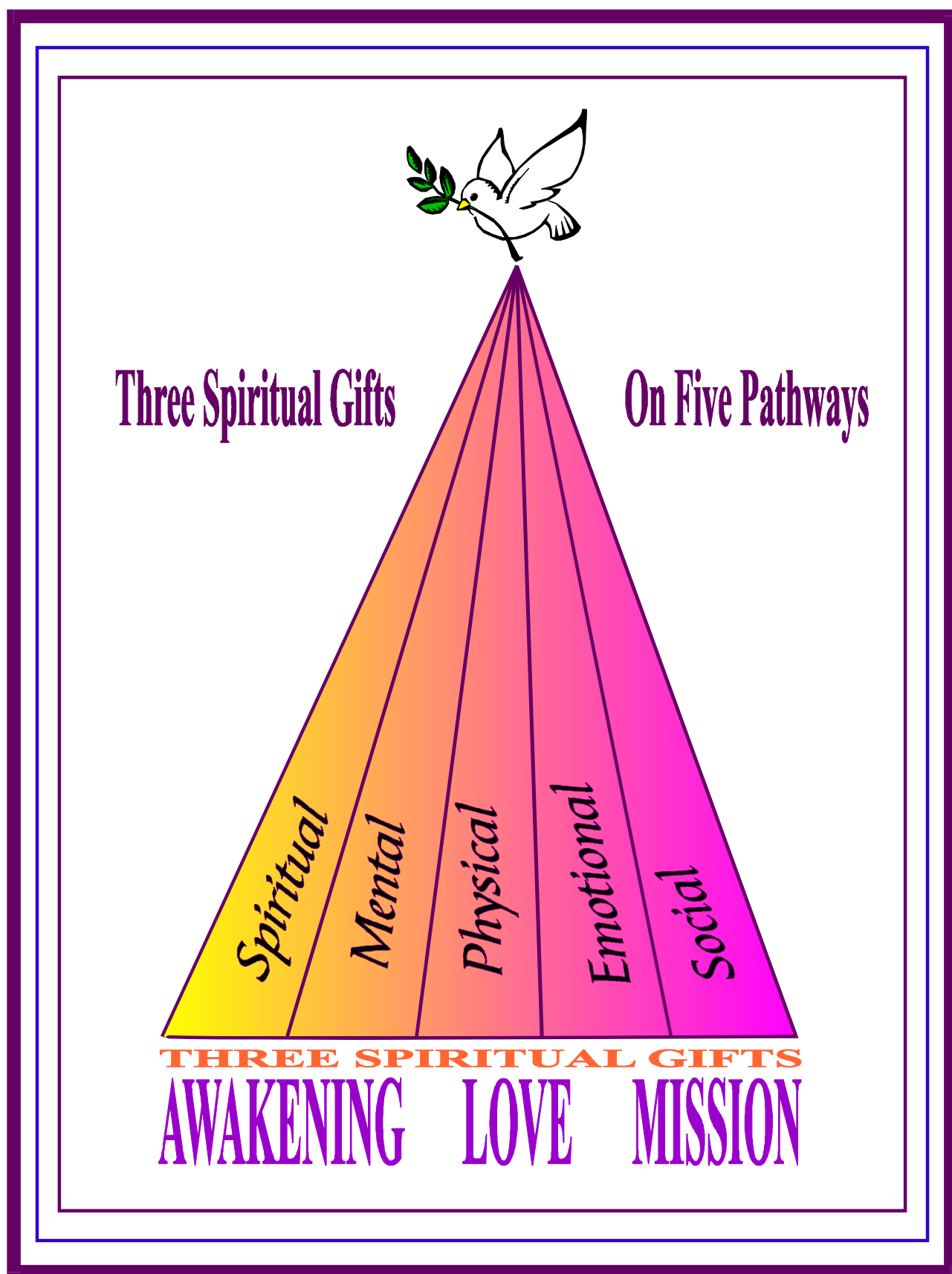


Three Spiritual Gifts On Five Pathways



Three Spiritual Gifts On Five Pathways

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

Doing what's suggested in this workshop may cause you to let go of some 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 your Self. Neither this workshop nor any of its contents are for sale. They are for sharing. Pass it on freely to those you love and those you don't.

