. from their family and friends. Storge is based on dependence, the need for others, and it often turns sick with over-dependency, then fear, anger and resentments. Motherly love is often a love for the helpless. The A.A. member has a need to share their experience, strength and hope with others. A sponsor, even as a mother, has a need for bring their sponsor-ee to the point where the sponsor is no longer needed. Holding on after that time can cause problems. Thy Love, Thy Will be done.



Love Part Eight - Philia

"Pay Forward" Gift #360

*I greet The Indwelling Friendship.*

Today's "Pay Forward" gift is – Love Part Eight – Philia; a few of its characteristics are - it may be the most spiritual and the most evil. A group of friends is at some level a resistance movement. The approval of our friends is what matters, not what outsiders think or believe. So a great deal of good and bad stuff may come out of a strong group of friends. Philia is the most misunderstood and neglected love. It's the least biological of the loves. It is the least jealous, selfish, or threatening and the least, natural or necessary. Friends walk side-by-side, little talk about their relationship, or about themselves but more about what they have in common; it can change by grace. Unlike Eros, more than two are better, in fact, the bigger the group of friends one has, the more powerful and fulfilling. Philia can be totally opposed to what we believe to be the Nature of God. Friends may join together to do some of the most selfish, hideous, dreadful, unfair, appalling, cowardly things known to mankind in the name of their group, often caring nothing for the well-being of any outsider. A group of friends makes those who are brave braver, a kind person kinder, and a cruel person crueler. In other words, it underlines, endorses and sanctions its members. Alcoholics Anonymous is an easy place to make friends, because we have so much in common, both the recovery and the disease. Thy Love, Thy Will be done.

MAY YOU AND I HAVE THE PROGRESSIVE REALIZATION TO DO TO BE THE INDIVIDUAL INTENDED BY OUR CREATOR.

Love Part Nine – Eros  
“Pay Forward” Gift #361

*I greet The Indwelling Beloved Lovers Loving.*

Today’s “Pay Forward” gift is – Love Part Nine – Eros, a few of its characteristics - Falling in love is something that happens. It comes by grace. Being in love is something we do. Eros is like a garden, which must be cared for. Sexual desires without Eros wants “it”, gratification and then loses interest. When Eros is present, one wants and needs “this” person and no other. With Eros lovers are face to face; they talk a lot about their relationship, each other and how they affect each other. Even if the lovers are bad for each other and the relationship is really sick, they would rather be with their lover than anyone else. If your innermost self does not tell you this, it is not Eros. When we make a god of our love, it will fall short. Eros is a need-love. “I don’t see how you can respect yourself if you must look in the hearts and minds of others for your happiness” H.S. Thompson. Eros calls on all past and present lovers to join in an understanding of “this” love as a universal union. Lovers have their own individual “laws,” but these “laws” will fail. Eros may suffer long, with unending toils for the beloved, giving up family, friends, career, health, wealth, power and honor yet counts it as nothing to win their beloved. To be in love one promises and intends eternal constancy, “I shall ever be true”, without being asked. Thy Love, Thy Will be done.



Love Part Ten – Primal-Love  
“Pay Forward” Gift #362

*I greet The Indwelling Universal Lover.*

Today’s “Pay Forward” gift is – Love Part Ten - Primal love The most basic of all loves and the second most inclusive. Without primal love we could not have what we call life. It is the sharing of itself, from the simplest expression to the most complex has meaning and purpose. No matter what the motive may be, sharing is a form of love. To the degree we can realize our Higher Power’s Divine Design, Blue Print, found in His expressions of love, we know His Will. To realize this gives us a better opportunity to choose His Will. His universal love is truly all-inclusive even for you and me. All things are conscious by their capacity to be conscious. “Go to your fields and your gardens, and you shall learn that it is the pleasure of the bee to gather honey of the flower, but it is also the pleasure of the flower to yield its honey to the bee. For to the bee a flower is a fountain of life, and to the flower a bee is a messenger of love and to both bee and flower, the giving and the receiving of pleasure is a need and an ecstasy. People of Orphalese, be in your pleasures like the flowers and the bees” (The Prophet by Kahlil Gibran). “Who knows not in all these that the hand of the Lord hath brought this?” (Job 12:7-10, 13). Thy Love, Thy Will be done.

MAY YOU AND I HAVE THE PROGRESSIVE REALIZATION TO DO TO BE THE INDIVIDUAL INTENDED BY OUR CREATOR.

