

The Collected 12 Step Workbooks

Volume 3

Featuring Six Classic Al Kohallek Workbooks

By Jim W. - Sobriety Date 2/6/1957

Section 1 - Promises Inventory

Monitor your progress on how the promises are coming true for you over time.

Section 2 – Al Kohallek Goes on a Forgiveness Frenzy

Forgiveness is the key to happiness in all relationships.

Section 3 – Awakening to Your Mission

Every individual has a special gift. Find yours.

Section 4 – Three Spiritual Gifts: Awakening, Love, Mission

Use five pathways and ten elements to discover the three spiritual gifts our program has to offer us.

Section 5 – St. Francis Prayer Expanded Meditation Workshop

A 40-day workshop using the Prayer of St. Francis to expand your spiritual understanding.

Section 6 - Growth Questionnaire

Gain insight into how you've grown in the program.

Suggested Use

These six workbooks can be used individually or as a progressive series. Each one deepens awareness, connection, and purpose. You may begin wherever you feel led, though many readers find this order most helpful:

1. **Promises Inventory**

Begin here to see where you stand today. The promises remind us that spiritual progress can be measured in experience, not perfection. Taking inventory of how they're unfolding in your life offers a starting point and a reason for gratitude.

2. **Al Kohallek Goes on a Forgiveness Frenzy**

Once you've seen where you are, forgiveness clears the way forward. As we forgive others, our own hearts open, and the filters that once blinded us to Truth begin to lift. Forgiveness restores our freedom to grow, love, and be useful again.

3. **Awakening to Your Mission**

With old resentments released, we can hear the quiet call of our purpose. Every individual has a unique mission—one that our Higher Power designed us to fulfill. This workbook helps you recognize your gift and begin using it to serve.

4. **Three Spiritual Gifts: Awakening, Love, Mission**

Building on the previous work, this section guides you to explore the five pathways and ten elements that reveal our three greatest spiritual gifts. Here, understanding deepens into practice.

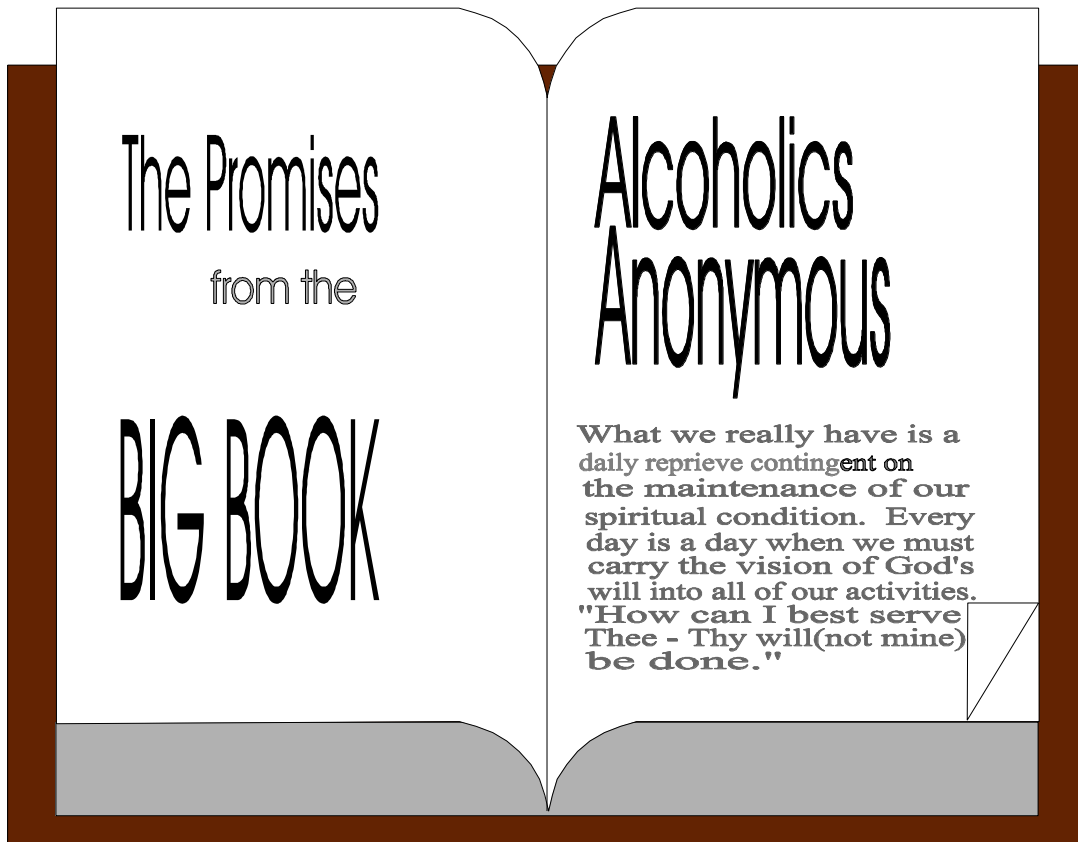
5. **St. Francis Prayer Expanded Meditation Workshop**

Forgiveness and purpose find their full expression in service. Over 40 days, this meditation workshop uses the timeless Prayer of St. Francis to expand compassion and spiritual understanding. It's both a journey inward and an outreach of love.

6. **Growth Questionnaire**

Finally, take a reflective look at your progress. This section helps you see how far you've come—and what new areas of growth may be opening.

PROMISES' INVENTORY



Promises' Inventory

Some One Hundred And Twenty-Five Promises
From The First 164 Pages of the Big Book Alcoholics Anonymous
Check Out How Many You Have Received

PROMISES' INVENTORY

Al Kohallek Goes High-Stepping

The purpose of this Promises' Inventory is much like the Growth Questionnaire, which is to help determine how much change and/or growth you have experienced since coming into the Program. The following are some one hundred and twenty-seven promises from the first 164 pages of the Big Book, Alcoholics Anonymous, reprinted with permission. Most of us begin to receive some of the promises as soon as we enter a Twelve-Step Program. We believe that it is useful to remind ourselves of this fact.

Suggested ways of using this inventory: There are four columns on the left-hand side. Each time you go through the list of promises, you note the ones you have experienced with a check mark. At the top of this first page, we have provided a space to place the date of each run. We suggest that you do the first run ASAP. You could make a run on your yearly Program anniversary. Or you could make a run when you get a little down.

Run # 1 ____/____/____ Run # 2 ____/____/____

Run # 3 ____/____/____ Run # 4 ____/____/____

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Page xiii - Foreword to First Edition's Promise

1. - To show other alcoholics ***precisely how we have recovered*** is the main purpose of this book. (This promise is a very good reason why we need to study the Big Book)

Page xxvii - Doctor's Promise

2. once a psychic change has occurred, the very same person who seemed doomed, who had so many problems he despaired of ever solving them, ***suddenly finds himself easily able to control his desire for alcohol***, the only effort necessary being that he be required to follow a few simple rules.

Pages 12 through 16 - Bill W.'s Realized Promises

3. - It was only a matter of being willing to believe in a Power greater than myself. ***Nothing more was required of me to make my beginning. I saw that growth could start from that point.***
4. - Never was I to pray for myself, except as my requests bore on my usefulness to others. ***Then only might I expect to receive. But that would be in great measure.***

PROMISES' INVENTORY

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5. Page 13 - My friend [Ebby T.] promised when these things were done that *I* [Bill W.] would ***enter upon a new relationship with my Creator; I would have the elements of a way of living which answers all my problems.***
 6. Page 15 - We commenced to make many ***fast friends*** and ***a fellowship*** has grown up among us of which it is ***a wonderful thing to feel a part. The joy of living we really have, even under pressure and difficulty.***
 7. Page 16 - Most of us feel we need look no further for ***Utopia. We have it with us right here and now.***

Pages 17 thru 28 - Solution Promises

8. - ***There is a solution.***
9. - ***Nearly all have recovered.***
10. - The tremendous fact for everyone of us is that ***we have discovered a common solution.*** We have a way out ***on which we can absolutely agree***, and upon which ***we can join in brotherly and harmonious action. This is the great news this book carries to those who suffer from alcoholism***

Page 18-19

11. - But the ex-problem drinker who has found this solution, who is properly armed with facts about himself, ***can generally win the entire confidence of another alcoholic in a few hours.*** Until such an understanding is reached, little or nothing can be accomplished.
12. - ***he obviously knows*** what he is talking about . . . he is a man with a ***real answer . . . no attitude of Holier Than Thou . . .*** nothing whatever except the ***sincere desire to be helpful;***
13. - . . . there are ***no fees*** to pay, ***no axes to grind, no people to please, no lectures*** to be endured
14. - After such an approach ***many take up their beds and walk again.***

PROMISES' INVENTORY

Page 25

15. - We have ***found much of heaven*** and we have been ***rock-eted into a fourth dimension*** of existence of which we had ***not even dreamed***.

16. - The great fact is just this, and nothing less: ***That we have had deep and effective spiritual experiences which have revolutionized our whole attitude toward life, toward our fellows and toward God's universe.***

17. - The ***central fact*** of our lives today is the ***absolute certainty that our Creator has entered into our hearts and lives in a way which is indeed miraculous.***

18. - ***He*** [our Higher Power] ***has commenced to accomplish those things for us, which we could never do by ourselves.***

Page 28

19. - What seemed at ***first a flimsy reed***, has ***proved to be the loving and powerful hand of God.***

20. - A ***new life*** has been ***given us*** or, if you prefer, ***"a design for living" that really works.***

Page 45 - A Power Promise

21. - ***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?

22. - Well, that's exactly what ***this book*** is about. Its ***main object is to enable you to find a Power greater than yourself which will solve your problem.***

Page 50 - Attitude Promises

23. - Here are thousands of men and women, worldly indeed. They flatly declare that since they have come to believe in a Power greater than themselves, to take a certain attitude toward that Power, and to do certain simple things, ***there has been a revolutionary change in their way of living and thinking.*** In the face of collapse and despair, in the face of the total failure of their human resources, ***they found that a new power, peace, happiness, and sense of direction flowed into them. This happened soon after they wholeheartedly met a few simple requirements.***

PROMISES' INVENTORY

Page 55 - The Great Promise

24. - We can only clear the ground a bit. If our testimony helps sweep away prejudice, enables you to think honestly, encourages you to search diligently within yourself, then, if you wish, you can join us on the Broad Highway. ***With this attitude you cannot fail. The consciousness of your belief is sure to come to you.***

Page 57 - Promise to Agnostics

25. - He has come to all who have honestly sought Him. ***When we drew near to Him He disclosed Himself to us!***

Page 60 - The Basic Promises

26. - (a) That we were alcoholic and could not manage our own lives.
27. - (b) That probably no human power could have relieved our alcoholism.
28. - (c) That ***God could and would if He were sought.***

Page 62 -- Keystone Promises

This is the how and the why of it. First of all, we had to quit playing God. It didn't work. Next, we decided that hereafter in this drama of life,
29. ***God*** was going to be our ***Director.***
30. - ***He is the Principal;*** we are ***His agents.***
31. - ***He is the Father*** and we are ***His children.***
32. - Most good ideas are simple, and this concept was the key-stone of the new and triumphant arch through which we passed to freedom.

Page 63 - Third Step Promises

When we sincerely took such a position, all sorts of remarkable things followed:

33. - We had a ***New employer.***
34. - Being all-powerful, ***He provided*** what we needed, ***if we kept close to him*** and performed His work well.
35. - We became less and ***less interested in ourselves,*** our little plans and designs.
36. - More and more we became ***interested in seeing what we could contribute to life.***
37. - As we felt ***new power flow in,*** as we enjoyed ***new peace of mind...***

PROMISES' INVENTORY

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- 38. - We discovered ***we could face life successfully.***
 - 39. - We became ***conscious of His presence.***
 - 40. - We began to ***lose our fear*** of today, tomorrow or the here-after.
 - 41. - We were ***reborn.***

Page 64 - Fourth Step Promise

42. Resentment is the "number one" offender. It destroys more alcoholics than anything else. From it stem all forms of spiritual disease; for we have been not only mentally and physically ill, we have been spiritually sick. ***When the spiritual malady is overcome, we straighten out mentally and physically.***

Page 67 - Fourth Step Promise

43. We avoid retaliation or argument. We wouldn't treat sick people that way. If we do, we destroy our chance of being helpful. We cannot be helpful to all people, but at least ***God will show us how to take a kindly and tolerant view of each and every one.***

Page 69 - Fourth Step Promise

44. . . . we treat sex as we would any other problem. In meditation, we ask God what we should do about each specific matter. ***The right answer will come, if we want it.***
45. ***God alone can judge our sex situation.***

Page 70 - Fourth Step Promises

- If we have been thorough about our personal inventory, we have written down a lot. We have listed and analyzed our resentments.
46. - We have begun to ***comprehend their futility and their fatality.***
47. - We have commenced to ***see their terrible destructiveness.***
48. - We have begun to ***learn tolerance, patience and good will toward all men, even our enemies.***
49. - We have listed the people we have hurt by our conduct and are ***willing to straighten out the past if we can.***

Pages 70-71 - Fourth Step Promises

50. In this book you read again and again that ***faith did for us what we could not do for ourselves.*** We hope you are convinced now that ***God can remove whatever self-will has blocked you off from Him.***

PROMISES' INVENTORY

Page 75 - Fifth Step Promises

51. We pocket our pride and go to it, illuminating every twist of character, every dark cranny of the past.
52. - Once we have taken this step, withholding nothing, ***we are delighted.***
53. - We can ***look the world in the eye.***
54. - We can be ***alone at perfect peace and ease.***
55. - Our ***fears fall from us.***
56. - We begin to feel the ***nearness of our Creator.***
57. - We may have certain spiritual beliefs, but now ***we begin to have a spiritual experience.***
58. - The feeling that the ***drink problem has disappeared*** will often come strongly.
59. - We feel we are on the Broad Highway, ***walking hand in hand with the Spirit of the Universe.***
60. - We thank God from the bottom of our heart ***that we know Him better.***
61. - Carefully reading the first five proposals we ask if we have omitted anything, for ***we are building an arch through which we shall walk a free man at last.***

Pages 83-84 - Ninth Step Promises

62. - ***As God's people*** we stand on our feet; ***we don't crawl before anyone.***
63. - If we are painstaking about this phase of our development, ***we will be amazed before we are half way through.***
64. - We are going to know a ***new freedom*** and a ***new happiness.***
65. - ***We will not regret the past*** nor wish to shut the door on it.
66. - We will ***comprehend*** the word ***serenity*** and we will ***know peace.***
67. - No matter how far down the scale we have gone, ***we will see how our experience can benefit others.***
68. - That feeling of ***uselessness and self-pity will disappear.***
69. - We will ***lose interest in selfish things*** and ***gain interest in our fellows.***
70. - ***Self-seeking will slip away.***
71. - Our ***whole attitude*** and outlook upon life ***will change.***
72. - ***Fear of people*** and of ***economic insecurity will leave us.***
73. - We will ***intuitively know*** how to handle situations which used to baffle us.

PROMISES' INVENTORY

74. - We will suddenly **realize that God is doing for us** what we could not do for ourselves.

75. - Are these extravagant promises? We think not. **They are being fulfilled among us -- sometimes quickly, sometimes slowly.**

76. - They will **always materialize if** we work for them.

Pages 84-85 - Tenth Step Promises

77. - We have **ceased fighting** anything or anyone -- even alcohol.

78. - For by this time **sanity will have returned.**

79. - We will **seldom be interested in liquor.** If tempted, we recoil from it as from a hot flame.

80. - We **react sanely and normally**, and we will find that this has happened **automatically.**

81. - We will see that our **new attitude** toward liquor **has been given us** without any thought or effort on our part. **It just comes!**

82. - We feel as though we had been placed in a position of neutrality -- **safe and protected.**

83. - We have not even sworn off. Instead, **the problem has been removed.**

84. - We are **neither cocky nor are we afraid.**

Page 85 - Tenth Step Promises

If we have carefully followed directions:

85. - We have begun to sense the flow **of His spirit into us.**

86. - We have become **God-conscious.**

87. - We have begun to develop this **vital sixth sense.**

Pages 86-87 - Eleventh Step Promises

We consider our plans for the day. Before we begin, we ask God to direct our thinking, especially asking that it be divorced from self-pity, dishonest or self-seeking motives.

88. - Under these conditions we can employ our mental faculties with assurance, for after all **God gave us brains to use.**

89. - Our thought-life will be placed on a much higher plane when our **thinking is cleared of wrong motives.**

We may not be able to determine which course to take. Here we ask God for inspiration, an intuitive thought or a decision. We relax and take it easy. We don't struggle.

90. - We are often surprised how the **right answers come** after we have tried this for a while.

91. - What used to be the hunch or the occasional **inspiration gradually becomes a working part of the mind.**

PROMISES' INVENTORY

92. - . . . we find that our thinking will, as time passes, be more and more on the plane of inspiration. ***We come to rely upon it.***

Pages 87-88 - Eleventh Step Promises

As we go through the day, we pause, when agitated or doubtful, and ask for the right thought or action. We constantly remind ourselves we are no longer running the show, humbly saying to ourselves many times each day ***"Thy will be done."***

93. - ***We are then in much less danger*** of excitement, fear, anger, worry, self-pity, or foolish decisions.

94. - We become much ***more efficient.***

95. - ***We do not tire so easily,*** for we are not burning up energy foolishly as we did when we were trying to arrange life to suit ourselves.

96. - ***It works -- it really does.***

Page 89 - Twelfth Step Promises

97. - Having had a ***spiritual awakening.***

98. - Practical experience shows that nothing will so much ensure immunity from drinking as intensive work with other alcoholics.

It works when other activities fail.

99. - Life will take on ***new meaning.***

100. - ***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.

101. - ***Frequent contact*** with newcomers and with each other is ***the bright spot*** of our lives.

Page 98 - Recovery Promise

102. - Burn the idea into the consciousness of every man that ***he can get well regardless of anyone.*** The only condition is that he trust in God and clean house.

Page 99 - Relationship Promise

If there be divorce or separation, there should be no undue haste for the couple to get together...