WORKSHOP'S MISSION

Our primary purpose in this workshop is to offer additional tools, which could enable you to be more and more conscious of three great Spiritual Gifts and ways to apply these in our every day life. We will introduce you to this set of useful tools; however, tools are worthless unless we learn how to use them and then use them. Well that's what this little workshop is about. Our main focus will be learning new ways to expand our application of the program of Alcoholics Anonymous. To help you awaken to the powerful spiritual principles embodied in the Twelve Steps (Recovery), Twelve Traditions (Unity) and Twelve Concepts for World Service (Service). The main focus of this little workshop will be on the three Spiritual Gift embedded in the Twelfth Step. *Awakening* (Gift One) we believe is the correct word because it does happen as the result of applying the spiritual principles, which open us up to our Higher Power's grace. We want to dispel the illusion that we are to impose an understanding by applying the principles found in our program. When in fact we use information and understanding to help chip away all that is not the Love we are (Gift Two) and our God-created self with purpose and meaning, our true mission (Gift Three) helping us open up and realize our Spiritual Gifts, which is our true nature. That we are more likely to be open to our Higher Power's loving grace, miracles and the promises.

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 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 page 45 reprinted with permission) The main object of this workshop is to be in concert with that. Working the first eleven Steps will assure us of having a personality change, a shift in our perception sufficient to cause a spiritual awakening. 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 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

Awakening to the individual self we were created to be with purpose and meaning, in other words, to consciously live our mission, our Heart's Desire, God's Will for each individual. The third part of Step Twelve is: ***"...and to practice these principles in all our affairs."*** The only way we can fully realize who we are is to share what we currently are as the result of this 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.

Have you had enough or you thirsty for more?

Al Kohallek Goes Stepping - Workbooks One and Two and lots of other Workshop Papers may be downloaded free at www.12stepworkbook.org or contact this office - Jim Willis - 16607 Blanco Road Suite 401 - San Antonio, Texas 78232-1940

RE-AWAKENING

Our personal experience of life may or may not be based in Reality, but for sure our spiritual, mental, physical, emotional, and social experiences are shaped, filtered and formed by our personal “reality”. This personal “reality” is made up of everything we have experienced from the time we came into this world. Everything we have ever done, felt, thought, seen, heard or thought we did or did not, who we did or did not do it with, how we did or did not do it, wherever we thought we were or not, 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 off with a pure Divine Design to be expressed. 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. The following is one way nature may shape a tree that would be contrary to its pure Divine Design within the seed. For example a tree along the coastline is subject to a prevailing wind, the tree

will bend and be shaped to reflect the winds influence. Our habits of thoughts and feelings are much like the prevailing wind’s effect on our Father’s original pure individual Divine Design. Our workshop goal is to own a little more of our personal “reality” and be willing and able to change that made up “reality” back into thoughts and feelings, surrender it to our Higher Power that it can be changed into thoughts and feelings more in the image and likeness of His Will. For example letting go of the “reality” that sobriety is no more than just not drinking and/or not being locked up. In the Omni-Spiritual Flow we are able to accept a new level of “reality” by the grace of our Higher Power we may experience a deeper and deeper spiritual, mental, physical, emotional and social sobriety. Including being happy, joyous and free, with a whole new meaning of abundance. Bill Wilson, our co-founder had stated that the next frontier to address would be emotional sobriety. Today we are realizing that the next frontier in practicing these principles in all our affairs will include fulfillment at every level; spiritual, mental, physical, emotional and social.