Love Part 11 – Self-Love  
“Pay Forward” Gift #363

*I greet The Indwelling Presence doing the works.*

Today’s “Pay Forward” gift is – Love Part 11 – Self-Love -  
“To thine own self be true and like the night follows the day thou canst not be false to any man.” What we receive by Grace, from our Creator, we become, and we must pass it on, to fulfill, express, demonstrate and experience it. “You cannot lose that which belongs to you by right of consciousness.” What you see is your own concept. Each of us was created as an individual, which means that we each have a purpose. We cannot be happy, and fulfilled being anything else. We need to give away some of whatever we have received and become by our Father’s grace, otherwise our assets will not expand and grow. To be a master receiver, we must become a master giver, which is giving all of our self, to whomever we are drawn to. “Master, which is the great commandment in the law? Jesus said unto him, Thou shalt love the Lord thy God with all of your heart, and with all thy soul, and all thy mind. This is the first and great commandment. And the second in like unto it, Thou shalt love thy neighbor as thyself. On these two commandments hang all the laws and the prophets” (Matthew 23). We must forgive and love ourselves, or else we will have to say poor neighbor. “Value yourself more” Oprah Winfrey. Thy Love, Thy Will be done.



Life Is A School  
“Pay Forward” #364

*I Greet The Indwelling Presence.*

Today’s “Pay Forward” gift is - Life is a school which all must attend. The same Intelligence being in each, it is the task and high privilege of the individual to so develop his God given powers that he shall not remain in the kindergarten, but may, by practical use of the lessons learned in this grade – lessons of the need of manifesting love, joy, harmony, peace and poise – go on to each advancing grade, ever increasing in the knowledge and understanding of the One who is in all, overall and through all. Anna Holmes, Ernest Holmes mother. The mother’s heart is the child’s schoolroom. Henry Ward Beecher. Here is a wonderful insightful prayer, by Thomas Merton My Lord God, I have no idea where I am going. I do not see the road ahead of me. I cannot know for certain where it will end. - Nor do I really know myself, and the fact that I think I am following your will does not mean that I am actually doing so. But I believe that the desire to please you does in fact please you. And I hope I have that desire in all that I am doing. I hope that I will never do anything apart from that desire. And I know that if I do this you will lead me by the right road, though I may know nothing about it. Therefore will I trust you always though I may seem to be lost and in the shadow of death. I will not fear, for you are ever with me, and you will never leave me to face my perils alone. Thy Love, Thy Will be done.

MAY YOU AND I HAVE THE PROGRESSIVE REALIZATION TO DO TO BE THE INDIVIDUAL INTENDED BY OUR CREATOR.

Mercy And Compassion  
"Pay Forward" # 365

*I greet The Indwelling Forgiver Forgiving.*

Today's "Pay Forward" gift is - Mercy and Compassion. "I am still in the process of growing up, but I will make no process if I lose any of myself along the way" Madeleine L'Engle. The more desperately I need our Father's love, and His healing is the measure; I experience His mercy. The more I experience His mercy, the more loving compassion I have for me and others. Out of enlightened self-interest, I am no longer ashamed of my weakness, my powerlessness or my too limited love and understanding. My increasing desire to experience our Father's loving mercy prepares me to experience compassion and for the Divine Union, I seek. Mercy and compassion are simple enough to understand; however, to share these gifts may be complex; having many levels or parts, but, not complicated. I had to go into radical training to learn how to apply the gifts I'm given. Being an A.A. sponsor brings into question how and when do I express silently or openly mercy and compassion without enabling. Confronting someone who is already experiencing powerlessness but filled with self-centeredness and selfishness, still trying to run the show alone and unaided will increase their pain. When I seek first our Father's loving guidance, and let go of the need to fix that person I am given the perfect answer for the moment. Let us remember the Source of mercy and compassion and go about His Business. Thy Love, Thy Will be done.