103. - When the time for living together has come, ***it will be apparent to both parties.***

104. - Let no alcoholic say he ***cannot recover unless*** he has his family back. ***This just isn't so.***

PROMISES' INVENTORY

Page 100 - Spiritual Promises

Both you and the new man must walk day by day in the path of spiritual progress. If you persist:

105. - ***Remarkable*** things will ***happen***.

106. - When we look back, we realize that the things which came to us when we put ourselves ***in God's hands were better than anything we could have planned***.

107. - ***Follow the dictates of a Higher Power*** and you will presently ***live in a new and wonderful world***, no matter what your present circumstances!

Page 102 - The Promise of God's Protection

108. - Your job now is to be at the place where you may be of maximum helpfulness to others, so never hesitate to go anywhere if you can be helpful. You should not hesitate to visit the most sordid spot on earth on such an errand. Keep on the firing line of life with these motives and ***God will keep you unharmed***.

Page 103 - At Peace Promise

109. - After all, our problems were of our own making. Bottles were only a symbol. ***Besides, we have stopped fighting anybody or anything. We have to!***

Page 115 - Family & Friends' Promises

When you have carefully explained to such people that he is a sick person:

110. - ***You will have created a new atmosphere***.

111. - ***Barriers*** which have sprung up between you and your friends ***will disappear*** with the growth of sympathetic understanding.

112. - ***You will no longer be self-conscious*** or feel that you must apologize as though your husband [wife] were a weak character.

113. - Your ***new courage, good nature and lack of self-consciousness will do wonders*** for you socially.

Page 152 - Fellowship Promises

Yes, there is a substitute and it is vastly more than that. It is a fellowship in Alcoholics Anonymous.

114. - There you will find ***release from care, boredom and worry***.

115. - Your ***imagination*** will be ***fired***.

116. - ***Life will mean something*** at last.

117. - The ***most satisfactory years*** of your existence ***lie ahead***.

Pages 152-153 - Fellowship Promises - continued

120. - You will be ***bound to them with new and wonderful ties***, for you will escape disaster together and you will commence shoulder to shoulder your ***common journey***.

122. - You will ***learn the full meaning*** "Love thy neighbor as thyself."

Page 164 - Closing Promises

124. - ***God will constantly disclose more*** to you and to us.

126. - See to it that your relationship with Him is right, and ***great events will come to pass*** for you and countless others. This is the Great Fact for us.

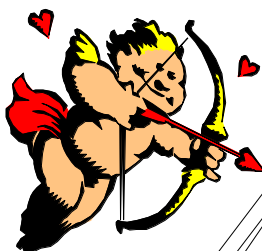
May God bless you and keep you – until then.

Al Kohallek Goes On A Forgiveness Frenzy

A Pathway to Forgiveness

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As I was meditating on this workshop I must have fallen asleep, I was dreaming that I could hear your Higher Self, that which is whole, speaking to your human condition, your personal "reality." It was saying - "Come and let me love you, forgive you, teach you and heal you, and I will. To the degree you let me I will cause you to be a forgiven, forgiver, forgiving - a taught, teacher, teaching a healed, healer, healing and a beloved, lover, loving." If you are willing even for an instant to be still, silent and listen, you too may hear that Voice and remember.



*Neither this workbook nor any of its contents are for sale . They are for sharing.
Pass it on freely to those you love and those you don't.*

A Pathway To Forgiveness
Al Kohallek Goes On A Forgiveness Frenzy

**CAUTION: THIS COULD BE HAZARDOUS TO YOUR OLD WAY OF LIFE.
USE THIS WORKBOOK, OR ANY OF ITS CONTENTS, AT YOUR OWN RISK**

Doing what's suggested in this workbook may cause you to let go of some parts of your personal "reality." It could cause you to be less limited. You may stop blaming other people, places, and things. You may stop being a user and become an owner of your own stuff. You may find yourself giving up some of your old resentments, pains, and fears. You could even find yourself with a new understanding and/or awakening. Maybe you will find *yourself*. The ideas here are for sharing. Pass it on freely to those you love and those you don't.

FORGIVEN FORGIVER FORGIVING

*Al Kohallek wants to forgive everyone, even himself – Now
Lou-is Pazeniton suggested that he do one at a time.*

If I want the fullness of life, if I want loving, caring relationships with whomever, if I want to be joyous, happy, and free, if I want an open heart, mind, and soul, then I must be willing to forgive all, even myself, *perhaps not able but willing*. Then I can look to our Father to do the deed. If the doors of my consciousness were clear of clutter caused by my holding on to old, useless, or harmful beliefs, judgments of others, and myself, realizing my part in all of this is no more nor less than my little personal "reality." Our Program demonstrates that we can, through its process, become *forgiven forgivers forgiving*. The following is a collection of thoughts and ideas about forgiveness. Please review them. Select some and leave others. *Al Kohallek* (Alcoholic) found them very useful. *Lou-is Pazenition* (Lou is passing it on) is Al's sponsor.

OUR MISSION

Al Kohallek has questions. What is it? How does it work? What's in it for me?

The primary purpose of this workshop is to provide you with some tools that can enable you to apply *these principles in all your affairs*. We will introduce you to this set of useful tools; however, tools are worthless unless we learn how to use them and then apply them effectively. Well, that's what this little workbook is about. The primary focus of this workbook will be on forgiveness. We will use this process to help chip away all that is not our God-created self, to help us open up and realize our Spiritual Gifts, which are our true nature.

POWER SUPPLY

*Lou-is Pazeniton tells Al Kohallek about Three Spiritual Gifts
1st Spiritual Gift, Awakening (The correct word)*

"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. Its main object is to enable you to find a Power greater than yourself which will solve your problem." (Alcoholics Anonymous)

A Pathway To Forgiveness
Al Kohallek Goes On A Forgiveness Frenzy

page 45) The main object of this workbook is to be in concert with that. Working the first eleven Steps will assure us of having a personality change, a shift in our perception sufficient to cause a spiritual awakening. Step Twelve opens with: ***“Having had a spiritual awakening as the result of these steps...”*** This spiritual awakening, this Gift, is the first of our three primary goals of this workbook.

SHARING

2nd Spiritual Gift - Love is the message and the messenger

One of the most common human needs is love. The second part of Step Twelve is: ***“...we tried to carry this message.”*** This is sharing; this is Love. “We give but little when we give of our possessions; it is when we give of ourselves that we truly give.” In the act of giving, “passing it on”, what we have received, we realize that giving and receiving are the same. In fact, the only way we can become a Master Receiver is to share with others everything we want for ourselves. We can love because our deepest nature is love. The messenger is the message.

INDIVIDUAL SELF

3rd Spiritual Gift - Finding our purpose and living it

Awakening to the individual self, we were created to be with purpose and meaning, in other words, to live our Heart’s Desire consciously, God’s Will for each individual. The third part of Step Twelve is: ***“...and to practice these principles in all our affairs.”*** The only way we can fully realize who we are is to share what we currently are as a result of this process. When we are God-centered, even for a moment, we will have all the power and wisdom we need. In that moment, we will be told, shown what to do, say, think, and feel in a way we can currently hear, understand, and follow.

Al Kohallek finds out that the most used drugs in the world are: Guilt & Punishment

The most used drugs in our little world are guilt, punishment, resentment, and fear. These drugs give us the illusion that we are doing something about the problem. Like our use of other drugs, we get a quick “fix.” And nothing really changed.

For most of us, these drugs are so much a part of our lives that they have become an automatic response. An automatic response is a habit, and a habit can be changed to a large degree or transformed into a helpful asset, much like our alcoholic drinking has, by the grace of our Higher Power. We are learning, in our A.A. Program, that when the thought of drinking alcohol comes to mind, we turn to our Program Tools for a real solution, instead of a “fix.”

Al Kohallek was reminded of the times when there was no need for forgiveness.

Is there a time when forgiveness is not needed, even when some “wrong” was done? Yes. “We will not regret the past nor wish to shut the door on it.” (Alcoholics Anonymous – p83)
In areas where we have experienced some degree of awakening, healing, and/or

A Pathway To Forgiveness
Al Kohallek Goes On A Forgiveness Frenzy

transformation, we no longer need guilt, punishment, resentment, or fear. This area, which has been healed, has become an asset that we may share with others. We have to some degree let go of our harmful judgments of others and ourselves. Without these judgments, we do not need forgiveness. This is the ultimate kind of forgiveness – none is required.

“One cannot teach an Old dog, new tricks.”

Our Program is a Spiritual Awakening, and a Mental, Physical, Emotional, Social Training

The good news is this: We are not old dogs, nor is our Program a bag of tricks. We can learn “to practice these principles in all our affairs.” Our Program is a spiritual awakening and a comprehensive training process that encompasses the mind, body, emotions, and social aspects. To the degree that we experience a healing or transformation, our harmful judgments in each area will fall away and this defect will become another asset to share.

“We are not saints”

“We are not saints. The point is that we are willing to grow along spiritual lines.” (Alcoholics Anonymous – p60). We have a lifetime of judgments to be healed or transformed; however, one transformation will not heal everything. By the grace of our Higher Power, we can experience a degree of healing. This comes about when one of our patterns – a habit of thought or feeling is realized, owned as ours, not other people, places, or things, and surrendered to our Higher Power, Higher Self. To the degree that we can fully own and surrender these, the more complete the healing or transformation will be.

Willingness is the Key to:

An Open Mind, Spiritual Growth, Self-forgiveness, Relationships, Healing, Loving

The willingness to forgive is the key to all healing in all types of relationships. The key to an open mind is the willingness to forgive. The key to self-forgiveness is the willingness to forgive others. The key to our spiritual growth and awakening is the willingness to forgive. We may not be able to ignore for one “reason” or another, but we can be willing even if our only motive is purely selfish, like “I just don’t want to feel this way,” or “I’m tired of being negative, fearful, and resentful.”

The importance of forgiveness is often overlooked, receiving little to no consideration. One possible reason may be as simple as not knowing how to forgive. Usually, we are just unable to forgive or let go. More often, it is from the core belief that when someone does something “wrong,” even if that someone is us, they must be found guilty and punished. Yet when we are wrong, most of us would love to be forgiven quickly. Not only that, but we also don’t want to see our “crime” made into a capital crime. If I want this kind of forgiveness, I must be willing to extend it to others. A naive person both forgives and forgets; a stupid person neither forgives nor forgets; a wise person forgives but does not forget. The wise person can use this experience of love to share even more than ever. Remember this: What I can do

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is my responsibility; all else is God's responsibility. So, all I can do at any given time is to be willing; that's enough. Let our Higher Power do the rest.

Termites

Watch out for the termites. Termites destroy more property than all floods, windstorms, fire, etc., and so it is with relationships. If we don't attend to the little anger, fears, and resentments, one day, when enough of these have been stuffed, an explosion will happen. In other words, if we don't deal with these little guys (the Tenth Step would be useful), then one day they will deal with us.

Number One Offender

Poor me, poor me, pour me a drink.

Lou-is: *I remind you, Al, that it is so essential that we find a solution for our resentments.*

"Resentment is the 'number one' offender. It destroys more alcoholics than anything else."
(Alcoholics Anonymous, p. 64)

Anger is not resentment until we re-feel it over and over, again and again, much like the **instant replay in sports**. When the pain, fear, and negative stuff weaken a little, we will add something more to our resentment to make it grow. We may even get the poor me's: poor me, poor me, pour me a drink. We are likely to let one person, place, or thing we dislike or disapprove of the most **own** us, preoccupy our thoughts, feelings, time, and energy. They seem to have moved into our very heart, mind, and soul. When a thought of this one comes into our consciousness, we hand over our lives to that one, so that one can dictate how we are to think, act, and feel for a while – sometimes a long time. If this is so, and it is, what can we do about it? Well, our A.A. Program has a solution, and that solution is what this little workbook is about.

Al: *What is the "source" of resentments?*

Lou-is: *It is the violation or lack of fulfillment of two of our Spiritual Gifts: Love and/or Individual Created Self*

Our A.A. Program is indeed a channel of Grace, offering us many loving and valuable tools. If we are willing to use these tools to the best of our ability, we are rewarded abundantly. We are awakened to the Presence of a Higher Power, the Solution, to the love we are and to the individual, with purpose each was created as.

When we find ourselves angry, resentful, and fearful, we recognize that we have given power to someone, somewhere, or something to determine our human experience, rather than to our Higher Power. The primary "source" of our anger, resentment, and fear is just that. Take any resentment you may have and ask these questions: "Are there any violations or lack of fulfillment of my love, giving, or receiving? Am I being honored, respected, and/or valued as the individual I am, my God created self? Have I made someone or something my 'Source' other than My Higher Power?"

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Let's Use Some of Our Program's Tools

If we have had previous success working our Twelve-Step Program in one area, which may be our primary problem, we may now realize it's time to reapply the program to another area of our life. One is tempted to jump over the first three Steps and start on another inventory. If we skip the first three Steps, there is a strong likelihood that we will not achieve nearly the same success with the rest of the program. **We strongly suggest that when one has decided to work on this process in a “new” area, always start at Step One.** It is essential that we acknowledge the limitations of our current understanding in effecting genuine change without external aid. We need to realize that we are powerless and cannot consistently manage our lives effectively with our current mindset. The mind that made us sick or limited cannot make us whole or well (Step One). We must have something other than ourselves, higher than ourselves, different from ourselves, if we are going to achieve any real, long-term change (Step Two). And if we are going to be open-minded and open to a new understanding, we must be willing to let go, surrender our old personal “reality” to make room for the latest (Step Three).

Al: Once I have admitted that I am powerless and that I cannot manage my life, then why do it again?

Lou-is: Our mind plays tricks on us. This is a good example of where we worked on the Steps in one area and then generalized that experience to cover all areas of our lives. It would be like we had experienced some success at our job and then thought that we should automatically be successful in every area of our lives. A person new to the program will often experience a range of highs and lows, both directly and indirectly, due to generalization.

Generalizing: “Now that I’ve stopped drinking, everyone will love me and respect me.” “I did not do this or that perfectly, so everyone will know I’m a failure.”

Applying The Steps to Forgiveness

STEP ONE - (Honesty) We admitted we were powerless over alcohol – That our lives had become unmanageable.

We admitted we were powerless over our limited personal “reality” - that our lives had become unmanageable. For most of us, this personal “reality” has a lot of limiting, useless, and even harmful habits of thoughts and feelings. These often give us the illusion that our Higher Power is not always present, that we cannot experience the fullness of love, and that we really don’t have any real individual purpose or meaning.

This program is designed to remove obstructions and create an environment that fosters natural healing, wholeness, and awakening. The principles that facilitate healing are found in the process of implementing and living these suggestions. Action is the magic word.

This process of healing begins the same way in any area of our lives to which we may choose to apply it. It begins with the realization that **we are powerless to change, alone and unaided**. The mindset that made us sick will not, cannot make us well. We must want a change in our life, not just need it, or we will not go to any length to get it. Many of us who have been around the program for some time want to jump into an inventory at the first sign of a problem. We suggest that whenever we realize we are falling short of the way of life we truly want to live in any area, we **start at Step One** and take the first nine Steps in order.

A dentist had a sign in his office: “Only floss those teeth you want to keep.” We suggest practicing this program only in the areas of your life where you want to be joyful, happy, and free. We suggest addressing each question or statement on forgiveness or lack thereof at a time.

1. List those whom you most need to forgive. Choose one.
2. What pain or fear do you associate with forgiving the one you have chosen?
3. What pleasure are you getting out of not forgiving?
4. What will it cost you if there is no real forgiveness?
5. What are the benefits you could gain by having this forgiveness?
6. How has this lack of forgiveness placed your important relationships in jeopardy? (Example)

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7. Have you lost self-respect and/or reputation due to this lack of forgiveness?
8. Has this lack of forgiveness made your home life unhappy?
9. Has this lack of forgiveness caused any illness? (Example)
10. Do you turn to the type of person who enables you to be unforgiving?
11. What part of this unforgiveness do your loved ones, friends, family, or business associates object to the most?
12. What type of abuse has happened to you and/or others due to this lack of forgiveness? (Example)
13. List examples of what you have done in the past to fix, control, or change this lack of forgiveness?
14. What are the feelings, emotions, and conditions you have tried to alter or control with this unforgiveness?
15. At this time, ask yourself, "If this is such an important area in my life, why haven't I forgiven?"
16. Am I now willing to do whatever it takes to experience complete forgiveness?
17. If your answer to number 16 is YES, write out the First Step: *I admit I am powerless over my inability to forgive, that my life in this area is unmanageable. I cannot, with my unaided will and present understanding, consistently manage this lack of forgiveness.*

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STEP TWO (HOPE) - Came to believe that a Power Greater than ourselves could restore us to sanity.

Step One reveals our problem: we are powerless over our own personal “reality.” That is, we are unable to change our habits of thought and feelings without outside aid. When we fall back into one of our ruts or habits, we struggle to consistently manage our thoughts, feelings, and actions.

Step Two tells us what the solution is. We need to find and awaken to a Power greater than ourselves.

So how do we do this? How do we get from Step One, the problem, to Step Two, the Solution? That’s what our other ten Steps, the fellowship, and the rest of our program can do for us, if we are willing. Step Two is the result of the process found by living and practicing this Program. The following two suggestions will help us get a feel for what's to come.

a. Would it be possible for you to recall the times when you experienced that a Power Greater than yourself did for you what you could not do for yourself, be precise. If you cannot recall an experience related to the area (forgiveness) you are presently working on, any experience with your invisible means of support will do.

--

b. List as many ways as you can of anything that you are grateful for, from the least important to the most important. We want to start building a new habit of gratitude in our everyday lives. We are suggesting that you keep this running list of “I am grateful for:” for at least 40 days.

I AM GRATEFUL FOR:

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STEP THREE (FAITH) - MADE A DECISION TO TURN OUR WILL AND LIVES OVER TO THE CARE OF GOD, AS WE UNDERSTOOD HIM.