A Few Thoughts

1. We believe that this workshop could be useful for most of our human conditions.
2. Any of our addictions at any level limits our receiving and giving our Spiritual Gifts.
3. If you have not completed the first nine Steps for your primary addiction this workshop may not be useful. This workshop will focus on Steps 10 – 11 – 12.
4. A principle is always the same, like it or not we are stuck with it. If there is only one exception that means it is not a principle, it is a belief, which means it can be changed like most habits can. Any time we use a global statement such as; I always, I never, we send our subjective mind a message that we are dealing with a principle instead of a belief. Change will be hard to come by.
5. Reviewing the workshops you have worked on could help you with this one. For example any 10th – 11th – and 12th Step Work will help you with Gift One, Awakening. The Six Loves Workshop will be useful for Gift Two, Love. Finding, Claiming and Living Your Mission in Book Two could help you with Gift Three, your Mission.

A Group Project

Of course this workshop may be used by ones self, however there are a great many benefits sharing with another person or a group. Some of these are:

1. We get the benefit of others experience, strength and hope.
2. We begin to build a group consciousness each time we meet.
3. With each question our understanding, awakening, love and ability to share will increase.
4. As we awaken and grow our responses become more useful, wise, enriching, fulfilling.
5. Of course most often our illusions shared openly with others take on a different mean.

Workshop Agenda

The workshop agenda will be set up as follows: we will have six daily questions each week, two sets of the Three Spiritual Gift - no question for the day of the workshop.

- Week One - Day 1 - the Introduction
- Week 1 – Day 1 Introduction – homework Days 2 – 7 questions response
- Week 2 – Workshop meeting - homework Days 8 – 13 questions response
- Week 3 – Workshop meeting – homework Days 14 – 19 questions response
- Week 4 – Workshop meeting – homework Days 20 – 25 questions response
- Week 5 – Workshop meeting – homework Days 26 – 31 questions response
- Week 6 – Workshop meeting – homework Days 32 – 37 questions response
- Week 7 – Workshop meeting – homework Days 38 – 40 action plans
- Week 8 – Workshop meeting – sharing our experience and action plans – close

If you were doing this workshop alone you would complete it in (40) forty days.

Three Spiritual Gifts On Five Pathways -- Today is _____, ____/____/____

Day 2	Gift One Awakening	What was your understanding of a spiritual awakening when you first came into the Program? How did you judge others or your self when you were on and/or off the Path? Give examples spiritual, mental, physical, emotional and social? What can you do to increase what does work and decrease what does not work?
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As for today's question or statement - What can you do to increase what does work and decrease what does not work?

Three Spiritual Gifts On Five Pathways -- Today is _____, ____/____/____

Day 3	Gift Two Love	How did you react to others that were freely sharing with you when you first came in the Program? Could you somehow know when one was on and/or off the Path? What do you recall your spiritual, mental, physical, emotional and social experiences were? What can you do to increase what does work and decrease what does not work?
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Three Spiritual Gifts On Five Pathways -- Today is _____, ____/____/____

Day 4	Gift Three My Mission	It is a good thing that our Program talks about practicing these principles in all our affairs after we have had some experience in the Program. When did you first get some idea what these principles were and how you may be able to practice them? How did you practice these early in the Program when you were on and/or off the Path? Give examples of how you practiced these principles spiritual, mental, physical, emotional and social, where and how well. What can you do to increase what does work and decrease what does not work?
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As for today's question or statement - What can you do to increase what does work and decrease what does not work?

Three Spiritual Gifts On Five Pathways -- Today is _____, ____/____/____

Day 5	Gift One Awakening	What can you recall about your first spiritual awakening? What did you experience when you were on and/or off this spiritual path? What did you experience spiritual, mental, physical, emotional and social? What can you do to increase what does work and decrease what does not work?
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Three Spiritual Gifts On Five Pathways -- Today is _____, ____/____/____

Day 6	Gift Two Love	One of the greatest gifts many of us have ever received as the result of this way of life, we awoken to the love we are. In the early days of your Program how well were you able to share when you were on and /or off the Path? Give examples of how you shared spiritual, mental, physical, emotional, and social? What can you do to increase what does work and decrease what does not work?
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As for today's question or statement - What can you do to increase what does work and decrease what does not work?