Blessed Social Skills  
"Pay Forward" # 366

*I greet The Indwelling Greeter.*

Today's "Pay Forward" gift is - Blessed Social Skills. My older brother never met a stranger. He already had that gift when we were teenagers. Even adults loved his presence. We were snowed in the Chicago Airport for three days. By the time the lock-down was over, he knew something about almost everyone there. I was pretending I was reading a book so people would leave me alone. That little trip more or less sums up the difference between my brother and I. Somehow he mastered wonderful social skills; perhaps it was a gift of grace, or he worked on it in another lifetime. He knew nothing about A.A.'s Traditions, but he just intuitively lived some of them. "Our common welfare should come first; personal recovery depends upon A.A. unity." He spontaneously found something in "strangers" he identified with. The basis for friendship and shared it. "The only requirement for A.A. membership is a desire to stop drinking." The beginning requirement for a relationship is to want it. He demonstrated that desire by reaching out to others, without qualifying them first. I have a long way to go before I can express the social skills my brother had. I need those loving tools to come to me by grace. I'm willing to work on acquiring them in this lifetime; hoping the practice will carry over in the next life, if there is one. "We can only learn to love by loving" (Iris Murdoch). Thy Love, Thy Will be done.



MAY YOU AND I HAVE THE PROGRESSIVE REALIZATION TO DO TO BE THE INDIVIDUAL INTENDED BY OUR CREATOR.

Anyway  
"Pay Forward"  
*I greet The Indwelling Omnipresence.*  
Today's "Pay Forward" gift is – Anyway.  
People are unreasonable, illogical, and self-centered.  
Love Them Anyway  
If you do good, people will accuse you of selfish,  
Ulterior motives. Do It Anyway  
If you are successful,  
You will win false friends and true enemies.  
Succeed Anyway  
The good you do will be forgotten tomorrow.  
Do Good Anyway  
Honesty and frankness make you vulnerable.  
Be Honest and Frank Anyway  
What you spent years building may be destroyed  
overnight. Build Anyway  
People really need help but may attack you if you help  
them. Help People Anyway  
Give the world the best you have and  
You'll get kicked in the teeth.  
Give The World The Best You've Got Anyway.  
For those who are awakening to the infinite gift of a  
loving grace heartless knowledge is not enough. Let's  
call on our hearts, minds and souls to "Look Up" today  
for the solution no matter want, and receive the  
promises.  
"Sorrow looks back, worry looks around, faith looks up."  
(Anonymous) Thy Love, Thy Will be done



## *Free Workbook and Workshops Downloads*

[www.12stepworkbook.org](http://www.12stepworkbook.org)

### Workbooks

Pay Forward 1<sup>st</sup> ed – 2<sup>nd</sup> ed – 3<sup>rd</sup> ed – 4<sup>th</sup> ed – 5<sup>th</sup> ed 6 ed –  
7<sup>th</sup> ed – 8<sup>th</sup> ed – 9<sup>th</sup> ed  
Termite and Pet Peeve Workbook  
The Drug Guilt and Punishment  
Six Loves  
Al Kohallek Goes Stepping – 5<sup>th</sup> edition  
Now – 12 Step Workbook  
Al Kohallek 12 Tradition Study  
Al Kohallek Taking Another 12 & 12 Journey  
Al Kohallek Learning To Communicate Using The Traditions  
The Green Eyed Monster – Jealousy  
Finding A Moody Person  
The Hero/Heroine Journey  
Three Spiritual Gifts On Five Pathways w/10 Mission  
Elements  
Where Do You Stand  
Based on Emmet Fox's Book –The Sermon on the Mount  
A Saint Francis Prayer Expanded Meditation

### Workshops Papers

Sex & Love Addition	Spiritual Transformation
The 125 Promises	Forgiveness
Inventory 164 pages of the Big Book	Finding And Claiming Your Heart's Desire
Emotional Recovery	

MAY YOU AND I HAVE THE PROGRESSIVE REALIZATION TO DO TO BE THE INDIVIDUAL INTENDED BY OUR CREATOR.



LET'S PASS IT ON

*Then said a rich man, Speak to us of Giving  
And he answered:  
You give but little when you give of your possessions.*

*It is when you give of yourself that you truly give.*

*For what are your possessions but things you keep and guard  
for fear you may need them tomorrow?*

*And tomorrow, what shall tomorrow bring to the over-prudent  
dog burying bones in the trackless sand as he follows the  
pilgrims to the holy city?*

*And what is fear of need but need itself?*

*Is not dread of thirst when your well is full, the thirst that is  
unquenchable?*

*There are those who give little of the much, which they have -  
and they give it for recognition and their hidden desire makes  
their gifts unwholesome.*

*And there are those who have little and give it all*

*These are the believers in life and the bounty of life, and their  
coffer is never empty*

*-- The Prophet {Giving} by Kahlil Gibran*