Making a decision may run to extremes, from total commitment to a meaningless gesture. Even if we are totally committed to change, but we have the same old personal “reality,” then nothing has really changed yet. This means that we are likely to fall back into one of our old ruts or habits. If we say to ourselves, “I’m going to do this thing come hell or high water,” and fail to live up to our promise, which is very likely because our old habits are still running on automatic, we will even feel worse about ourselves. (our “failures pile on”)

This is one of the main characteristics of addictions: the loss of willpower. Each time our willpower fails, with our best intentions, we feel even more hopeless, useless, powerless, and worthless. The most significant damage to our self-esteem comes from repeated failures at trying to change addictive, habitual behavior alone and unaided. It does not hurt much until we really try our best to stop and change, but we cannot. This, really **trying alone and unaided with the same old personal “reality,” is one of the leading causes of our hitting our personal bottom.** It prepares us for this Program and, undoubtedly, a Higher Power. *“There is only one key, and it is called willingness. Once unlocked by willingness, the door opens almost by itself. Looking through it, we shall see a pathway with an inscription. It reads: This is the way to a faith that works.”* (Twelve Steps and Twelve Traditions, Step Three)

There were ten black birds on a wire. One decided to fly. How many were left? Ten. One decided, but none flew. That was a meaningless gesture.

1. State what it means to you when you make an important decision.
2. State what these “will” and “life” are that you are asked to turn over.
3. State what this means to you: “to the care of God.”
4. State what this means to you: “as you understood Him.”

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FORGIVENESS WILLINGNESS

<i>Take Some & Leave Some</i>	Check the boxes as you experience them – On the left are a few “Why I Am Willing” suggestions and on the right are a few “Why I Am Unwilling or Unable” suggestions - or - Add your own): (R) Rarely - (S) Sometimes - (O) Often - (I) Intense/very Important
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R	S	O	I	#	WHY I AM WILLING	R	S	O	I	#	WHY I AM UNWILLING OR UNABLE
				1	I have a lot more to gain.					14	Alone is better than hurt.
				2	I want the problem corrected.					15	I can't let go
				3	I want this relationship.					16	I don't know how to forgive
				4	I want to be forgiven					17	Fear of being taken advantage of
				5	I want to be free					18	I seek revenge
				6	I want to build trust.					19	I stuffed it
				7	I want to experience peace					20	I suffered, and they went free
				8	I'm willing to let go and let God do for me.					21	I want to punish them
				9	I'll forgive, but I won't forget					22	I'm no fool
				10	I'm tired of being fearful.					23	I'm scared to
				11	I'm tired of being negative.					24	I'm withholding/withdrawing
				12	I'm tired of being resentful.					25	Shows that I approve of.....
				13	It is the loving thing to do.					26	Some like to hurt others.
										27	They didn't forgive me
										28	They don't deserve it
										29	They really did hurt me
										30	They will do "it" again
										31	They will go unpunished

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ACTION: 1. Write in column one what you are having the most problem forgiving. Write in column two what you are willing and able to do and what you are not.

WHO OR WHAT	WHAT'S GOING ON WITH THIS FORGIVENESS

About The following Inventory Worksheet

This is a detailed guideline on how to use the Inventory Worksheet. It will walk you through this useful form with an example for each box. This worksheet is a tool that can change the way we view our process. It allows us to experience how different parts of our experience fit together, all on the same page. A great deal of information will be generated on this form, providing a more comprehensive picture of what happened during a significant life experience.

Recall your worst resentment, one that you have been unable to let go of or forgive. Fill in all the boxes on the Inventory Worksheet as they pertain to that resentment. Follow this format with all your major resentments. If the information generated by the above action does not list each of your worst fears, your most valuable Asset, your worst harms done to others or yourself, and/or the absence of Forgiveness, take another Inventory Worksheet for each of these until all are covered. In any case, we suggest that you follow the same outline in this form and keep everything on one page. All inventories begin with a direct or implied question.

We are using the example on page 65, Alcoholics Anonymous, for each of the Boxes – fill in your own responses.

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(A) A QUESTION OR STATEMENT:	<i>List examples where your selfishness or self-centeredness got in the way of unity, love, or "our common welfare."</i>		
(B) RESPONSE:	<i>My wife found out about my mistress when I went by the office drunk</i>		
(C) I AM RESENTFUL AT:	(D) WHAT WAS THE CAUSE OF THIS RESENTMENT?		
<i>Mr. Brown</i>	<i>His attention to my wife – told my wife about my mistress – He's after my job</i>		
(E) ASSET(S):	(F) HOW WAS THIS ASSET EXPRESSED – OR -- VIOLATED?		
<i>Trust and love</i>	<i>My wife does not love or trust me – Brown told my boss about my drinking</i>		
(G) RECEIVING AND GIVING LOVE:		(H) VALUED AS THE INDIVIDUAL I AM:	
<i>I must have someone to love & I must be loved</i>		<i>I am of more value than I am demonstrating</i>	
(I) WHAT WAS MY PART AT THE TIME?		(J) HOW WAS I AFFECTED AT THE TIME?	
<i>I shouldn't have gone by the office drunk</i>		<i>I was really stressed out so I drank more</i>	
(K) HOW DO I SEE MY PART TODAY?		(L) HOW AM I AFFECTED TODAY?	
<i>I was so selfish, lustful and I drank too much</i>		<i>I was caught and my denial came down</i>	

(R) RATIONAL (I) IRRATIONAL

(M) I AM FEARFUL OF:	(N) WHAT WAS THE CAUSE OF THIS FEAR?	R	I
<i>Brown/My Wife</i>	<i>I fear Brown will get my wife and my job</i>		x
(P) I HARMED:	(Q) WHAT I DID OR DID NOT DO	(R) HOW DID I HARM MYSELF?	
<i>Wife/Brown/Mistress</i>	<i>I was unfaithful to my wife – I burned Brown – I used my mistress</i>	<i>I cut myself off from the love I needed – drank too much</i>	
(S) AM I WILLING AND ABLE TO FORGIVE THIS PERSON?		(T) AM I WILLING AND ABLE TO FORGIVE MYSELF?	
<i>Yes – I am willing and able</i>		<i>Yes – I am willing, but I am not able</i>	

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(A) A QUESTION OR STATEMENT:			
(B) RESPONSE:			
(C) I AM RESENTFUL AT:	(D) WHAT WAS THE CAUSE OF THIS RESENTMENT?		
(E) ASSET(S):	(F) HOW WAS THIS ASSET EXPRESSED – OR -- VIOLATED?		
(G) RECEIVING AND GIVING LOVE:		(H) VALUED AS THE INDIVIDUAL I AM:	
(I) WHAT WAS MY PART AT THE TIME?		(J) HOW WAS I AFFECTED AT THE TIME?	
(K) HOW DO I SEE MY PART TODAY?		(L) HOW AM I AFFECTED TODAY?	
(R) RATIONAL (I) IRRATIONAL			
(M) I AM FEARFUL OF:	(N) WHAT WAS THE CAUSE OF THIS FEAR?	R	I
(P) I HARMED:	(Q) WHAT I DID OR DID NOT DO TO CAUSE THE HARM:	(R) HOW DID I HARM MY-SELF?	
(S) AM I WILLING AND ABLE TO FORGIVE THIS PERSON?		(T) AM I WILLING AND ABLE TO FORGIVE MY-SELF?	
Yes – I am willing and able		Yes – I am willing, but I am not able	

***Copy this blank form to use on multiple resentments**

Forgiving Long-Term Resentments

Al: Why can't we experience forgiveness in some important long-term relationship?

Lou-is: That's what our next section is for.

FORGIVENESS is the key to all happy and loving relationships. Sometimes the hurt seems too great for us to forgive. In this case, willingness to forgive is the key. However, we may be unable or unwilling to forgive (see the Forgiveness Willingness List, p. 10). For those with whom we have difficulty forgiving, it is suggested that we pray for the willingness to forgive. Put these people on a prayer "hit list." Pray for this person five times a day (upon awakening, mid-morning, noon, midafternoon, and before you go to sleep), for two weeks or whatever time it takes for you to experience that you have forgiven.

Perhaps the most challenging thing is to forgive ourselves. There are several reasons for this, one being that we have too much "inside information," which includes numerous instances where we fell short. We often hear discussions about this program and life in general being a process, evolving from limited to less limited, and so on. However, most of us believe someday we will graduate, once we get "it" right or when we earn "it." Instead of seeing each experience as a stepping-stone, we often view it as a stumbling block, a cause for disappointment, and this calls for guilt and punishment. The beatings will continue until we become perfect. We would be far ahead of the game if we were willing to forgive quickly and seek correction, leaving the results to our Higher Power.

One of the most common problems with forgiveness is forgiving those with whom we have had long-term relationships. We believe the primary reason is that we are changing the definition of "crime" as the years go by. We have forgotten what we were upset about when the "crime" occurred, and we apply today's understanding. The following format will help you let go of the past. God can and will do for us that we cannot do for ourselves if we trust Him.

1. Name of the one who harmed you.

2. What did they do or not do to harm you?

3. How did you react at the time the harm was done?

4. How did you feel and/or think at the time the harm was done?

5. What about now? How do you feel and/or think about the harm done?

6. How do you react when you think of, hear of, or see the one who harmed you?

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7. Go to the right-hand column of the Forgiveness List Boxes. Which of those items stand out?

8. Are you now willing to forgive so you can be free?

9. Now ask your Higher Power to bring about this forgiveness at all levels, even for this one moment. You can always take it back if you don't care about freedom. It is important to seek healing for the way you thought and felt at the time of the "crime" as well as the present.

As a rule, it is helpful to follow up after the forgiveness with a visit or a call to make sure the wall is down, unless it would cause the other person harm. When the thought of this person comes to mind, bless them and turn again to your Higher Power.

INSTANT FORGIVENESS TECHNIQUE

Lou-is: *Here is a way we can experience true forgiveness in the present moment. This is the only Real Time we have. We may read a thousand menus and cookbooks and starve to death, but if we have just one bite, our nourishment begins.*

Yes, we can experience instant **forgiveness**, even here and now, one moment at a time. If you don't get anything else out of this workbook but this simple process of Instant Forgiveness, and if you are anything like me, then consider this workbook a great success. Pick out one of your worst resentments, one you have held on to far too long.

Just be sure you are **willing** to let it go – **not able but willing**.

Find a motive, within yourself, no matter how selfish it may be, one that your head and your heart can agree on. For example, Al was so tired of being negative, fearful, and angry *at Sam M. that he no longer cared who did what, to whom; he just wanted to be free, so he no longer felt, thought, and acted as he did when he thought or heard Sam's name.* Al's sponsor, Lou-is Pazeniton had told him, *"God answers the prayers of the heart because He put them there."*

When you truly realize that you want even a few minutes of freedom – say something like this: ***God I am so tied of thinking and feeling this way – I am so willing just for this moment to forgive myself and (name of the person, place or thing) for any wrongs, real or illusory that I did or did not do or they did or did not do.***

God, I am willing but not able at this time to forgive – so I entrust this to you.

Thank you,

Now let it go – one moment at a time – this one.

Repeat this any time a thought of this one comes back. Bless both of you and turn it back to your Higher Power. We have the power to choose in this moment – this present one – it is the only one there is. Leave the results to your Higher Power – He will do for us what we cannot do alone and unaided.

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A Simple Forgiveness Technique

Brief excerpt from: The Sermon on the Mount – By Emmet Fox

The Chapter: Forgive Us Our Trespasses, As We Forgive Them That Trespass Against Us

The technique of forgiveness is simple enough and not very difficult to manage when you understand how. The only essential thing is the willingness to forgive. Provided you desire to forgive the offender, the greater part of the work is already done. People have always made such a bogey of forgiveness because they have been under the erroneous impression that to forgive a person means that you must compel yourself to like him. Happily, this is by no means the case – we are not called upon to like anyone whom we do not find ourselves liking spontaneously, and, indeed, it is quite impossible to like people to order. You can no more *like* to order than you can hold the winds in your fist, and if you endeavor to coerce yourself into doing so, you will finish by disliking or hating the offender more than ever. We are not obliged to like anyone, but we are under a binding obligation to love everyone; love means a vivid sense of impersonal goodwill. This has nothing directly to do with feelings; through it is always followed, sooner or later, by a wonderful feeling of peace and happiness.

The method of forgiveness is this: ***Get by yourself and become quiet. Repeat any prayer or treatment that appeals to you or read a chapter of the Bible. Then quietly say, “I fully and freely forgive X (mentioning the name of the offender); I loose him and let him go. I completely forgive the whole business in question. It is finished forever. I cast the burden of resentment upon the Christ within me. He is free now, and I am free too. I wish him well in every phase of his life. That incident is finished. The Christ Truth has set us both free. I’d thank God.” Then get up and go about your business.*** On no account repeat the act of forgiveness, because you have done it once and for all, and to do it a second time would be tacitly to repudiate your own work. Afterward, whenever the memory of the offender or the offense happens to come into your mind, bless the delinquent briefly and dismiss the thought. Do this, however many times the thought may come back. After a few days, it will return less frequently until you forget it altogether. Then, perhaps after an interval, shorter or longer, the old trouble may come back to memory once more, but you will find that now all bitterness and resentment have disappeared, and you are both free with the perfect freedom of the children of God. Your forgiveness is complete. You will experience incredible joy in witnessing the demonstration.

Everyone should **practice general forgiveness every day** as a matter of course. When you say your daily prayers, issue a general amnesty, forgiving everyone who may have injured you in any way, and on no account particularize. ***Simply say: “I freely forgive everyone.”*** Then, in the course of the day, should the thought of grievance or resentment come up, bless the offender briefly and dismiss the thought.

The result of this policy will be that very soon you will find yourself cleared of all resentment and condemnation, and the effect upon your happiness, your bodily health, and your general life will be nothing less than revolutionary.

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<p><i>Brief excerpts from: Winning Through Enlightenment Ron Smothermon</i></p>	<p>Chapter Ten: Forgiving Forgiving someone is solid proof of your intent to live your life now, while you have it, and be dead later, when you are.</p>
<p><i>Somebody Did Me Wrong Song</i></p>	<p>From time to time in life, people will do things to you that definitely will not promote aliveness or satisfaction in your life. They may do these things over a period of years, without your cooperation. While it is true that you create the experience of having something “done” to you, it is also true that people are doing things to you.</p>
<p><i>Hold everyone accountable including yourself</i></p> <p><i>If we don’t, we are asking for it.</i></p> <p><i>What does it mean to hold someone accountable?</i></p>	<p>Now, while I don’t want you to make people wrong for their actions, I definitely want you to hold them accountable for their actions. Chances are that things will never get to the point that you will have something done to you important enough to require “forgiving.” If you don’t hold people accountable for their actions, you are asking for it, and you have probably noticed that you are getting it. What it means to hold someone responsible for their actions is that you see their actions, then you communicate to them what you know about the consequences of those actions in this world. In other words, you help people become aware of their unconscious motivations in life. That is what I am doing here, with you, by the way. To hold people accountable for their actions means operating outside the right/wrong system. When you make people right or wrong, they become less conscious. In the case of making them right, they are not challenged to examine their lives. If you make them bad, they mobilize their defenses to ward off your attack and make themselves right. No one is less conscious than someone engaged in being right.</p>
<p><i>Keep it simple. To forgive means that you give up forever all claim for revenge. “Forever”</i></p> <p><i>Notice that you don’t have to give up revenge, only the claim for it.</i></p>	<p>So, if you have consistently held people accountable for their actions, you probably don’t have much to forgive anyone for. Probably, you have been letting accountability slide and feel that you have a little or a lot to forgive. What forgiving someone means is that you give up forever all claims for revenge. That’s it. Period. Stop. Please don’t add any extra baggage to it. Please keep it simple. To forgive means that you give up forever all claim for revenge. Notice that you don’t have to give up revenge, only the claim for it. And get that word “forever.” It carries the unconditional nature of forgiving. To “forgive” doesn’t mean that you get to attach conditions to it. You don’t even get to attach the condition called “I’ll forgive you if you never do it again.” Therefore, if</p>

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	<p>they do it again you don't have to forgive them again; you already did that. Don't be repetitive. If you come to think that you have to forgive them again, you didn't do it in the first place. We will have to call what you did by some other name. So forgiving someone isn't a righteous ritual that you go through time after time. Hold it! I did not say that you do not hold them accountable. You had better hold them accountable unless you really want it done to you. What this means is that after you forgive someone for something, you are then outside the right/wrong system. If they do it again, they are not wrong, and they are responsible for the consequences. This should give you a clue as to whom you go through the forgiveness process for.</p>
<p><i>Whom You Do It For Is You</i></p>	<p>If you think you have forgiven people for their sake, you don't know what it is to forgive. Whom you do it for is you. They don't need to be forgiven. They did what they did, and that is it – except for the consequences, which they get to live with. Your forgiving someone doesn't erase the consequences. The consequences are the consequences. So, you are doing this “forgiving” for yourself, so that you can let go of your grudge and get your life back on track. You see, you have a lot of vital life energy tied up in your grudges. By detaching yourself you get all the energy back. You can now make up even more mischief.</p>
<p><i>How Do You Know One thing is sure: your relationship with whoever it is will clear up re- markably. If it doesn't, then you don't forgive.</i></p>	<p>How will you know when you have forgiven someone? Well, you will know, and you don't need a “how” for this one. It will be evident to you, but oddly enough, it doesn't “feel” any particular way every time. You may feel no difference at all, and chances are you will soon notice that you have more energy than you thought you had, but maybe not. One thing is sure: your relationship with whomever it is will clear up remarkably. If it doesn't, then you didn't forgive. You will notice that you don't ruminate about how wronged you have been. You will notice that you sleep more soundly, perhaps, and perhaps not.</p>
<p>Forgiving – It Is Simple</p>	<p>Forgiving is not complicated; it is simple. You simply identify the grudge and ask yourself, “Am I willing to waste my energy further on this matter?” If the answer is “no,” then that's it. If the person is available, you may want to tell them. But that is not what it is about. You are doing it for you, not for them. Therefore, telling them is just a little extra, added on at the end, if you want to add it. But forgive; you really do have to get into a condition of honesty about what you are blaming whom for. Until you tell the absolute truth about it to yourself, you can't forgive.</p>

A Pathway To Forgiveness

Al Kohallek Goes On A Forgiveness Frenzy

<p><i>There Is A Choice</i></p> <p><i>When you choose something, you are the responsible agent</i></p>	<p>After the truth is told, you have to know that there is a choice: you don't have to forgive anybody. You can hang onto your grudges until you die, and you can take them to the grave if you like. If you do, you are not wrong, because people choose to do this all the time. Bearing grudges to the grave is a style of acting in life. Be certain that you see what the consequences are; then choose. When you choose something, you are the responsible agent so you might as well have clarity about it. So choosing is not something we can make you do or not do. You can't forgive someone because you "should."</p>
<p><i>No Matter Living Or Not</i></p>	<p>By the way, if the person you have in mind is no longer living, that is of no consequence where forgiving is concerned. In fact, if they are no longer living that condition, it gives you a terrific opportunity to experience who you are forgiving.</p>

<p><i>Brief excerpts from: To Give Is To Receive Gerald.G.Jampolsky</i></p> <p><i>Forgiveness Is The Key To Happiness</i></p>	<p>The emphasis underlying this course is that inner peace can be reached only when we practice forgiveness. Forgiveness is the letting go of the past and is therefore the means for correcting our misperceptions.</p> <p>Our misperceptions can only be undone now, and this is possible only through the process of letting go of whatever we think other people may have done to us, or whatever we may think we did to them.</p> <p>Through true forgiveness, we can stop the endless recycling of guilt and look upon ourselves and others with love. Forgiveness enables us to release all thoughts that seem to separate us from one another. Without the belief in separation, we can accept our own healing and extend healing love to all those around us. Healing, then, becomes the thought of unity.</p> <p>Whenever I see someone else as guilty, I am reinforcing my own sense of guilt and unworthiness. I cannot forgive myself unless I am willing to forgive others. Only through forgiveness can my release from guilt and fear be complete.</p>
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A Pathway To Forgiveness
Al Kohallek Goes On A Forgiveness Frenzy

Alcoholics Anonymous

FORGIVE

p106 – Next day they would be themselves again and we would forgive and try to forget.

p134 – They cannot seem to forgive and forget.

p463 – Forgive me – I cannot write further about this latest turn of events, anticipating seeing the family I deserted so long ago.

p536 – If I write with the air of one who has discovered the obvious, which is to say, the eternal truths which have been offered to us since the beginning, forgive my callowness; I had to find these things out for myself.