Three Spiritual Gifts On Five Pathways -- Today is _____, ____/____/____

Day 7	Gift Three My Mission	For many of us it was very difficult to be consistent at anything. What and where were you able to do at least some of the time when you were on and/off the Path? What did you experience early in the Program spiritual, mental, physical, emotional and social practicing these principles the best you could anywhere, with anyone at any level? What can you do to increase what does work and decrease what does not work?
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As for today's question or statement - What can you do to increase what does work and decrease what does not work?

Three Spiritual Gifts On Five Pathways -- Today is _____, ____/____/____

Day 8	Gift One Awakening	What was/is your resistance to a Higher Power, religions and/or a Spiritual way of life? What did/can you do about this resistance or what have you been unable/unwilling to do? How did/does this resistance effect you spiritual, mental, physical, emotional and social way of life. What can you do to increase what does work and decrease what does not work?
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As for today's question or statement - What can you do to increase what does work and decrease what does not work?

Three Spiritual Gifts On Five Pathways -- Today is _____, ____/____/____

Day 9	Gift Two Love	When you were new in the Program would you say that the one who shared with you used tough love or a gentle love? How has that early experience influence the way you share? Give examples of that tough or gentle love: spiritual, mental, physical, emotional and social. What can you do to increase what does work and decrease what does not work?
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Three Spiritual Gifts On Five Pathways -- Today is _____, ____/____/____

Day 10	Gift Three My Mission	List the ways you use global statements such as: I never, I always. Do you believe these are principles which cannot be changed or just another habit running on automatic? Give examples of how you experience these; spiritual, mental, physical, emotional and social. What can you do to increase what does work and decrease what does not work?
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Three Spiritual Gifts On Five Pathways -- Today is _____, ____/____/____

Day 11	Gift One Awakening	What types of prayers and meditation have you used and how effective were/are they? Did you grow up with these or they came later? How have your prayers and meditation changed since you came into the Program. Do you use affirmations? Give examples of your prayers, medication, affirmations; spiritual, mental, physical, emotional and social. What can you do to increase what does work and decrease what does not work?
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Three Spiritual Gifts On Five Pathways -- Today is _____, ____/____/____

Day 12	Gift Two Love	What was the most unselfish thing you can recall ever done for you? What was the most unselfish or selfless thing you have ever done for someone else? How were these expressed or could have been expressed: spiritual, mental, physical, emotional and social? What can you do to increase what does work and decrease what does not work?
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As for today's question or statement - What can you do to increase what does work and decrease what does not work?

Three Spiritual Gifts On Five Pathways -- Today is _____, ____/____/____

Day 13	Gift Three My Mission	What do you want to consciously and consistently experience but you have been unable to so? When you have experienced it what was it like: spiritual, mental, physical, emotional and social? What can you do to increase what does work and decrease what does not work?
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As for today's question or statement - What can you do to increase what does work and decrease what does not work?

Three Spiritual Gifts On Five Pathways -- Today is _____, ____/____/____

Day 14	Gift One Awakening	What does it mean to you to be a Spiritual: Infant, Child, Adolescent, Adult and an Elder? Pick one of these or all five. How are these expressed spiritually, mentally, physically, emotionally and/or physically? What can you do to increase what does work and decrease what does not work?
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As for today's question or statement - What can you do to increase what does work and decrease what does not work?

Three Spiritual Gifts On Five Pathways -- Today is _____, ____/____/____

Day 15	Gift Two Love	Did you know that everyone you are drawn to brings you a gift and you have a gift for that person? When you remember this it will bring you closer to the love you are. Give examples of this love spiritual, mental, physical, emotional and social. What can you do to increase what does work and decrease what does not work?
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As for today's question or statement - What can you do to increase what does work and decrease what does not work?