FORGIVEN

p70 - If we are sorry for what we have done, and have the honest desire to let God take us to better things, we believe we will be forgiven and will have learned our lesson.

p140 – If you concede that your employee is ill can he be forgiven for what he done in the past?

p242 – Back at camp, all was forgiven because it was the End, But in the light of what I have since learned I know I was a confirmed alcoholic at nineteen.

p533 – There was the father broke his solemn word in a circumstance where you, eleven years old, had assumed guilt when you were innocent; but the father would not believe you, no matter what; and to ease his suffering you “confessed” and were “forgiven,” only – months later – to have you knew what he was talking about – brought up in front of the stern grandmother.

FORGIVENESS

p79 - We suggested he write his first wife admitting his faults and asking forgiveness.

p86 - After making our review we ask God’s forgiveness and inquire what corrective measures should be taken.

p362 – Time after time I would beg forgiveness on bended knees, with tears rolling down my cheeks, and promise I would never again drink too much.

p536 – I ask the forgiveness of the reader; and from now on I shall try to write with the humility I honestly pray for.

FORGIVING

p77 - We go to him in a helpful and forgiving spirit, confessing our former ill feeling and expressing our regret.

Twelve Steps and Twelve Traditions

FORGIVE

Contents – Step Eight – Obstacles: reluctance to forgive; non-admission of wrongs to others; purposeful forgetting.

p58 – Step Five – Often it was while working on this Step with our sponsors or spiritual advisers that we first felt truly able to forgive others, no matter how deeply we felt they had wronged us.

p65 – Step Six – If we ask, God will certainly forgive our derelictions. But in no case does He render us white as snow and keep us that way without our cooperation.

p91 – Step Ten – In all these situations, we need self-restraint, honest analysis of what is involved, a willingness to admit when the fault is ours, and an equal willingness to forgive when the fault is elsewhere.

p101 – Step Eleven – He thought it better to give comfort than to receive it; better to understand than to be understood; better to forgive than to be forgiven.

FORGIVEN

p58 – Step Five – This vital Step was also the means by which we began to get the feeling that we could be forgiven, no matter what we had thought or done.

p99 – Step Eleven – It is by forgiving that one is forgiven.

FORGIVENESS

Contents – Step Five – Lose sense of isolation, receive forgiveness and give it; learn humility; gain honesty and realism about ourselves.

p58 – Step Five – Our moral inventory had persuaded us that all-around forgiveness was desirable, but it was only when we resolutely tackled Step Five that we inwardly knew we'd be able to receive forgiveness and give it, too.

p78 – Step Eight – obstacles, however, are very real. The first, and one of the most difficult, had to do with forgiveness. --- If we are now about to ask forgiveness for ourselves, why shouldn't we start out by forgiving them, one and all?

p99 – Step Eleven – where there is wrong, I may bring the spirit of forgiveness.

p101 – Step Eleven – Then he asked for the grace to bring love, forgiveness, harmony, truth, faith, hope, light, and joy to every human being he could.

FORGIVING

p82 – Step Eight – admitting the things we have done, meanwhile forgiving the wrongs done us, real or fancied.

Awakening To
YOUR MISSION
A Spiritual Gift

Finding, Claiming And Living Your Mission



*Let me remember even for an instant to hear
the voice of god and follow all his ways. 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, understanding and follow.*

*Let me awaken to the individual self I was created
to be with purpose and meaning. Until I am in
direct conscious union with this self
I can not experience wholeness.*

A Spiritual Gift

Everyone has a Special Gift to give to others.

If you listen to the wisdom of your heart, you will know what it is.

The secret of happiness is to use your Special Gift.

The secret to abundance is to give your Special Gift to others.

CHIPPING AWAY

Piero Soderini, a wise leader of the city of Florence, wrote the following letter of introduction to the Cardinal of Volterra on behalf of a young artist named Michelangelo. *"His manner is such that, if appropriately treated and addressed, he will do the impossible. Be generous towards him with kindness and affection, and he will accomplish things that will astonish the world."* It was in Florence that Michelangelo took a rough piece of marble and chipped away everything that did not resemble the vision of David he had in his mind. Be generous towards yourself and others with kindness and affection, and you will accomplish things that will astonish the world you live in. Chip away everything that does not look like God's Vision of you, and you will experience your Heart's Desire - Purpose - Mission - His Will for you - that Spiritual Flow, flowing in conscious union with your Spiritual Gifts.

FINDING CLAIMING LIVING

Our Mission (**awakening to the individual Self we were created to be with purpose and meaning**) is indeed a Spiritual Gift. It is synonymous with: our heart's desire, our Mission, God's will for everyone, that Spiritual Flow, our Purpose, and our Meaning. An adage says, "God has a plan for everyone, and He has one for you." We shall never be happy for long nor experience the fullness of life until we have consciously found our true place. No other person can do this for us. No one else can seek and find God's Will for us. One of the greatest keys to finding, claiming, and living our Heart's Desire, Mission, is embodied in the program of Alcoholics Anonymous. This process serves as an additional tool to use in conjunction with the A.A. program. Let us remember even for an instant to seek the Voice of God and follow all His ways.

AWAKENING

How can we find, claim, and live this Spiritual Gift? The truth of the matter is that it is not lost. We believe that God has whispered into our hearts just what this wonderful thing is that we

Awakening to Your Mission

are to do, be, and see. It is unlikely that our Creator created us as individuals without a definite purpose in mind. He has never made two people alike; for this reason, no two people could have the same mission. This also means we cannot have any real competition for our individual place in the scheme of things. We are saying that our Spiritual Gift, Mission, is nothing less than God's Will for us. That being the case, He should give us the means to carry it out. We believe that we have already been given all we need to live our Gift consciously; however, we must awaken to it and consciously choose to live it.

AWAKEN UNCOVER DISCOVER

Throughout this workbook, we will offer ways to help awaken, uncover, and discover our true place. The purpose of following the process is to help chip away all that is in the way of our Heart's Desire, our Spiritual Gifts. Think of the process as a tool to help build a mental, physical, emotional, social, and spiritual profile of that true Self. Responding to the process will help us realize, to some degree, the answers to the questions: What is the most important thing to be doing? Where is the most crucial place to be? What is the most important experience to have? What really moves, excites, or drives you? What are you willing to devote your life to? Who are the most important people in your life? *Each time you prepare to work on this process, ask your Higher Power for His loving guidance.*

ACTION

The first part of the process is to prepare you to write your Mission Statement by responding to the first set of questions. Keep your responses focused on that one question and keep them short if possible. If you need more space, use a separate sheet of paper. Keep your Mission goal in mind as you respond to the questions.

Awakening to Your Mission

1. What comes easily or naturally for you?

2. What do you do or want to do for fun, for enjoyment?

3. Who do you most enjoy in work, service, or play?

4. Are you doing one thing but feel deeply passionate about doing another?

5. When ----- is complete, I am going to -----.

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6. What do you value most?

7. List as many of your talents as you can.

8. Which of these talents have you buried?

9. Which of these talents have you multiplied?

10. What most excites you?

Awakening to Your Mission

11. What angers you the most?

12. Do you focus mainly on the past, present, or the future? Example.

13. What movie or TV program really turns you on? What turns you off?

14. What are the gifts you have received that could help you realize your Heart's Desire?

15. Who first saw your Higher Self? What was their discovery of you or about you?

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16. Are you asking other people to do what you are not willing to do? What?

17. What gifts and/or negative stuff received from others have you embraced or rejected?

18. How can you engender the support of your current or former circle of influence to help you find and accomplish your Heart's Desire?

19. How could the First Spiritual Gift (Awakening to the Presence of your Higher Power) help you find and live your Heart's Desire?

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Awakening to Your Mission

20. How could the Second Spiritual Gift (Awaken as the love we are) help you find and live your Heart's Desire?

21. Is there someone you may know who has worked on and/or realized his or her Heart's Desire?

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22. What was this person's Heart's Desire?

23. What resources did this person use?

24. How did this person turn their past into their new goal?

25. What tangible things play a key role in this person's Heart's Desire?

26. How did this person break ranks and become bold?

27. Did this one saturate his\her deeds with prayer?

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28. What could this person have done differently?

Awakening to Your Mission

29. Who are your heroes, past and present?

30. Who has the life you most envy?

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31. Can you describe what you think it would be like being this person?

32. Who is doing the kind of work or service you most desire?

33. Can you describe their work or service?

34. What do you want more of? Less of?

35. Can you describe in detail your ideal work/service setting? Co-workers?

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36. Can you describe in detail your ideal work/service currently?

--

37. If money were no object, what would you be doing with your life?

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38. If you only had six healthy months left to live, what would they be like?

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Awakening to Your Mission

39. What would you do if you were ten times bolder in each primary area of your life?

Mental	
Physical	
Social	
Emo-	
Spiritual	

40. Who is the most important person?

--

41. What is the most important thing you could be doing?

--

42. Where is the most important place to be?

--

43. What is the most important decision you could make, which would cause you to be excited, moved, or driven?

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44. What actions could you take that would excite, move, or drive you?

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45. What do you stand for? What are the values by which you genuinely want to live
Your life that most excites, moves, or drives you?

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46. What is the group or cause you are willing to devote your life to?

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PREP WORK FOR WRITING YOUR PROFILE

The most essential thing in life is to decide what is most important. This process may best be used as a stand-alone after you have completed your first nine Steps. The first part of the process is to prepare you to write your Mission Statement.

1. Have you responded to the first set of questions?
2. Review your responses to the above questions.
3. If you have completed your inventory using the Workbooks, review your responses to your Assets and Rules/Patterns List Boxes. If you have not completed your inventory using these List Boxes, you may use the copies on pages 15 and 16.
4. Finding **The Core of Perfectionism**. Following section.
5. On a separate sheet of paper, write a profile of your **Heart's Desire, Mission**.

FINDING THE CORE OF PERFECTIONISM

How do we come to judge others and ourselves so unfairly? Like all our judgments, they come from our habits of thought and feelings, in other words, our personal “reality.” The process inherent in this Program is to help us bring this personal “reality” to the surface. We want to chip away at it enough so that our higher Self can come out and play. The following is explicitly designed to identify the core of perfectionism, which is to hold oneself to such high standards that no one can live up to them. This will ensure failure. *If we are perfectionists and fail even at the smallest thing, we tend to forget all the good we have done and focus only on the failure. We judge others the same way. For example, at the slightest rejection, we forget all the love we have shared with someone and obsess over this one breach of love.* If you have never created this profile, we suggest doing so as part of your inventory or as a standalone. It will give you some significant insights. The allotted writing space is too small to create a comprehensive profile. Use a separate sheet of paper to write your profiles.

ACTION SUCCESS - List examples of what it “takes” to be ideally successful in the area you are currently working on in the Program. *Let your imagination run wild, movie time!* What are the rules, rituals, and generalizations for becoming successful? If you know someone successful in this area, what did they have to do, be, give up, learn, or know? In other words, what did it cost them to “make it?” Go to extremes with this profile. This includes things you may have just heard about.

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ACTION FAILURE - Now, list examples of *everything you associate with failing*. Everything you can imagine, including the *extremes*. Use the same format as you did for being successful. In both cases, stay focused on one important area in your life.

ACTION EXAMPLES - Write examples where you judged others or yourself for those extremes; successfully and/or failing, this is the core of perfectionism.

MY HEART'S DESIRE – MY MISSION

Your simple Mission Statement is to include the following:

1. Include the cause, organization, or group to which you are willing to devote your life. Who do you most want to serve or share your life with? Response: *I am eager to dedicate my life to sharing my Spiritual Gifts with those I am drawn to.*
2. Include what you stand for. What are the values by which you live, which most excite, inspire, move, or drive you? Response: *The awakening of my Spiritual Gifts is what most excites, inspires, and pushes me.*
3. Include the action words that most excite, inspire, move, or drive you. What are the actions you must take to live your Mission consistently? Response: *The conscious, consistent actions I must take to accomplish my mission are to communicate and demonstrate the chipping away of all that is not these Gifts.*

Example: ***I am willing to devote my heart, mind, and soul to the awakening of my Three Spiritual Gifts. I am willing to share my experience, strength, and hope to communicate and demonstrate the chipping away all that is not these Gifts, with all I am drawn to.***

Awakening to Your Mission

Go over everything you have so far. *Now, reduce it to a simple **MISSION STATEMENT**.* We want this Statement to be inspiring, exciting, clear, simple, powerful, all-encompassing, engaging, and in the present tense. Now, commit it to memory.

VISION STATEMENT

Now, let's build a picture, a visualization, an ideal image of how your Spiritual Gift will look after it is realized. God's individual will for each of us comes through God's grace, but we must be willing to open ourselves to and receive that grace, and then live it.

1. LONG-TERM GOAL - Your Mission, Heart's Desire, or Spiritual Gift acts much like a long-term goal. Once our long-term goal is firm, it tends to draw us toward that goal.
2. INTERMEDIATE GOALS – To reach our long-term goal, Mission, Heart's Desire, we must have intermediate goals (perhaps a needed skill). These goals may take from a few months to a few years.
3. DAILY GOALS – To reach our intermediate and long-term goals, we must do it through our daily, moment-to-moment actions, thoughts, and feelings in conscious union by choice.

Once we realize that our emotions are the Divine energy that motivates us, when we are in concert with God's Will for us, we experience positive, good, or loving feelings, which inspire us toward God's Will. When we conflict with God's Will for us, we experience negative, sad, angry, or fearful feelings, which move us away from God's Will. Our emotions can be a very powerful early warning system.

Answer the following questions to prepare you to write your Vision Statement. Keep your response for each focused on that one question. Keep them short if possible. If you need more space, use a separate sheet of paper. Keep your Mission goal in mind as you respond.

1. Using your imagination, list four wonderful and surprising things that could possibly occur because of your Heart's Desire.

Awakening to Your Mission

2. Who might be the one to help you carry out your mission?

3. Whom or what will you have to revitalize to make it happen?

4. Whom or what will you have to confront in order to get the supplies or authority?

5. If you were ten times bolder, what would you do differently?

6. If you were to write a prayer with great sincerity and intensity about your mission, what would it say?

7. Would it be possible for you to imagine three years from today by living your mission?

8. What are you doing after three years? Who are you sharing your Heart's Desire with?

9. Imagine you are now a very old person, and one asks, "What are you most proud of about your life?"

10. You are about to die. What did you accomplish before you left?

11. As a result of your having lived, three things have changed or shifted in the world. What are they?

ACTION – CONTINUAL INVENTORY

The following is an ongoing inventory, but its primary use is to help you prepare your Vision Statement. It is always helpful to write out your response. Write your response to the following in your Vision Statement prep work. Until you fully realize your Heart's Desire, it is suggested that you review it every month or so.

1. Get the facts.
 - a. How much do you know about your Heart's Desire?
 - b. What is your source of knowledge?
 - c. When was the last time you updated your knowledge base?
2. Set your goals (long-term, intermediate, and daily).
 - a. What is your primary long-term goal (Heart's Desire)?
 - b. Are they written down?
 - c. Have you communicated it to others? Could they recite it verbatim?
3. Examine, educate, and enlist your resources.
 - a. Make a list of your resources. Include such items as: time, talents, training, health, finances, friends, and hobbies.
 - b. Make a list of all the people you know who might be able or willing to help you with your Heart's Desire.
 - c. Ask these people to help you. Communicate why it would be good for them to help you accomplish this Heart's Desire.
4. Turn old business (service) into a new business (service).
 - a. Which contacts from your past might be willing to help you again?
 - b. What dreams or talents did you once have that could be reawakened?
 - c. What could you do to rekindle a fire that has almost gone out?
5. Give others something tangible to remember you by.
 - a. What tangible things do you give people to help them remember you by?
 - b. How many of those are unimaginative and ordinary?
 - c. How could you be more creative in getting your message across - and making it memorable?
6. Break ranks. Be bold.
 - a. Where and why are you currently marching in place?
 - b. Who is going to give you permission to take the steps you need to take?
 - c. What would you do if you were ten times bolder? Go out and do it.
7. Get visible.
 - a. What are you doing to become visible?
 - b. Who offers a positive example of visibility in your community or workplace?
 - c. Are you really open when it comes to sharing your Heart's Desire?

ACTION – WRITE YOUR VISION STATEMENT

Write out your VISION STATEMENT: We want this Statement of what our Heart's Desire, Mission, will look like after it is realized to be inspiring, exciting, clear, simple, powerful, all-encompassing, and engaging. Now, commit it to memory.

ACTION – DAILY JOURNAL

With every new beginning, take a moment to turn briefly to your Higher Power. In other words, make a habit of it. Remind yourself daily of your Mission.

Use a Daily Journal for no less than 40 days (the longer, the better) as follows (example on the following page):

1. At the top of a sheet of paper, write your Mission.
2. Draw a line down the middle of the page.
3. On the left-hand side, write each day what you experienced that contributed to your Mission.
4. On the right-hand side, write each day what you experienced that was contrary to your Mission.

You will quickly realize that old stuff is repeating – then you can make a new decision about it. The first decision we believe would be to turn them over to your Higher Power.

DAILY JOURNAL
YOUR HEART'S DESIRE - YOUR SPIRITUAL GIFT – YOUR MISSION

[illegible]

Awakening to Your Mission

ASSET LIST

Check those on the list below that are most important to you. Asset: A useful or valuable quality, person, or thing, something that contributes to one's well-being.

ASSETS (THREE SPIRITUAL GIFTS)					
	1	The awakening to the Presence of our Higher Power.			
	2	The awakening to the Love that we are, that all of us are.			
	3	Awaken to the individual Self we were created to be, with purpose & meaning.			
	4	Abundance		34	Independent
	5	Acceptance		35	Inner-directed
	6	Ambition		36	Intelligence/Wise
	7	Beautiful/Handsome		37	Interested/Concerned
	8	Career/Work		38	Intuitive
	9	Committed/Dedicated		39	Joyful/Happy
	10	Communication		40	Kindness
	11	Compassion		41	Listener
	12	Conviction		42	Love/Caring/Sharing
	13	Curiosity		43	Loyalty
	14	Courage		44	Marriage
	15	Continuing education		45	Openness
	16	Creative/Inventive		46	Play/Leisure time
	17	Drive		47	Patient
	18	Even tempered		48	Perseverance
	19	Faith/Devotion/Spiritual		49	Power/Title/Money
	20	Family		50	Preparedness
	21	Focus		51	Productive
	22	Forgiving		52	Resilience
	23	Friends		53	Risk taking
	24	Generous		54	School/Learning
	25	God-consciousness		55	Sex
	26	Good companion		56	Supportive
	27	Good income		57	Take charge
	28	Good parent		58	Teachable
	29	Good worker		59	Toughness
	30	Health		60	Trust
	31	Higher Purpose		61	Understanding
	32	Honesty		62	Unselfish
	33	Humor		63	Willingness

RULES AND PATTERNS

GROWING UP RULE: In column one, write the rule you grew up with for each of your critical areas. If this rule is useless, harmful, or too limiting, and you no longer want it controlling your life experiences, mark an (X).

CURRENT RULE: In column two, write the rule you currently have for each of your vital areas. If this rule is useless, harmful, or too limiting, and you no longer want it to mark an (X).

DESIRED RULE ACTION: Using this form will give you a flow of how most habits come about. If you think it's time to change one of these rules, write your desired replacement rule in column three.

RULES and PATTERNS WORKSHEET

	(1) My Growing up rule: <i>My Career</i>		(2) My Current rule for: <i>My Career</i>	(3) My Desired rule for: <i>My Career</i>
X	<i>We must earn what we get. Money doesn't grow on trees.</i>	X	<i>Work smarter, not harder.</i>	<i>Do the best you can and leave the rest to God.</i>

My growing-up rule for:	My Current rule for:	My Desired rule for:

My growing-up rule for:	My Current rule for:	My Desired rule for:

Awakening to Your Mission

My growing-up rule for:	My Current rule for:	My Desired rule for:

My growing-up rule for:	My Current rule for:	My Desired rule for:

My growing-up rule for:	My Current rule for:	My Desired rule for:



Three Spiritual Gifts

On Five Pathways

With Ten

Elements



THREE SPIRITUAL GIFTS
AWAKENING LOVE MISSION

LOVE - HEALING - TEACHING - FORGIVENESS - EMPOWER - ENLIGHTEN - ENRICH
COMMUNICATE - CO-CREATE - AWAKEN

Introduction

Life would not have the problems many of us face if we had the ability to maintain spiritual awakenings, but we don't. For sure, our spiritual, mental, physical, emotional, and social experiences are **shaped, filtered, and formed by our personal "reality."** This personal "reality" is composed of everything we have experienced since entering this world. Everything we have done, felt, thought, seen, heard, or experienced in any way, whether we did or did not, plus who we did or did not do it with, whether real or illusion, makes up our filter system. We mostly react as though the experience is real. We may even draw other beings or facts into our conscious experience, but that alone does not make it real. We believe that each individual creation starts with a pure Divine Design. As that pure Design passes through our personal "reality" filter system, we may distort it so badly that it does not look anything like our Father's original pure Divine Design.

Nature, at times, will shape a tree contrary to its Divine Design within the seed. For example, a tree along the coastline is subject to a prevailing wind; the tree's bends and shapes reflect the wind's influence. Our habits of thoughts and feelings are much like the prevailing wind's effect on our Father's original individual Divine Design.

We designed this workbook to uncover and discover our personal "reality", allowing us to own it. **Our part is willingness, commitment, and faith in our Higher Power.** We need to ask ourselves, *"Am I willing to have an open mind and open heart?" "Am I committed to doing all the daily assignments?" "Most important, do I have faith in my Higher Power to do for me what I cannot do?"*

This workbook is to help us change what we feed our personal "reality." Once we own our personal "reality," we can take part in its transformation. We change our personal "reality" back into thoughts, then we replace our thoughts. We can surrender these to our Higher Power because we own them. Our Higher Power can transform these thoughts and feelings into His image and likeness, His will. He upgrades our personal "reality." By the grace of our Higher Power, we can experience the **Three Spiritual Gifts: Awakening, Love, and our Mission, deeper than words, through the Five Pathways: spiritual, mental, physical, emotional, and social.** Many of us have received the fruits of these Spiritual Gifts on our serendipity journey Home. We're given the tools to share these Spiritual Gifts, which we call the **Ten Mission Elements. These action tools are: loving, healing, teaching, forgiving, empowering, enlightening, enriching, communicating, co-creating, and awakening to the One Source.** This gives us a new meaning of abundance. Today, we are realizing the next frontier in applying these principles in all our affairs, which will encompass the fulfillment of spiritual, mental, physical, emotional, and social pathways.

Let Down Your Bucket

There is a story in *Around the Year* with Emmet Fox that will help expand our goal through this workbook. 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 clear, fresh, sparkling water!

For several days, they had been sailing through freshwater without realizing it. They were out of sight of land, but off the estuary of the Amazon, which carries freshwater many miles out to sea.

Conscious Union

We live in the Presence of our Higher Power 24/7. But we are not conscious of the Truth, the Reality we live, and move, and have our being in, that Power which created each of us. Breathing or any sign of life is proof of that Divine Presence within each of us, no matter what we did or did not do.

This workbook will help us deepen our conscious connection with our Higher Power, our Higher Self, and all others. Our personal "reality" needs an upgrade, a reconciliation, and a reuniting of our individually created purpose and mission. Our personal "reality" in its selfish, self-centered, fearful worldview is made up of illusions of separation, the root of the problem between our Higher Power, ourselves, and all others. By grace, our Program transforms our selfish, self-centered interest into enlightened self-interest. We will intuitively know what our Boss would have us do next. Each daily assignment reminds us who and what we are, an open channel and agent of our Creator. There are numerous benefits to sharing this workbook with another person or a group. Some of these are:

- We benefit from others' experience, strength, and hope.
- We begin to build a unity consciousness each time we meet.
- With each question, our understanding, awakening, love, and ability to share will increase.
- As we awaken and grow, our responses become more useful, wise, enriching, and fulfilling.
- Of course, our illusion of separation diminishes while our enlightened Self-interest grows.
- Our Higher Power invites us to rethink the judgments we made up.

Now – how about you take this workbook for a forty-day TEST DRIVE?

A Tri-Partnership is an optional, helpful tool. Are you willing for 40 Days to enter a Tri-Partnership with your Higher Power and one other person to help you move toward

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your Heart's Desire? Are you willing to commit to your Higher Power to improve your conscious contact with them? You are to maintain personal contact with your partner each day, either in person, by phone, email, or text. Doing this with an open mind and heart, being as willing, honest, and trusting as possible, to demonstrate your commitment. Ask your Higher Power for guidance to set up your three goals—act as a coach for one another, sharing when you are on or off the mission path. Once you have written your three goals and committed to living them for the next 40 days, the fun begins. This 40-Day Tri-Partnership is as follows: State a Long-term goal or your Heart's Desire – That which is essential to you. Please treat this as your Mission in life, as you see it now, subject to change. You may choose a relationship or a different way of life. In other words, any important goal you would love to realize or experience. Ask your Higher Power to remind you just what your Heart's Desire is. We believe He or She, from time to time, whispered in your heart what it is.

1. Write your Long-term goal - Heart's Desire:

For example, start with the workshop goals using an affirmation.

"I accept the Three Spiritual Gifts with a humble and grateful heart. I manifest these Gifts on all Five Pathways. As an agent of our Father, I channel these Gifts, His will through my Ten Mission Elements."

2. Intermediate goals:

What will it take for you to realize your Long-term goal? What are the spiritual, mental, physical, emotional, and social equivalents or skills you need to build or develop, which will enable you to realize your Long-term goal, Heart's Desire? List these: (You will add to this list as you work the workbook).

Examples:

"I need to learn more about prayer, meditation and contemplation to help me awaken."

"I need to learn more about the different ways to express love."

"I need to learn more about practicing the Ten Missions in all my affairs."

3. Short-term goals:

What can you do here, now, today that will contribute to the building or receiving of your Intermediate goals or skills that will enable you to realize your Long-term goal, Heart's Desire, most likely your Higher Power's Will for you? Or what did you do or not do that was contrary to your Intermediate or long-term goals? As long as you do not dwell on what was contrary, no harm is done. When negativity comes up, you need to own it as part of your personal "reality", discredit it, and take back the power you gave it. Surrender negative stuff to your Higher Power to heal or transform into an asset. If you cannot stop thinking or feeling negative stuff, choose one of A.A.'s most excellent tools - *get out of yourself by helping someone else*. See what you can do to help another person. **Don't tell them about your problems**, but focus on helping that person find a solution or acceptance. **Action is the magic word**. Each day, write out your desired plan of action:

Now-term goals – Now - the only time we can make decisions or take actions. Examples:

"I am using the Big Book to contribute to my Intermediate goals which contributes to my long-term goals."

"I am practicing what I am finding in the Six Loves workbook @www.12stepworkbook.org."

"I am using this workshop and the Twelve Steps and Twelve Traditions book to improve my skills."

These three goals —long-term, intermediate, and the here-and-now goals —are what you will share with your two partners for 40 days, thus helping each other stay on the path or get back on it. Your Long-term goal, Heart's Desire, will draw you toward it as you focus on it. Your Intermediate goals will enable you to consciously and consistently realize your Heart's Desire. Our decisions and actions here and now make it possible to receive our Higher Power's grace. If we fail, we can choose to get back on the path once again, and when we achieve some success, we can choose to build on what works. Your two partners for the 40-day Tri-Partnership are: **Your Higher Power** and:

Partner _____ Home # _____ Office # _____ Cell # _____

**CAUTION: THIS COULD BE HAZARDOUS TO YOUR OLD WAY OF LIFE.
USE THIS WORKBOOK, OR ANY OF ITS CONTENTS, AT YOUR OWN RISK.**

Doing what's suggested in this workbook may cause you to let go of some of your personal "reality," and even become less limited. You may stop blaming other people, places, and things. You may stop being a user and become the owner of your own content. You may find yourself letting go of some of your old resentments, pains, and fears. You may even find yourself with a new understanding and awakening. You may find your Higher Self. These are for sharing. Pass it on freely to those you love and those you don't.

THIS WORKBOOK'S PRIMARY PURPOSE

The primary purpose of this workbook is to provide you with a set of valuable tools. These tools can help you become aware of the ***Three Spiritual Gifts on Five Pathways with Ten Mission Elements***. Ways to apply these tools in our everyday lives. We will introduce you to this set of useful tools; however, tools are worthless unless we learn how to use them and then apply them effectively. Well, that's what this little workshop is about. Our primary focus is learning new ways to expand our application of the Alcoholics Anonymous program. To help you awaken to the powerful spiritual principles embodied in the ***Twelve Steps (Recovery), Twelve Traditions (Unity), and Twelve Concepts for World Service (Service)***.

This workbook will cover the Three Spiritual Gifts and the Five Pathways, along with the Ten Mission Elements within the Program. **Awakening (Gift One)**, we believe, is the appropriate word because it does happen as the result of applying the spiritual principles that open us up to our Higher Power's grace. We can choose to use this information and understanding to chip away all that is not the **Love** we are **(Gift Two)**. We will realize our God-created Self with purpose and meaning, our true **Mission (Gift Three)**.

This workbook will help us recognize our Spiritual Gifts, our true nature. We will apply these Gifts in each area of our human condition: Spiritual, mental, physical, emotional, and social. We will express our loving Mission by the gift of grace. We will awaken to our individual Mission with its Ten Mission Elements: loving, healing, teaching, forgiving, empowering, enlightening, enriching, communicating, co-creating, and awakening to our Higher Power. Using these tools, we are more likely to be open to our Higher Power's loving grace, mercy, miracles, and promises.

The Three Spiritual Gifts

Our 1st Spiritual Gift - Awakening

“Lack of power, that was our dilemma. We had to find a Power by which we could live, and it had to be a *Power greater than ourselves*. Obviously. But where and how are we to find this Power? Well, that’s exactly what this book is about. Its main object is to enable you to find a Power greater than yourself which will solve your problem.” (Alcoholics Anonymous page 45) The primary objective of this workbook is to align with that. Working the first eleven Steps will assure us of having a personality change, a shift in our perception sufficient to cause a spiritual awakening. Our 1st Spiritual Gift is the first part of Step Twelve, ***“Having had a spiritual awakening as the result of these steps”***. This spiritual awakening is our first Gift of our three primary goals of this workshop.

Our 2nd Spiritual Gift - Our Love

One of the most common human needs is love. The second part of Step Twelve is ***“...we tried to carry this message.”*** This is sharing; this is Love. “We give but little when we give of our possessions; it is when we give of ourselves that we truly give.” In the act of giving, “passing it on,” what we have received, we realize that giving and receiving are the same. In fact, the only way we can become a Master Receiver is to share with others everything we want for ourselves. We can love because our deepest nature is love. The messenger is the message.

Our 3rd Spiritual Gift - Our Mission

Our Mission: *Awakening to the created individual Self that we are with purpose and meaning*. In other words, consciously and consistently living our mission, our Heart’s Desire, God’s Will for each individual. The third part of Step Twelve is: ***“...and to practice these principles in all our affairs.”*** The only way we can fully realize who we are is to share what we currently are as a result of this Program. When we’re God-centered, even for a moment, we have all the power and wisdom we need. In that moment, we’re told or shown what to do, say, think, and feel in a way we can currently hear, understand, and follow. ***Remember this: Practicing our Mission in all our affairs through the Five Pathways: Spiritual, mental, physical, emotional, and social, using our Ten Mission Elements, is our goal.***

Our Ten Elements of Our Mission

Our Mission: *Awakening to the created individual Self that we are with purpose and meaning*. In other words, consciously and consistently living our mission, our Heart’s Desire, God’s Will for each individual. The third part of Step Twelve is: ***“...and to practice these principles in all our affairs.”*** The only way we can fully realize who we are is to share what we currently are as a result of this Program. When we’re God-centered, even for a moment, we have all the power and wisdom we need. In that moment, we’re

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told or shown what to do, say, think, and feel in a way we can currently hear, understand, and follow. **Practicing our Mission in all our affairs through the Five Pathways: Spiritual, mental, physical, emotional, and social, using our Ten Mission Elements, is our goal.**

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

- I believe we receive by grace the tools of action, the Ten Mission Elements, that enable us to share with those we're drawn to. First, we're open to the love we are. We're created by Love, for love, to love, therefore a **beloved lover loving (BLL)**.
- Each of us living this program experience healing within one or more of the Five Pathways, which makes us a **healed healer healing (HHH)**.
- Because we become teachable, we're **taught teachers teaching (TTT)**.
- Through our Higher Power's mercy, we're forgiven, which makes us a **forgiven for-giver forgiving (FFF)**.
- If we live up to the Program's standards, we're enabled, allowed, and supplied with the means to carry out our mission. In other words, an **empowered empower-er empowering (EEE)**.
- When we're spiritually awakened, we're enlightened to some degree, which makes us an enlightened enlightener **enlightening (EEE)**.
- Many of us become enriched within one or more of the Five Pathways, which makes us an **enriched enricher enriching (EEE)**.
- We find ourselves communicating better with others, ourselves, and our Higher Power, which makes us a **communicated to communicator communicating (CtoCC)**.
- Starting our day with prayer and meditation we co-create our day. This means we are a **created co-creator co-creating (CcoCcoC)**.
- As a result of practicing this Program, we awaken to our Higher Power, which can do for us what we cannot do alone and unaided. The tenth Mission Element is: an **Awakened Awakener Awakening (AAA)**.

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

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

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RESPONSE BOXES:

d. Note one of the Ten Mission Elements you're able to apply to the Spiritual Gift of the day, write your response in the right column.

e. States how you're unable to use that Mission Element for that Spiritual Gift. These Ten Mission Elements are: awakening, loving, healing, teaching, forgiving, empowering, enlightening, enriching, communicating, and co-creating.

The following Five Pathway response boxes are: f. Spiritual, g. mental, h. physical, i. emotional, and j. social. In column two, write an example of how you can or cannot apply this Pathway to b. The Spiritual Gift of the day.

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

k. Write what will increase what works and decrease what does not work or is too limited or harmful.

If you need more writing space, use a separate sheet of paper.