Three Spiritual Gifts On Five Pathways -- Today is _____, ____/____/____

Day 16	Gift Three My Mission	By practicing this way of life here and now we can undo the past by living consciousness 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? What can you do to increase what does work and decrease what does not work?
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As for today's question or statement - What can you do to increase what does work and decrease what does not work?

Three Spiritual Gifts On Five Pathways -- Today is _____, ____/____/____

Day 17	Gift One Awakening	How does prayer and meditation change things spiritual, mental, physical, emotional and social? Give examples. What can you do to increase what does work and decrease what does not work?
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As for today's question or statement - What can you do to increase what does work and decrease what does not work?

Three Spiritual Gifts On Five Pathways -- Today is _____, ____/____/____

Day 18	Gift Two Love	We can feed someone a fish for a day (12th Step). We can teach one to fish and you feel her/him for a lifetime (Sponsorship). Are you a taught teacher teaching? Give examples of your teaching spiritual, mental, physical, emotional and social. What can you do to increase what does work and decrease what does not work?
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As for today's question or statement - What can you do to increase what does work and decrease what does not work?

Three Spiritual Gifts On Five Pathways -- Today is _____, ____/____/____

Day 19	Gift Three My Mission	Our personal “reality”, habits of thoughts and feelings has an extraordinary ability to cause us to have a rebound when we have an awakening or an expanding, grown experience. Give your experiences spiritual, mental, physical, emotional and social. What can you do to increase what does work and decrease what does not work?
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As for today’s question or statement - What can you do to increase what does work and decrease what does not work?

Three Spiritual Gifts On Five Pathways -- Today is _____, ____/____/____

Day 20	Gift One Awakening	As we awaken we are most likely to realize that our Program is Spiritual in its nature. Something spiritual will expand with its use. Material and ego things deteriorate with use. Can you give examples: spiritual, mental, physical, emotional and social? What can you do to increase what does work and decrease what does not work?
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As for today's question or statement - What can you do to increase what does work and decrease what does not work?

Three Spiritual Gifts On Five Pathways -- Today is _____, ____/____/____

Day 21	Gift Two Love	As our skill increase at giving of ourselves we are most likely to find that we need others less but delight in loving others more. What has been your experience: spiritually, mentally, physically, emotionally and socially? What can you do to increase what does work and decrease what does not work?
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As for today's question or statement - What can you do to increase what does work and decrease what does not work?

Three Spiritual Gifts On Five Pathways -- Today is _____, ____/____/____

Day 22	Gift Three My Mission	For a bird's eye view of your personal "reality" take a look at what you are experiencing real or illusion, good or bad. List some of those experiences: spiritual, mental, physical, emotional and social, in which you said to your self; "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 you personal "reality". What can you do to increase what does work and decrease what does not work?
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As for today's question or statement - What can you do to increase what does work and decrease what does not work?

Three Spiritual Gifts On Five Pathways -- Today is _____, ____/____/____

Day 23	Gift One Awakening	It has been said 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. Give examples of your weakest and your strongest links: spiritual, mental, physical, emotional and social. What can you do to increase what does work and decrease what does not work?
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As for today's question or statement - What can you do to increase what does work and decrease what does not work?

Three Spiritual Gifts On Five Pathways -- Today is _____, ____/____/____

Day 24	Gift Two Love	One of the greatest gifts many of us have received as the results of sharing this Program is the experience of giving of ourselves unconditionally, asking nothing in return. We often give to those who cannot repay us. Those who temporarily have more give to those who temporarily have less. How so: spiritual, mental, physical, emotional and social? What can you do to increase what does work and decrease what does not work?
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As for today's question or statement - What can you do to increase what does work and decrease what does not work?

Three Spiritual Gifts On Five Pathways -- Today is _____, ____/____/____

Day 25	Gift Three My Mission	Insane or stupid? How is it we may know all about hygiene and live unhealthy lives? What if we have the accumulated wisdom of the ages and not practice that? How can we practice these realities until these become our personal “reality” replacing that which is too limited or harmful: spiritual, mental, physical, emotional and social? What can you do to increase what does work and decrease what does not work?
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As for today’s question or statement - What can you do to increase what does work and decrease what does not work?