Three Spiritual Gifts on Five Pathways with Ten Elements

Al Kohallek's example:

Day 0 Example	Gift Two Love	Today's Mission Element, a beloved lover loving. In what ways have you experienced love since you came into the Program? At some level, most of us have known that we are more loving than we can prove. The Program teaches us that if we want more love, then we should be more loving. How do you give or receive love: spiritual, mental, physical, emotional, and social?
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Able to love	<i>I was able to give love, in the form of service, before I was able to receive it. I was fortunate to join a group of AA enthusiasts. They included me in every kind of service.</i>
Unable to love	<i>I was unable to love anyone for a long while. I hated myself for what I had done and what I had become. The saying that we are to love our neighbor as we love ourselves, poor neighbor. I did not trust anyone.</i>
Spiritual	<i>I had no type of Spiritual guidance when I came to the Program. To the question. Did a Higher Power love me? No. Maybe he loved a few – the chosen ones, but not the likes of me.</i>
Mental	<i>I first thought that AA members would find out something bad about me and blackmail me into staying dry. After all, I went to a picnic and a county fair, and I had the T Shirt. I “knew” what they were thinking. Thoughts of love were out of the question. They were very friendly, so they wanted to use me.</i>
Physical	<i>Due to the way I was living, if you want to call it that, I had cut myself off from physical love, which would include making love or loving my physical body and world. I did not know how to take care of my physical body or world.</i>
Emotional	<i>All the joy had gone out of my reach. The primary expression of my emotions was anger and violence, which turned out to be fear. When someone tried to love me, I abused them or pushed them away. What I could have I did not want, and what I wanted I could not have. I didn't want to wake up on some mornings. I had a great fear of love.</i>
Social	<i>The way I reacted when I first came to the Program was distrustful of those who freely shared. I knew they were after something for nothing; in other words, they were trying to con me.</i>

What can you do to increase your love and decrease your lack of love?

<i>I must trust enough to take a few love risks. I can start by silently extending the love I want to others. I can pray that a Higher Power will extend His love, mercy, and grace.</i>
<i>I can overcome my lack of love by loving and serving others. I can make a few friends. I can stop withholding and withdrawing.</i>

Three Spiritual Gifts on Five Pathways with Ten Elements

Day 1	Gift One Awaken	Today's Mission Element, an awakened awakener awakening. What was your understanding of a spiritual awakening when you first came to the Program? When are you able to awaken, and when are you unable? How did you judge others or yourself about a spiritual awakening? Give examples of spiritual, mental, physical, emotional, and social.
Able to awaken		
Unable to awaken		
Spiritual		
Mental		
Physical		
Emo- tional		
Social		

What can you do to contribute to your awakening and decrease what is contrary to your awakening?

Three Spiritual Gifts on Five Pathways with Ten Elements

Day 2	Gift Two Love	Today's Mission Element, a beloved lover loving. How did you react to others who were freely sharing with you when you first came to the Program? Were you able to receive or give love, or unable? Could you tell when someone was on or off the Love Path? Was it hard for you to trust yourself or others? What do you recall about your loving, giving or receiving: spiritual, mental, physical, emotional and social?
Able to love		
Unable to love		
Spiritual		
Mental		
Physical		
Emotional		
Social		

What can you do to increase your love and decrease your lack of love?

Three Spiritual Gifts on Five Pathways with Ten Elements

Day 3	Gift Three Our Mis- sion	Today's Mission Element, a healed healer healing. It's beneficial that our Program emphasizes practicing these principles in all our affairs after we have gained some experience within the Program. When were you able to experience healing, and when were you not able? When did you first get an idea of what these healing principles were and how to practice them? Give examples of how you practiced these healing principles: spiritual, mental, physical, emotional, and social.
Able to heal		
Unable to heal		
Spiritual		
Mental		
Physical		
Emo- tional		
Social		

How can you increase healing and decrease what causes the call to healing?

Three Spiritual Gifts on Five Pathways with Ten Elements

Day 4	Gift One Awaken- ing	Today's Mission Element, a taught teacher teaching. What did you learn from your first spiritual awakening? Who was your first spiritual teacher? When did you realize the importance of being teachable? What fostered your spiritual awakening? What blocked your spiritual awakening? What did you learn when you were teachable: Spiritual, mental, physical, emotional and social?
Able to teach		
Unable to teach		
Spir- itual		
Mental		
Physical		
Emo- tional		
Social		

How can you become more teachable and decrease what causes your un-teachability?

Three Spiritual Gifts on Five Pathways with Ten Elements

Day 5	Gift Two Love	Today's Mission Element, a forgiven forgiver forgiving. Awakening to the love we are is one of the greatest gifts many of us have received because of practicing this way of life. Is this true for you? In the early days of your Program, were you able to share that love? We cannot overemphasize forgiveness. Were you able to forgive yourself and others or were you unable to forgive, blocking your love? Give examples of sharing the love you are through forgiveness; spiritual, mental, physical, emotional, and social.
Able to forgive		
Unable to for- give		
Spiritual		
Mental		
Physical		
Emo- tional		
Social		

What can you do to increase your ability to forgive and decrease your unforgiveness?

Three Spiritual Gifts on Five Pathways with Ten Elements

Day 6	Gift Three Our Mis- sion	Today's Mission Element, an empowered empower-er empower- ing. To empower means to enable us consistently in difficult times. When, what, who, and how were you empowered, supplied, and enabled to consciously live your mission? When, what, who, and how were you disempowered? What did you experience early in the Program, which later became part of your Mission: spiritual, mental, physical, emotional and social?
Able to em- power		
Unable to em- power		
Spiritual		
Mental		
Physical		
Emo- tional		
Social		

What will increase your empowerment, and ability and decrease your lack of power?

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Day 7	Gift One Awaken- ing	Today's Mission Element, an enlightened enlightener enlightening. Have you ever been in the presence of an enlightened person? How did you realize that enlightened one? What is or was your resistance to a Higher Power, religion, or a Spiritual way of life? What can or did you do about this resistance, or what have you been unwilling or unable to do? How does or did this resistance affect your spiritual, mental, physical, emotional and social way of life.
Able to en- lighten		
Unable to en- lighten		
Spiritual		
Mental		
Physical		
Emo- tional		
Social		

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

Three Spiritual Gifts on Five Pathways with Ten Elements

Day 8	Gift Two Love	Today's Mission Element, an enriched enricher enriching. How was or is your life enriched by love? How was or is your life impoverished by the lack of love? When you were new to the Program, would you say the person who shared with you used tough love or gentle love? How has that early experience influenced the way you share? Give examples: spiritual, mental, physical, emotional and social.
Able to enrich		
Unable to enrich		
Spiritual		
Mental		
Physical		
Emo- tional		
Social		

What can you do to increase your enrichment and decrease what doesn't enrich you?

Three Spiritual Gifts on Five Pathways with Ten Elements

Day 9	Gift Three Our Mis- sion	Today's Mission Element, communicated to the communicator communicating. List the ways you use global statements, such as I never " and I always. In effect, global statements appear as principles, making it difficult to change. If you can recall one exception to an international statement, it's a habit, which means it can be changed. The most effective way is replacing it with another more desirable habit. Give examples of how you communicate: spiritual, mental, physical, emotional, and social.
Able to communi- cate		
Unable to communi- cate		
Spiritual		
Mental		
Physical		
Emotional		
Social		

What can you do to improve your communication skills and decrease what you do not want to communicate?

Three Spiritual Gifts on Five Pathways with Ten Elements

Day 10	Gift One Awakening	Today's Mission Element, a created co-creator co-creating. When we are in alignment with our Creator's will, we co-create. When we respond from our personal "reality" worldview, we tend to create things (illusions). What are the prayers, meditations, and affirmations you have used, and how effective were/are they? Are these a carryover from your childhood? How have your prayers and meditation practices changed since joining the Program? Give examples of how your prayers, meditation, and affirmations contribute to your awakening: spiritual, mental, physical, emotional, and social.
Able to co-create		
Unable to co-create		
Spiritual		
Mental		
Physical		
Emotional		
Social		

What can you do to increase your ability to co-create and decrease your making things up instead of co-creating?

Three Spiritual Gifts on Five Pathways with Ten Elements

Day 11	Gift Two Love	Today's Mission Element, an awakened awakener awakening. When did you awaken to the Gift of Love? Once awakened, what can we do to stay awake? What was the most unselfish thing you can recall that was done for you? What was the most unselfish or selfless thing you did for someone else? How were these expressed or can now be described: spiritual, mental, physical, emotional, and social?
Able to awaken		
Unable to awaken		
Spiritual		
Mental		
Physical		
Emo- tional		
Social		

What can you do to awaken and decrease your sleepwalking?

Three Spiritual Gifts on Five Pathways with Ten Elements

Day 12	Gift Three Our Mission	Today's Mission Element, a beloved lover loving. Sharing is a universal expression of love. Do you agree with the statement, "You have to give away what you want to keep or expand?" Our Program teaches us that giving and receiving are one. Do you consciously and consistently share what you want? What about the times you could not share the love you wanted? Share your loving experience: spiritual, mental, physical, emotional, and social?
Able to love		
Unable to love		
Spiritual		
Mental		
Physical		
Emo- tional		
Social		

What can you do to increase sharing the love you are and decrease your withholding love?

Three Spiritual Gifts on Five Pathways with Ten Elements

Day 13	Gift One Awaken- ing	Today's Mission Element, a healed healer healing. No matter how you experienced healing, it is a gift that only you can pass on. What was or is this gift you are to share? What does it mean to you to be a Spiritual: Infant, Child, Adolescent, Adult, and an Elder? If you can accept the level, you are here and now you can surrender it to your Higher Power. Pick from these five levels how you have manifested them: spiritually, mentally, physically, emotionally, and socially.
Able to heal		
Unable to heal		
Spiritual		
Mental		
Physical		
Emo- tional		
Social		

What can you do to increase your capacity to heal and decrease what calls for healing?

Three Spiritual Gifts on Five Pathways with Ten Elements

Day 14	Gift Two Love	Today's Mission Element, a taught teacher teaching. Did you know that everyone you're drawn to is meant to bring you a gift, and you have a gift for that person? Each of us is teacher and student. The lesson we teach is both good and not good that we express. Remembering this will bring you closer to the love you are. Give examples of when you teach only love, spiritual, mental, physical, emotional and social.
Able to teach		
Unable to teach		
Spiritual		
Mental		
Physical		
Emotional		
Social		

What can you do to increase your teaching skills and decrease your useless or harmful teaching?

Three Spiritual Gifts on Five Pathways with Ten Elements

Day 15	Gift Three Our Mission	Today's Mission Element, a forgiven forgiver forgiving. If we are unforgiving for any reason, we cannot practice our loving Mission. By practicing our program of forgiveness here and now, we undo the past by living consciously in the present, and at the same time, we release the future. How can living in the present undo the past and release the future: spiritual, mental, physical, emotional and social?
Able to forgive		
Unable to for- give		
Spiritual		
Mental		
Physical		
Emo- tional		
Social		

Can you accept you are disappointed in **not** carrying out a wrong you were tempted to do and now forgive yourself?

Three Spiritual Gifts on Five Pathways with Ten Elements

Day 16	Gift One Awaken- ing	Today's Mission Element, an empowered empower-er empower- ing. Too often, we think of power as negative and empowerment as self-serving. Do you agree that empowerment is the ability to do something? If not, what is empowerment to you? How does prayer and meditation empower you to awaken and change: spir- itual, mental, physical, emotional and social?
Able to em- power		
Unable to em- power		
Spiritual		
Mental		
Physical		
Emo- tional		
Social		

What can you do to increase your Mission's power and decrease your Mission's power-
lessness?

Three Spiritual Gifts on Five Pathways with Ten Elements

Day 17	Gift Two Love	Today's Mission Element, an enlightened enlightener enlightening. We can feed someone a fish for a day (12th Step). We can teach one how to fish, and you can feed them for a lifetime (Sponsorship). That is effective love and enlightenment. The enlightened lights the way even on an ordinary loving highway. Let us lovingly pass on the enlightenment we receive here and now and give it or share it freely: spiritual, mental, physical, emotional and social.
Able to en- lighten		
Unable to en- lighten		
Spiritual		
Mental		
Physical		
Emo- tional		
Social		

What can you do to increase enlightening love and decrease any darkness you brought to love?

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Day 18	Gift Three Our Mission	Today's Mission Element, an enriched enricher enriching. Our personal "reality," habits of thought and feeling, have an extraordinary ability to enhance our human experience or impoverish it for a short time. When that experience reaches its limit, we are likely to have a rebound. If we turn to our Higher Power and surrender to the extreme high or low we're given an enriched understanding. What are your experiences with the high and low rebounds: spiritual, mental, physical, emotional, and social?
Able to enrich		
Unable to enrich		
Spiritual		
Mental		
Physical		
Emo- tional		
Social		

What can you do to increase and enrich your Mission and decrease the blocking or limiting of your Mission?

Three Spiritual Gifts on Five Pathways with Ten Elements

Day 19	Gift One Awaken- ing	Today's Mission Element, a communicated to communicator communicating. Do you have someone with whom you can communicate openly, holding nothing back? Do you have others that are difficult to communicate with beyond surface talk? As we awaken, we are likely to realize that our Program is Spiritual in its nature, which will expand with its use. Material and ego decline with use. Can you give contrasting examples: spiritual, mental, physical, emotional and social?
Able to communi- cate		
Unable to communi- cate		
Spiritual		
Mental		
Physical		
Emotional		
Social		

What can you do to awaken your communication effectively and decrease your useless or boring communication?

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Day 20	Gift Two Love	Today's Mission Element, a created co-creator co-creating. When we co-create we are in harmony with our Higher Power's will for us. When we are operating out of our personal "reality," we make up illusions. As our love skills increase by giving of ourselves, we find that we need others less but delight in loving them more. What has your experience been: spiritually, mentally, physically, emotionally and socially?
Able to co-create		
Unable to co-create		
Spiritual		
Mental		
Physical		
Emotional		
Social		

What can you do to co-create the love you want and decrease the harmful made-up illusions about love you don't want?

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Day 21	Gift Three Our Mission	Today's Mission Element, an awakened awakener awakening. For a bird's-eye view of your personal "reality," look at what you are experiencing, real or illusion, good or bad, often contrary to what your conscious mind has been telling you. Those unaddressed experiences will block your awakening. List some of those experiences: spiritual, mental, physical, emotional, and social, in which you said to yourself, "I don't want to do this or that, and I do it anyway or "I say do and I don't do it", that's part of your personal "reality".
Able to awaken		
Unable to awaken		
Spiritual		
Mental		
Physical		
Emo- tional		
Social		

What can you do to awaken to a deeper meaning of your Mission and realign the surface meaning?

Three Spiritual Gifts on Five Pathways with Ten Elements

Day 22	Gift One Awaken- ing	Today's Mission Element, a beloved lover loving. It has been said that we are like a chain as weak as its weakest link. This is but a half-truth – we are as strong as our strongest link, which is our Awakened Highest Self, which is love. Give examples of your weakest and your strongest links: spiritual, mental, physical, emotional and social.
Able to love		
Unable to love		
Spiritual		
Mental		
Physical		
Emo- tional		
Social		

How can you increase love's awakening and decrease your fear of love?

Three Spiritual Gifts on Five Pathways with Ten Elements

Day 23	Gift Two Love	Today's Mission Element, a healed healer healing. Great is the gift we've received because of sharing this Program. To experience giving unconditionally, asking nothing in return, is indeed love. We're called to share the healing love as the results of living the Program with someone who cannot repay us; we temporarily have more to share with those who temporarily have less. How do you do: spiritual, mental, physical, emotional and social?
Able to heal		
Unable to heal		
Spiritual		
Mental		
Physical		
Emo- tional		
Social		

Love is a healing power that touches everything into wholeness, so increase your love and decrease your lack of loving.

Three Spiritual Gifts on Five Pathways with Ten Elements

Day 24	Gift Three Our Mission	Today's Mission Element a taught teacher teaching. Were you taught your Mission by your Higher Self or by your personal "reality"? A question I ask myself: Am I insane or stupid? How is it that we know so much about hygiene yet live unhealthy lives? If we do not practice the wisdom, we learn it's a liability, not an asset. Can we practice these realities until these new habits of thought and feelings become our personal "reality", replacing the too limited or harmful habits: spiritual, mental, physical, emotional, and social?
Able to teach		
Unable to teach		
Spiritual		
Mental		
Physical		
Emo- tional		
Social		

If teaching is part of your Mission, how can you become more teachable and decrease any closed-mindedness?

Three Spiritual Gifts on Five Pathways with Ten Elements

Day 25	Gift One Awaken- ing	Today's Mission Element, a forgiven forgiver forgiving. Without forgiving we cannot have an open heart and open mind. Having a closed heart or mind will block us from awakening. How do you stay spiritually awakened after you become awakened? Give examples of what you do to stay awake or reawaken: spiritual, mental, physical, emotional and social.
Able to forgive		
Unable to forgive		
Spiritual		
Mental		
Physical		
Emo- tional		
Social		

Forgiveness opens the doors to awakening. How can you increase the flow of forgiveness and stop being unforgiving?

Three Spiritual Gifts on Five Pathways with Ten Elements

Day 26	Gift Two Love	Today's Mission Element is an empowered empower-er empowering. A compulsive or obsessive person can identify with the caterpillar, consuming all it can. At some point, over-consuming stops working, and we make up a self-imposed prison. Within that cocoon, our prison, we turn into mush. We may choose to join this loving way of life. Emerging from our self-made prison as a free, graceful butterfly. We're empowered by our Higher Power to experience our transformation. How have you experienced this process: spiritual, mental, physical, emotional and social?
Able to em- power		
Unable to em- power		
Spiritual		
Mental		
Physical		
Emo- tional		
Social		

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

Three Spiritual Gifts on Five Pathways with Ten Elements

Day 27	Gift Three Our Mission	Today's Mission Element, an enlightened enlightener enlightening. We cannot awaken or be enlightened by directly learning or being taught by humans alone and unaided. What skills can you practice to improve your chances of staying awake once awakened and sharing the wisdom of enlightenment? To live this Program's way of life is the highest form of "practicing these principles in all of our affairs". Give examples of the skills given to you to practice these principles: spiritual, mental, physical, emotional, and social.
Able to en- lighten		
Unable to en- lighten		
Spiritual		
Mental		
Physical		
Emo- tional		
Social		

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

Three Spiritual Gifts on Five Pathways with Ten Elements

Day 28	Gift One Awaken- ing	Today's Mission Element is an enriched enricher enriching. Indeed, the end of the "world "is coming. Each time we awaken, some part of our old world that we made up as our personal "reality" passes away. If we replace our old habits with new habits that we want, then this life Program is serving us well. Where, what, or who are you enriched by: spiritual, mental, physical, emotional, and social?
Able to enrich		
Unable to enrich		
Spiritual		
Mental		
Physical		
Emo- tional		
Social		

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

Three Spiritual Gifts on Five Pathways with Ten Elements

Day 29	Gift Two Love	Today's Mission Element, a communicated to communicator communicating. How can you communicate with your Higher Self? Forgiveness is a vital part of love. "Forgive us our debts and we forgive our debtors." Our personal "reality" is filled with the judgments responsible for our debts and debtors. Try this: Ask your individualized, created Self to forgive your personal "reality" self, encompassing spiritual, mental, physical, emotional, and social aspects.
Able to communi- cate		
Unable to communi- cate		
Spiritual		
Mental		
Physical		
Emotional		
Social		

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

Three Spiritual Gifts on Five Pathways with Ten Elements

Day 30	Gift Three Our Mission	Today's Mission Element, a created co-creator co-creating. In practicing these Spiritual principles in all our affairs, we are co-creating. When we do co-create, we are in alignment with our Higher Power's will. This practice gives us the ability to co-create within a full range of life, including what we call good and bad. We are wise to face our fears and pains instead of running away. Fears and pain are important messengers. What are these messengers and their messages telling us: spiritual, mental, physical, emotional, and social?
Able to co-cre- ate		
Unable to Co-cre- ate		
Spiritual		
Mental		
Physical		
Emo- tional		
Social		

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

Three Spiritual Gifts on Five Pathways with Ten Elements

Day 31	Gift One Awaken- ing	Today's Mission Element, an awakened awakener awakening. When we awaken that we're given the power to co-create, we can use it as intended or abuse it. Our need for love and value is our greatest challenge because we often create illusions instead of co-creating. Our misuse of spiritual gifts is the breeding ground for chaos, creating illusions of separation. As you awaken, you learn to apply the Ten Mission Elements through the Five Pathways. How can you utilize this awakening in your spiritual, mental, physical, emotional, and social aspects?
Able to awaken		
Unable to awaken		
Spiritual		
Mental		
Physical		
Emo- tional		
Social		

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

Three Spiritual Gifts on Five Pathways with Ten Elements

Day 32	Gift Two Love	Today's Mission Element, a beloved lover loving. If we are living this Program, we're forgiven, loved, taught, and healed in one degree or another. We're privileged to pass it on. We can, if we choose, demonstrate all Ten Mission Elements within the Three Spiritual Gifts on and beyond these Five Pathways: spiritual, mental, physical, emotional, and social. What can you express here and now by the grace of these gifts?
Able to love		
Unable to love		
Spiritual		
Mental		
Physical		
Emo- tional		
Social		

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

Three Spiritual Gifts on Five Pathways with Ten Elements

Day 33	Gift Three Our Mission	Today's Mission Element, a healed healer healing. To the degree we are expressing the individual we're created as (our third Spiritual Gift), we are whole, healed at some level. Our message is clear. "What you are shouts so loudly that I cannot hear what you say." What are you radiating spiritually, mentally, physically, emotionally, and socially to the outer world from within?
Able to heal		
Unable to heal		
Spiritual		
Mental		
Physical		
Emo- tional		
Social		

How are you healed practicing your Mission and how does that offers you opportunities as a healed healer healing?

Three Spiritual Gifts on Five Pathways with Ten Elements

Day 34	Gift One Awakening	Today's Mission Element, a taught teacher teaching. What do we teach? We teach what we believe by the way we live our lives. Our actions speak louder than our words. To compare the personal "reality" to the Higher Self is to compare the ocean's abundance with a few empty shells. What does your personal "reality" teach you compared with your Higher Self: spiritual, mental, physical, emotional, and social?
Able to teach		
Unable to teach		
Spiritual		
Mental		
Physical		
Emotional		
Social		

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

Three Spiritual Gifts on Five Pathways with Ten Elements

Day 35	Gift Two Love	Today's Mission Element, a forgiven forgiver forgiving. Each creation is an individualized Love Unit, created in the image and likeness of our Creator. We have the capacity but not the ability to accept our Higher Self. Are you willing to forgive yourself for not receiving your Higher Self? How can you express your loving Higher Self: spiritually, mentally, physically, emotionally and socially?
Able to forgive		
Unable to forgive		
Spiritual		
Mental		
Physical		
Emo- tional		
Social		

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

Three Spiritual Gifts on Five Pathways with Ten Elements

Day 36	Gift Three Our Mission	Today's Mission Element, an empowered empower-er empowering. We're empowered by grace to practice these principles in all of our affairs, so why don't we 24/7? We have invested a great deal in our personal "reality"; letting it go is difficult. In our day-to-day experience, we draw to us our complementary side of our personal "reality". Surrendering the cause of our patterns opens the possibility of a defect transforming, by grace, into an asset. How are you empowered by surrendering your present understanding: spiritual, mental, physical, emotional and social?
Able to em- power		
Unable to em- power		
Spiritual		
Mental		
Physical		
Emo- tional		
Social		

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

Three Spiritual Gifts on Five Pathways with Ten Elements

Day 37	Gift One Awaken- ing	Today's Mission Element, an enlightened enlightener enlightening. "Having had a spiritual awakening as the result of these steps". Have you experienced an awakening? At what point did you have that experience? Did you experience it as enlightening? Can you summarize any change you experienced since your awakening, enlightening: spiritual, mental, physical, emotional, and social?
Able to en- lighten		
Unable to en- lighten		
Spiritual		
Mental		
Physical		
Emo- tional		
Social		

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

Three Spiritual Gifts on Five Pathways with Ten Elements

Day 38	Gift Two Love	Today's Mission Element, an enriched enricher enriching. How are you enriched by sharing our Program with others? Sharing is an expression of love, and our Step Twelve Program is filled with opportunities to share and love. Can you summarize any change in your understanding and or your experiences of love and enrichment since you began this workshop: spiritual, mental, physical, emotional, and social?
Able to enrich		
Unable to enrich		
Spiritual		
Mental		
Physical		
Emo- tional		
Social		

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

Three Spiritual Gifts on Five Pathways with Ten Elements

Day 39	Gift Three Our Mission	Today's Mission Element, a communicated to communicator communicating. Our goal when we began this workshop was to convey the connection between the Three Spiritual Gifts, the Five Pathways, and the Ten Mission Elements, so that we could apply these principles in all our affairs. Can you summarize any change in your understanding and or practice of these principles since you began this Program: spiritual, mental, physical, emotional, and social?
Able to communi- cate		
Unable to communi- cate		
Spiritual		
Mental		
Physical		
Emotional		
Social		

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

Three Spiritual Gifts on Five Pathways with Ten Elements

Day 40	By grace, we're now recreated co-creators co-creating. Each time we're in alignment with our created Self, our Higher Self, we're co-creators.	
Gift One Awakening	Now we have awakened in a place we have always been, in the Presence of our Higher Power. The following are a few attributes of our Higher Power. Love, God is Love, so are we. Life, there is One Life that Life is God's Life, our life. Truth is another word for Reality, beyond our finite personal "reality". Wisdom is a combination of intelligence, love, and timing. Consciousness or Spirit is an unseen Presence. Soul is our individually created Self. Intelligence is infinite, deeper than words. Universal Spiritual Principles: these Principles have no limits. Omnipresence means Always Present; even our breathing is proof of His Presence. Omnipotence means All Power, or to enable us by grace through working our Program to make a big difference. Omniscience means All Knowing, nothing hidden.	
Gift Two Love	We're created by Love through love to love. I have shared the Program with a great number of people, and few knew how to give and receive love well. The love we experience through living our Program is many and deep, expressed in daily life. We hone these love tools into skillful tools. These love tools are patience, kindness, generosity, humility, courtesy, unselfishness, good temper, good sense of humor, innocence, and sincerity. These tools can help us share the love we are, sharing the message of love we are. Check out the Workbook – Six Loves – Al Kohallek Goes on a love feast. @ 12stepworkbook.org	
Gift Three: The Mission	Most of us, after completing this workshop, have a clearer insight into the individual we were created to be, with purpose and meaning. Living and sharing our Mission through its Ten Elements enables us to: Love, heal, teach, forgive, empower, enlighten, enrich, communicate, co-create, and awaken to a fuller understanding. We're given the characteristics of the most accomplished people throughout history to use. Here is a list of these characteristics: Higher Purpose, focus, preparedness, conviction, faith, trust, perseverance, creativity, risk-taking, curiosity, resilience, independence, courage, and commitment. We have a better understanding of the meaning: "to practice the principles in all our affairs."	

Three Spiritual Gifts on Five Pathways with Ten Elements

How can you stay awake? How can you set your alarm to reawaken? Build an early warning system.

How can you consciously and consistently give and receive the love you are?

How can you consciously and consistently be the individual that Divine Design you were created as?

Now it is time to rewrite your Heart's Desire – your Mission statement – your Vision Statement

“A certain scientist devoted his life to developing a strain of butterflies that would be the most beautiful combination of colors ever seen on this planet. After years of experimentation, he was sure that he had a cocoon that would produce his genetic masterpiece. On the day that the butterfly was expected to emerge, he gathered his entire staff. All waited breathlessly as the creature began to work its way out of the cocoon. It disengaged its right wing, its body, and most of its left wing. Just as the staff was ready to cheer and pass the champagne and cigars, they saw with horror that the extremity of the left wing of the butterfly was stuck in the mouth of the cocoon. The creature was desperately flapping its other wing to free itself. As it labored, it grew increasingly exhausted. Each new effort seemed more difficult, and the intervals between efforts grew longer. At last, the scientist, unable to bear the tension, took a scalpel and cut a tiny section from the mouth of the cocoon. With one final burst of strength, the butterfly fell free onto the laboratory table. Everybody cheered and reached for the cigars and the

champagne. Then silence again descended on the room. Although the butterfly was free, it could not fly.”

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

If you are anything like I am, you find yourself wanting our Higher Power to rush in and rescue you when you are in temptation or difficulty. He will not actively intervene because the struggle is opening and preparing every recess of my being for the divine energy of grace. He is transforming my defects into assets so I can enjoy His divine intent. I am reminded how important it was for me to hit my bottom when alcohol and everything else stopped working.

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

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

Three Spiritual Gifts on Five Pathways with Ten Elements

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

1. Each time you experience one of the Three Spiritual Gifts (Awakening, Love, and Mission).
2. Each time you experience or express one of the Three Spiritual Gifts on one of the Five Pathways (Spiritual, mental, physical, emotional, and social).
3. Each time you experience sharing one of the Ten Mission Elements (loving, healing, teaching, forgiving, empowering, enlightening, enriching, communicating, co-creating, and awakening)

Keep something you can always write or record, even by your bedside, so that you can note each experience if you are unable to take the time to reflect on it. Write or record two or three key words to help you remember the experience later. It is okay to be brief; in fact, it may be better when you review your journal. Write enough so it is clear and understandable later. This journal will help you practice your heart's desire, your mission, your individual purpose, and meaning.

Have you had enough, or are you thirsty for more?

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

*As Al Kohallek Goes On
His Serendipity Journey He
Takes Time Out for Meditation*



*A Saint Francis Prayer
Expanded Meditation
Workshop*

The Workshop for an Expanded Meditation on the Saint Francis Prayer

The Saint Francis' Prayer has been a great help for so many of us over the years. Personally, I had some resistance to the part that suggests: *Lord, grant that I may seek instead to comfort than to be comforted – to understand rather than to be understood – to love rather than to be loved.* The Twelve Steps and Twelve Traditions, Alcoholics Anonymous suggest in Step Eleven: "As beginners in meditation, we might now reread this prayer several times very slowly, savoring every word and trying to take in the deep meaning of each phrase and idea." Well, I am not a beginner, but I have followed this suggestion many times. This has been very useful. Then why the resistance to these select parts?

During one of my meditations, it occurred to me that this is a perfect example of a spiritual adult or elder prayer. All of us who have had some experience working with newcomers in A.A. can see how vital these statements and affirmations are. In the first place, when we come into the program, we need to be comforted, loved, and understood by one who has experienced being comforted, loved, and understood, by one who came before us.

In the spirit of the suggestion from The Twelve Steps and Twelve Traditions of Alcoholics Anonymous, which encourages us to revisit this prayer, we have expanded it to encompass the experiences of a spiritual child, adolescent, adult, and elder. As a form of meditation, you are asked to respond to each of the following, sharing your experience, strength, and hope as you understand them. There is no right or wrong way. To me, it does not matter where it came from or how it came about; it embodies the spirit of Saint Francis of Assisi's simplicity, love, and humility.

Suggested action – When you awaken each morning for the next forty days, take one of the statements to focus on. Start by reading the whole Saint Francis Prayer. Ask your Higher Power for guidance for the statement of the day. Read the statement over two or three times, pray about it, meditate on it, then write your response. Take whatever action you are guided to do or not to do. Share it with those you love and those you don't.

How this workshop works: After each statement, write your response to that statement in the left-hand column, what you experience when you are in concert with that statement as you understand it. In the right-hand column, write what you experience when you conflict with that statement, as you understand it. If the box is too small for your response, use the back of these papers or a separate sheet of paper.

The first fifteen statements are from the Twelve Steps and Twelve Traditions – Alcoholics Anonymous – Step Eleven – respond to these first fifteen statements as they are written in this version. When you are in concert with these statements, how do you feel, think, and react to these words? What about when you are off the path or in conflict with it?

Starting with statements sixteen through thirty-one, we first wrote the statement as we did in the first fifteen. Then, we wrote a statement reflecting a thought starter—that is, how we experience that original statement in our own words. For example, you may change the word channel to instrument or agent, as some of the other versions. Changing just one word causes a different response – being an open channel is like a passive flow of divine energy – an instrument means we are a tool in the Hands of our Higher Power to build or remove obstructions – being an agent means that we are in a relationship with our Higher Power as a co-creator with an active part in the process.

Words are symbols of symbols, each with a personal meaning for us. Each time we change, add to, or remove a word, we give it a personal meaning. When we experience that personal meaning, it becomes part of us; thinking about or talking about it does not make it so - only our experience will let us own it. How many times have we thought about, talked about, wished for, or prayed to be free from something or someone, but were unable consistently to do so? We may read a thousand cookbooks and menus, but if we starve to death, it becomes part of us. When we respond, giving a personal example, that action makes it more real for us, rather than generalizing.

Respond to the last ten statements beginning with number thirty-one in the spirit of the Saint Francis Prayer as you now understand it. One of the ways Saint Francis would expand his understanding of others was to trade places with that person. For example, he traded places with a beggar by giving the beggar his own clothes in exchange for the beggar's, and then begged for bricks to rebuild a church. How would you walk in his shoes?

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WHEN I AM IN CONCERT WITH THIS, I EXPERIENCE:	WHEN I AM IN CONFLICT WITH THIS, I EXPERIENCE:
Write your response to the statement.	Write your response to the statement.

1. Lord, make me a channel of thy peace

When I am in CONCERT with this state- ment, I experience:	When I CONFLICT with this statement, I experience:

2. that where there is hatred, I may bring love

When I am in CONCERT with this state- ment, I experience:	When I CONFLICT with this statement, I experience:

3. that where there is wrong, I may bring the spirit of forgiveness

When I am in CONCERT with this state- ment, I experience:	When I CONFLICT with this statement, I experience:

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4. that where there is discord, I may bring harmony

When I am in CONCERT with this statement, I experience:	When I CONFLICT with this statement, I experience:

5. that where there is error, I may bring truth

When I am in CONCERT with this statement, I experience:	When I CONFLICT with this statement, I experience:

6. that where there is doubt, I may bring faith

When I am in CONCERT with this statement, I experience:	When I CONFLICT with this statement, I experience:

7. that where there is despair, I may bring hope

When I am in CONCERT with this statement, I experience:	When I CONFLICT with this statement, I experience:

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8. that where there are shadows, I may bring light

When I am in CONCERT with this statement, I experience:	When I CONFLICT with this statement, I experience:

9. that where there is sadness, I may bring joy

When I am in CONCERT with this statement, I experience:	When I CONFLICT with this statement, I experience:

10. Lord, grant that I seek rather to comfort than to be comforted

When I am in CONCERT with this statement, I experience:	When I CONFLICT with this statement, I experience:

11. to understand, than to be understood

When I am in CONCERT with this statement, I experience:	When I CONFLICT with this statement, I experience:

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12. to love than to be loved.

When I am in CONCERT with this statement, I experience:	When I CONFLICT with this statement, I experience:

13. For it is by self-forgetting that one finds.

When I am in CONCERT with this statement, I experience:	When I CONFLICT with this statement, I experience:

14. It is by forgiving that one is forgiven.

When I am in CONCERT with this statement, I experience:	When I CONFLICT with this statement, I experience:

15. It is by dying that one awakens to Eternal Life. Amen

When I am in CONCERT with this statement, I experience:	When I CONFLICT with this statement, I experience:

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16. Lord, make me a channel of thy peace [Father, if you will make me an open, clear channel and actively an agent of your peace that is beyond my understanding]

When I am in CONCERT with this statement, I experience:	When I CONFLICT with this statement, I experience:

17. that where there is hatred, I may bring love [hatred in the absence of the consciousness of love, not its opposite, so let me return to love]

When I am in CONCERT with this statement, I experience:	When I CONFLICT with this statement, I experience:

18. that where there is wrong, I may bring the spirit of forgiveness [when I miss the mark, let me seek correction in the spirit of loving forgiveness]

When I am in CONCERT with this statement, I experience:	When I CONFLICT with this statement, I experience:

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19. that where there is discord, I may bring harmony [that where there is a disagreement, tension, conflict, or any form of disharmony, let me bring a spirit of loving cooperation and harmony]

When I am in CONCERT with this statement, I experience:	When I CONFLICT with this statement, I experience:

20. that where there is error, I may bring truth [in seeking a correction for an error, let me not be fooled by the facts that my beliefs, my personal “reality” drew to me – often facts get in the way of truth]

When I am in CONCERT with this statement, I experience:	When I CONFLICT with this statement, I experience:

21. that where there is doubt, I may bring faith [to doubt is to be double-minded, so let my eye be single by turning to an abiding faith in the grace of our Higher Power]

When I am in CONCERT with this statement, I experience:	When I CONFLICT with this statement, I experience:

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22. that where there is despair, I may bring hope [hope is an illusion unless we join it with action – action is the magic word – or faith without works is dead]

When I am in CONCERT with this statement, I experience:	When I CONFLICT with this statement, I experience:

23. that where there are shadows, I may bring light [standing in the fullness of light, there are no shadows]

When I am in CONCERT with this statement, I experience:	When I CONFLICT with this statement, I experience:

24. that where there is sadness, I may bring joy [to practice the Program in all our affairs will bring about the promises we seek, and we will experience joy, happiness, and freedom]

When I am in CONCERT with this statement, I experience:	When I CONFLICT with this statement, I experience:

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25. Lord, grant that I seek rather to comfort than to be comforted [many of us were first comforted before we were able to comfort others – thus we are a comforted comforter comforting]

When I am in CONCERT with this statement, I experience:	When I CONFLICT with this statement, I experience:

26. to understand, than to be understood [for many of us, when we came into the Program, we experienced for the first time that someone understood us – so now we can pass that gift on to others by understanding them].