Three Spiritual Gifts On Five Pathways -- Today is _____, ____/____/____

Day 26	Gift One Awakening	How do you stay spiritually awakened after you become awakened or have you gone back to sleep? Give examples of what you do to stay awake or re-awaken, spiritual, mental, physical, emotional and social. What can you do to increase what does work and decrease what does not work?
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As for today's question or statement - What can you do to increase what does work and decrease what does not work?

Three Spiritual Gifts On Five Pathways -- Today is _____, ____/____/____

Day 27	Gift Two Love	Many of us are somewhat compulsive, obsessive so we can identify with the caterpillar consuming all we can. At some point that stops working and we make up a self-imposed prison, our cocoon so to speak and there we turn into mush. Then we may join this loving way of life where we are transformed, emerging from our self-made prison as a free graceful butterfly. What's that process been like, spiritual, mental, physical, emotional and social for you? What can you do to increase what does work and decrease what does not work?
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As for today's question or statement - What can you do to increase what does work and decrease what does not work?

Three Spiritual Gifts On Five Pathways -- Today is _____, ____/____/____

Day 28	Gift Three My Mission	The Truth that we awaken to cannot be directly learned or taught. What are the skills that we can practice these Truths within our human condition. What comes with an awakening is the Spirit of that Truth. To live this is the highest form of practicing these principles in all of our affairs. Give examples of your experiences; spiritual, mental, physical, emotional and social. What can you do to increase what does work and decrease what does not work?
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When I am on the Path	
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As for today's question or statement - What can you do to increase what does work and decrease what does not work?

Three Spiritual Gifts On Five Pathways -- Today is _____, ____/____/____

Day 29	Gift One Awakening	In deed the end of the “world “is coming. Each time we awaken, some part of our old world that one we made up our personal “reality” passes away. What has been your experience; spiritual, mental, physical, emotional and social? What can you do to increase what does work and decrease what does not work?
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When I am on the Path	
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Three Spiritual Gifts On Five Pathways -- Today is _____, ____/____/____

Day 30	Gift Two Love	Forgiveness is a very vital part of love. Try this: Ask your individualized created Self to forgive your personal “reality”, spiritual, mental, physical, emotional and social. “Forgive us debts and we forgive our debtors.” Our personal “reality” is filled with the judgments responsible for our debts and debtors. What can you do to increase what does work and decrease what does not work?
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Three Spiritual Gifts On Five Pathways -- Today is _____, ____/____/____

Day 31	Gift Three My Mission	In practicing these principles in all our affairs we will have to deal with a full range of this thing called life, including what we call good and bad. We are wise to face our fears and pains when we would like to run away. These are important messengers. What are some of your spiritual, mental, physical, emotional and social fears and pains? What were their messages? What can you do to increase what does work and decrease what does not work?
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As for today's question or statement - What can you do to increase what does work and decrease what does not work?

Three Spiritual Gifts On Five Pathways -- Today is _____, ____/____/____

Day 32	Gift One Awakening	We may awaken that we have been given the power to co-create. This power may be used as intended or misuse. The worse misuse is most likely connected to our need for love and/or value. The breeding ground for most of our chaos, destruction and our illusions of separation. Give examples of your experiences; spiritual, mental, physical, emotional, and social. What can you do to increase what does work and decrease what does not work?
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When I am on the Path	
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As for today's question or statement - What can you do to increase what does work and decrease what does not work?

Three Spiritual Gifts On Five Pathways -- Today is _____, ____/____/____

Day 33	Gift Two Love	Because we were first forgiven, loved, taught, healed in one degree or another, we are given the privilege to pass it on. We can be, if we choose to be, a forgiven forgiver forgiving, a beloved lover loving, a taught teacher teaching, and a healed healer healing. Give examples spiritual, mental, physical, emotional and social. What can you do to increase what does work and decrease what does not work?
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When I am on the Path	
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As for today's question or statement - What can you do to increase what does work and decrease what does not work?