When I am in CONCERT with this statement, I experience:	When I CONFLICT with this statement, I experience:

27. to love, than to be loved. [Here we have found the secret of life that is give away what we want – we come to understand that giving and receiving are one]

When I am in CONCERT with this statement, I experience:	When I CONFLICT with this statement, I experience:

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28. For it is by self-forgetting that one finds. [This self-forgetting is of our personal “reality” which makes way for our remembering our Higher Self, which was never lost but blocked off by the worldview we made up]

When I am in CONCERT with this statement, I experience:	When I CONFLICT with this statement, I experience:

29. It is by forgiving that one is forgiven. [This opens us up to the possibility of Spiritual Discernment, which judges in a way that does not call for forgiveness]

When I am in CONCERT with this statement, I experience:	When I CONFLICT with this statement, I experience:

30. It is by dying that one awakens to Eternal Life. Amen [our personal “reality” or ego made up a worldview of illusions – because it is so real to us we must be willing to surrender all of it - it is not like taking off our clothes but ripping off our skin - dying – when we are able to make that total commitment we are open to a life far beyond anything we believe possible – so be it]

When I am in CONCERT with this statement, I experience:	When I CONFLICT with this statement, I experience:

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31. Upon awakening, I turn to my Higher Power, I choose to call -----, and I am filled with gratitude and love.

When I am in CONCERT with this statement, I experience:	When I CONFLICT with this statement, I experience:

32. I realize that my Higher Power has created me as an individual in His/Her image and likeness.

When I am in CONCERT with this statement, I experience:	When I CONFLICT with this statement, I experience:

33. I was given a mission, purpose when I came into this body/world/universe – by practicing our Program, all that is not in concert with my mission, purpose is chipped away.

When I am in CONCERT with this statement, I experience:	When I CONFLICT with this statement, I experience:

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34. I no longer choose to use the drug guilt and punishment. I now realize it is a drug because my use of it gives me only a temporary fix, like any drug, not the peace, love, forgiveness, harmony, and comfort I long for.

When I am in CONCERT with this statement, I experience:	When I CONFLICT with this statement, I experience:

35. Like the railroad crossing sign – I stop dwelling on the useless and harmful – I look for the Presence of my Higher Power I choose to call ----- I listen for the Holy Voice and I follow all His/Her ways

When I am in CONCERT with this statement, I experience:	When I CONFLICT with this statement, I experience:

36. The food I ate and the water I drank today are being transformed into flesh, bones, energy, thoughts, ideas, prayers, and meditations, in other words, everything we call life. All human beings cannot replicate this Intelligence that caused life, yet too often we believe and act like we are without intelligence, why?

When I am in CONCERT with this statement, I experience:	When I CONFLICT with this statement, I experience:

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37. I now realize the elements in this prayer that I want, such as peace, love, forgiveness, harmony, truth, faith, hope, light, joy, comfort, to be understood, and self-forgetting does not come through the letter of the law but the Spirit of love, and God is love.

When I am in CONCERT with this statement, I experience:	When I CONFLICT with this statement, I experience:

38. The primary aim of life is to realize our purpose and reconnect consciously with that infinite Power within us, doing the work that we call life, which I am in the process of living spiritually, mentally, physically, emotionally, and socially. This Saint Francis Prayer can help us along the way.

When I am in CONCERT with this statement, I experience:	When I CONFLICT with this statement, I experience:

39. Absence from alcohol, drugs, or overdependence on other people, places, and things is vital to our recovery. Still, without a conscious relationship with a Higher Power, we cannot enjoy the grace found in this prayer.

When I am in CONCERT with this statement, I experience:	When I CONFLICT with this statement, I experience:

40. 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 ... Well, that's exactly what this book is about. Its main object is to enable you to find a Power greater than yourself which will solve your problem. (p45 Alcoholics Anonymous)
I now realize that this Saint Francis prayer is in concert with our Program.

When I am in CONCERT with this statement, I experience:	When I CONFLICT with this statement, I experience:

Here are a few more ideas to meditate on:

I am building Spiritual, Mental, Physical, Emotional, and Social Equivalents of Your Will for me, Father, for my *Serendipity Journey Home* [Now meditate on that]:

SPIRITUAL [*Pure Spiritual Consciousness beyond all, within all/me*] - I meditate on the main Attributes or Characteristic of a Spiritual Pathway – I meditate on the Spiritual Equivalents of our Father's Will, which are:

MENTAL [*Individually Divine Designed Consciousness within all/me, our capacity to be conscious*] - I meditate on the main Attributes or Characteristic of a Mental Pathway – I meditate on the Mental Equivalents of our Father's Will, which are:

PHYSICAL [*Individualized Divine Design to be physically expressed*] - I meditate on the main Attributes or Characteristics of a Physical Pathway – I meditate on the Physical Equivalents of our Father's Will, which are:

EMOTIONAL [*Divine Pure Loving Energy Flow*] - I meditate on the main Attributes or Characteristic of an Emotional Pathway – I meditate on the Emotional Equivalents of our Father's Will, which are:

SOCIAL [*Divine Pure Spiritual Love Units*] - I meditate on the main Attributes or Characteristic of a Social Pathway – I meditate on the Social Equivalents of our Father's Will, which are:

I affirm:

1. That my skills for discerning Reality from personal "reality" are awakening and growing.
2. That this awakening and growing includes the Spiritual, Mental, Physical, Emotional, and Social becoming ever more loving, wise, and valuable.
3. As my personal "reality" shadow turns to face the Divine Light, I am regenerated, and my shadow is no longer.
4. I now have an Ideal to be realized and a Way to this Realization. Amen [so be it]

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The Prayer of Saint Francis cannot be traced back further than 1912, when it was printed in a French spiritual magazine called *La Clochette* (The Little Bell) as an anonymous prayer. In 1915, it appeared during the First World War. It was found written on a holy card of St. Francis, which was sent to French soldiers. The prayer bore no name, but in the English-speaking world, on account of this holy card, it came to be called the Peace Prayer of St. Francis. According to Father Kajetan Esser, OFM, the author of the critical edition of St. Francis's writings, the Peace Prayer of St. Francis is most certainly not one of the writings of St. Francis.

A popular hymn adapted and set to music by Sebastian Temple, *Make Me a Channel of Your Peace*. It is an anthem of the Royal British Legion and is sung annually at the Service of Remembrance at the Royal Albert Hall in London.

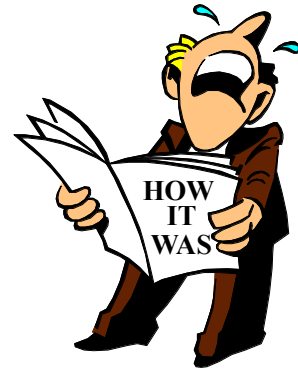
<p>Make me a channel of your peace: Where there is hatred, let me bring your love, Where there is injury, your pardon, Lord, And where there's doubt, true faith in you.</p> <p>Make me a channel of your Peace: Where there's despair in life, let me bring hope, Where there's darkness, only light, And where there's sadness, ever joy,</p>	<p>O Master, grant that I may never seek So much to be consoled as to console: To be understood as to understand, To be loved, as to love with all my soul.</p> <p>Make me a channel of your peace: It is in pardoning that we are pardoned, In giving of ourselves that we receive, And in dying, we are born in eternal life.</p>
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The Workshop for an Expanded Meditation on the Saint Francis Prayer

1915 A.D. Peace Prayer – written on the obverse of a holy card of St. Francis, found in a Normal Almanac	Delivered by Mother Theresa when she addressed the United Nations in 1985	Chapter 11 of the Twelve Steps and Twelve Traditions, Alcoholics Anonymous World Services, Inc
<p>Lord, make me an instrument of your peace that where there is hatred, let me sow love; Where there is injury, pardon; Where there is error, truth; Where there is doubt, faith; Where there is despair, hope; Where there is darkness, light; And where there is sadness, joy.</p> <p>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 born to eternal life.</p>	<p>Make us worthy, Lord, to serve our fellow men throughout the world, who live and die in poverty and hunger. Give them through our hands, this day, their daily bread, and by our un- derstanding love, give peace and joy Lord, make me a channel of thy peace that where there is hatred, I may bring love that where there is wrong, I may bring the spirit of for- giveness that where there discord, I may bring harmony that where there is error, I may bring truth that where there is doubt, I may bring faith that where there is des- pair, I may bring hope that where there are shad- ows, I may bring light that where there is sad- ness, I may bring joy. Lord, grant that I may seek rather to comfort than to be comforted, to understand, than to be understood</p>	<p>Lord, make me a channel of thy peace that where there is hatred, I may bring love that where there is wrong, I may bring the spirit of forgiveness that where there discord, I may bring harmony that where there is error, I may bring truth that where there is doubt, I may bring faith that where there is des- pair, I may bring hope that where there are shad- ows, I may bring light that where there is sad- ness, I may bring joy. Lord, grant that I may seek rather to comfort than to be comforted, to understand, than to be understood to love, than to be loved. For it is by self-forgetting that one finds. It is by forgiving that one is forgiven. It is by dying that one awakens to Eternal Life. Amen</p>

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	<p>to love, than to be loved. For it is by forgetting self that one finds. It is by forgiving that one is forgiven. It is by dying that one awakens to Eternal Life. Amen</p>	
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GROWTH QUESTIONNAIRE

*Al Kohallek Goes
High-Stepping*



Growth Questionnaire

Al Kohallek Goes High Stepping

A JOURNEY INWARD

This Growth Questionnaire is not intended to give us reason to resent our past. Hopefully, working through this will offer us some information and insight that can improve our present and future. This questionnaire is a journey inward, not backward.

AM I GROWING

The Growth Questionnaire – Do you sometimes feel you have not grown very much? Try this if you have been in the Program a year or more. You are in for a big surprise. Three questions we can ask if we are growing or really changing are:

1. How often do we experience something?
2. How intense is it when we do experience it?
3. What is the duration of the experience?

ACTION

Respond to the one hundred statements as follows: (Closely read each statement)

1. We are to rate our responses from 0 to 5 in three areas of growth: How Often, How Intense, or the Duration.
2. The first response in the WAS column is for how it was before we came into the program.
3. Our following response in the TODAY column is for how it is today.

After you have responded to each statement, total the WAS and TODAY columns, then use the formula to calculate your percent of change.

The following statements are set up as follows: rate the value from 0 (zero) to 5 (five). Choose from one of the following modes, which best suits each statement:

HOW OFTEN	HOW INTENSE	DURATION
0 - Never	0 - Very Cold	0 - An Instant
1 - Rarely	1 - Cold	1 - A Few Minutes
2 - Occasionally	2 - OK	2 - Hours
3 - Often	3 - Intense	3 - Days
4 - Very Often	4 - Very Intense	4 - Weeks
5 - Always	5 - Impassioned	5 - Extended Amount Of Time

Growth Questionnaire

CAUTION – READ THE FOLLOWING STATEMENTS VERY CLOSELY - IF YOU HAVE EXPERIENCED AN IMPROVEMENT, THE “TODAY” COLUMN SHOULD BE A HIGHER NUMBER.

WAS	#	TODAY	STATEMENT
	1.		I am sincere in all of my dealings with others and myself.
	2.		I accept full responsibility for my problems. I no longer blame others.
	3.		I feel loved.
	4.		I let go of my resentments.
	5.		I am patient with others and myself.
	6.		I understand the difference between pity and love.
	7.		I know why I feel guilty.
	8.		I know what is normal.
	9.		I have an abiding faith I will have everything I need.
	10.		I do not fear others will “find out the truth” about me.
	11.		I no longer overreact to others’ anger.
	12.		I no longer experience a pervasive sense of anger toward life.
	13.		The fear of being abandoned has left me.
	14.		I trust life experiences work well for me.
	15.		I know when a situation is abusive.
	16.		I confront abusive situations when necessary.
	17.		When conflict arises, I seek a solution.
	18.		I can ask for what I need.
	19.		I feel as if I belong. I am no longer an outsider looking in.
	20.		I feel equal to most people I meet.
	21.		I am confident in who I am.
	22.		I have no fear of failure.
	23.		I am comfortable relaxing.
	24.		I can express my feelings.
	25.		I do not stuff my feelings.
	26.		I have relationships that work.
	27.		I remember my past experiences.
	28.		I apologize quickly when appropriate.
	29.		I do not minimize my accomplishments.
	30.		I make decisions and follow through.
	31.		I do not need constant affirmation.
	32.		I make and keep commitments in relationships.
	33.		I enjoy sharing in a close relationship.
	34.		I do not fear that my children will fall into the same trap as I did.
	35.		I maintain healthy relationships.
	36.		I have a balance between work and play.

Growth Questionnaire

WAS		TODAY	STATEMENT
	37.		I am honest in expressing my feelings.
	38.		I do not pretend to understand something when I do not.
	39.		My relationships are sexually healthy.
	40.		Romance is not a criterion for my fulfillment.
	41.		I am spontaneous.
	42.		Healthy people are my role models today.
	43.		I am worry-free.
	44.		I invite God to do for me what I cannot do for myself.
	45.		My self-worth comes from within.
	46.		I no longer feel I have let others down, unless I have.
	47.		My life is free from crisis.
	48.		I no longer seek relief from fear, anger, and anxiety in compulsive behavior.
	49.		I do not isolate.
	50.		I no longer feel trapped. I am free to have constructive options.
	51.		I no longer have a chip on my shoulder, nor am I on the defensive.
	52.		I no longer take myself so seriously. I am gentle with myself.
	53.		I am empathetic with others.
	54.		I am playful, loving, and fun to be around.
	55.		I am outgoing and confident.
	56.		I am sensitive in a positive way.
	57.		I am teachable.
	58.		I extend love to others.
	59.		I am no longer suspicious of anyone or anything.
	60.		I am a responsible person.
	61.		I am trusting and trustworthy.
	62.		I clean up after myself, without being compulsive.
	63.		I release the need to control.
	64.		I allow imperfection in others and myself.
	65.		I am filled with energy.
	66.		I am at peace with others.
	67.		I accept criticism.
	68.		I am accepting of others and myself.
	69.		I express myself well.
	70.		I am a good listener.
	71.		I am neither a victim nor an aggressor.
	72.		I am comfortable touching others or being touched.
	73.		I have a good balance between thinking, feeling, and doing.
	74.		I am becoming the person I really want to be.

Growth Questionnaire

WAS		TODAY	STATEMENT
	75.		I accept myself and what is going on around me.
	76.		I work the Twelve Steps in all areas of my life.
	77.		My head is in the clouds, but my feet are on the ground. I am well centered.
	78.		I handle frustrations and disappointments well.
	79.		I let go and let God.
	80.		I am comfortable with who I am.
	81.		I choose the Will of God – not ego; peace – not conflict, love, not fear.
	82.		I know a new freedom and new happiness.
	83.		I do not regret the past, nor do I wish to shut the door on it.
	84.		I now comprehend the word serenity, and I do know peace.
	85.		I see how my experience can benefit others.
	86.		That feeling of uselessness and self-pity has disappeared.
	87.		I have lost interest in selfish things and gained interest in my fellows.
	88.		Self-seeking is slipping away.
	89.		My whole attitude and outlook have changed.
	90.		The fear of people and economic insecurity left me.
	91.		I now intuitively know how to handle situations that used to baffle me
	92.		I have realized that God is doing for me what I could not do for myself.
	93.		All the promises from Alcoholics Anonymous are being fulfilled.
	94.		I share my experience, strength, and hope with others each day.
	95.		I strive to embody God's attributes as I understand them.
	96.		I am grateful for what my Higher Power has in mind for me, so I seek to do His Will.
	97.		I am warm and loving, kind and understanding, wise and intelligent, forgiven and forgiving, loved and loving, healed and healing, and empowered by God's loving grace.
	98.		I practice the elements of love: Patience, Kindness, Generosity, Humility, Courtesy, Unselfishness, Good Temper, Good Sense of Humor, Innocence, and Sincerity.
	99.		I practice these characteristics: Higher Purpose, Focus, Preparedness, Conviction, Faith, Trust, Perseverance, Creativity, Risk Taking, Curiosity, Resilience, Independence, Commitment, and Courage.
	100		I am being told everything I need in a way that I can currently hear, understand, and follow.

Growth Questionnaire

This Growth Questionnaire Completion Date _____

WAS' TOTAL	TODAY'S TOTAL	CHANGE	% OF CHANGE
Add the WAS Column	Add the TODAY Column	Subtract Was from Today	Divide change into Was Total
Example: Was' Total 150	Today's Total 325	$325 - 150 = 175$	$175 \div 150 = 116.67\%$ Change

Thank you for spending time with
The Collected 12 Step Workbooks Volume 3

Written by **Jim W.** – Sobriety Date: 2/6/1957

Edited by **Daniel S.** – Sobriety Date: 1/1/2004

To explore more of Jim's recovery materials, including:

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*May we continue to grow in understanding, compassion,
and spiritual awareness, one day at a time.*