Three Spiritual Gifts On Five Pathways -- Today is _____, ____/____/____

Day 34	Gift Three My Mission	“What you are shouts so loudly that I cannot hear what you say.” What are you radiating spiritual, mental, physical, emotional and social, to the outer world from within? What can you do to increase what does work and decrease what does not work?
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When I am on the Path	
When I am off the Path	
Spiritual	
Mental	
Physical	
Emotional	
Social	

As for today’s question or statement - What can you do to increase what does work and decrease what does not work?

Three Spiritual Gifts On Five Pathways -- Today is _____, ____/____/____

Day 35	Gift One Awakening	As we awaken we realize to compare our personal “reality” as equal to our individualized created Self would be like reconciling the abundance of the ocean by a few empty shells and dead fish on the beach. Expand the meaning of this spiritual, mental, physical, emotional and social. What can you do to increase what does work and decrease what does not work?
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When I am on the Path	
When I am off the Path	
Spiritual	
Mental	
Physical	
Emotional	
Social	

As for today’s question or statement - What can you do to increase what does work and decrease what does not work?

Three Spiritual Gifts On Five Pathways -- Today is _____, ____/____/____

Day 36	Gift Two Love	Each creation is no less than an individualized Love Unit, which was/is created in the image and likeness of our Creator. Each has its own capacity to be presence (omnipresence) – with that capacity for power (omnipotence) and that capacity to be consciously whole (omniscience). It is an individualized kingdom, power and glory. Describe these Love Units, spiritually, mentally, physically, emotionally and socially. What can you do to increase what does work and decrease what does not work?
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When I am on the Path	
When I am off the Path	
Spiritual	
Mental	
Physical	
Emotional	
Social	

As for today's question or statement - What can you do to increase what does work and decrease what does not work?

Three Spiritual Gifts On Five Pathways -- Today is _____, ____/____/____

Day 37	Gift Three My Mission	Learning to practice these principles in all of our affairs call for dealing with half measures, which can be useful first aides. People, places and things in our day-to-day experiences, are expressions, manifestations of patterns within our personal “reality”. Surrendering these patterns, not their individual expression can open the possibility of a transformation, by grace into an asset. State these experiences spiritual, mental, physical, emotional and social. What can you do to increase what does work and decrease what does not work?
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When I am on the Path	
When I am off the Path	
Spiritual	
Mental	
Physical	
Emotional	
Social	

As for today’s question or statement - What can you do to increase what does work and decrease what does not work?

Three Spiritual Gifts On Five Pathways -- Today is _____, ____/____/____

Day 38	Gift One Awakening	Having had a spiritual awakening as the result of these steps, --- Can you summarize any spiritual changes you have experienced since you began this process, spiritual, mental, physical, emotional and/or social? Give examples
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Spiritual	
Mental	
Physical	
Emotional	
Social	

How have you blocked your spiritual flow?

Summarize what you can do to increase what does work and decrease what does not work?

Three Spiritual Gifts On Five Pathways -- Today is _____, ____/____/____

Day 39	Gift Two Love	We tried to carry this message to alcoholics --- Can you summarize any changes in how you understand and/or experienced love since you began this process, spiritual, mental, physical, emotional and/or social? Give examples
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Spiritual	
Mental	
Physical	
Emotional	
Social	

How have you blocked your true self, the love you are?

Summarize what you can do to increase what does work and decrease what does not work?

Three Spiritual Gifts On Five Pathways -- Today is _____, ____/____/____

Day 40	Gift Three My Mission	And to practice these principles in all our affairs. --- Can you summarize any changes in your understand and/or practice these principles since you began this process, spiritual, mental, physical, emotional and/or social? Give examples
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Spiritual	
Mental	
Physical	
Emotional	
Social	

How have you blocked your true self, the individual you were created as?

Summarize what you can do to increase what does work and decrease what does not work?
