

*Al Kohallek  
Sharing  
The  
Gift  
Of  
“Pay  
Forward”  
Daily  
Keeps  
His  
Spiritual  
Path  
Open*



*Any good thing  
I can do  
Or  
Any kindness  
That I can show  
To any  
Human being,  
Let me  
Do it now.  
Let me  
Not defer it  
Or  
Neglect it,  
For I  
Shall not  
Pass this  
Way again.*

Sharing Today's Gift Will Keep The "Pay Forward" Door Open



"Behold, I stand at the door and knock"

## FOREWORD

### Trevor's Assignment Inspired Al Kohallek's "Pay Forward" Plan Of Action

In the movie Pay Forward; young Trevor responds to a school assignment with a plan to help three people who will, in turn, help three more, and so on, in an ever-widening circle. However, Trevor touches more people than he expected, including his abused mother, his physically and emotionally scarred teacher and a journalist who's investigating the plan. Trevor's plan sounds like, in principle, Alcoholics Anonymous' plan of action that a great many have experienced, beginning with our co-founders, Dr. Bob and Bill. We are suggesting that today, as our prep-day. Let us pray and meditate; improving our conscious contact with our Father. Let us seek and find everything we need to practice our plan of action, one day at a time. We are suggesting that as many of us as possible use "Today's Pay Forward" gift of the day. Using "Today's Pay Forward" gift each day will increase its effectiveness and make a greater difference. It's your choice. We could have a lot of fun sharing this and make a good difference, if you choose. Come. Let us "Pay Forward" together. Thy Love, Thy Will be done.

Sharing Today's Gift Will Keep The "Pay Forward" Door Open



## Giving Of Ourselves

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

Then said a rich man, Speak to us of Giving.  
And he answered:  
You give but little when you give of your possessions.  
It is when you give of yourself that you truly give.  
For what are your possessions but things you keep and guard  
for fear you may need them tomorrow?  
And tomorrow, what shall tomorrow bring to the over prudent  
dog burying bones in the trackless sand as he follows the  
pilgrims to the holy city?  
And what is fear of need but need itself?  
Is not dread of thirst when your well is full, the thirst that is  
unquenchable?  
There are those who give little of the much, which they have –  
and they give it for recognition and their hidden desire makes  
their gifts unwholesome.  
And there are those who have little and give it all.  
These are the believers in life and the bounty of life, and their  
coffer is never empty.  
The Prophet [Giving] by Kahlil Gibran

"Behold, I stand at the door and knock"

I Love Doing What I Do  
“Pay Forward” # 1

Today’s “Pay Forward” gift is – I love doing what I do. “Let me be born again and again on the wheel of rebirth so again and again I may offer this body for the benefit of others” (Hindu Myth). That may be a little heavy, but it touched my heart. Taking the time to help another may be inconvenient and demanding, but it enriches us. Serving others in Alcoholics Anonymous is one of the most important things we can do. No matter the difficulty we may be going through, work with another can save our day. Our Step Twelve is our Golden Key to happiness, healing and becoming usefully whole. When we stop thinking of ourselves and think of what we can do for someone else, that’s enlightened self-centeredness. With a little Twelve Stepping, what seem like work to others turned into joyful play. For the first time in my life, I felt like my life made a good difference. A.A.’s can make a good difference 24/7 if we choose to. Doing something we love we are contributing not only to the world but also to our own fulfillment. We learn while we are sharing our experience and our sharing helps others cope with life, and then we are all being given a gift. Our A.A. way of life is not work, but love made visible. Let us give of ourselves now and not let not giving of ourselves the past we regret. Come let us love one another. Thy Love, Thy Will be done.

Sharing Today’s Gift Will Keep The “Pay Forward” Door Open



Outrageous Acts Of Love  
“Pay Forward” # 2

Today’s “Pay Forward” gifts are outrageous acts of love. What if we extend an act of love to the most unlovable person in the entire world? What if we forgive the most unforgivable, in the most undeserving person in the entire world? What if we pray for the one who needs our prayers the least and for the one who needs our prayers the most in the whole world? What if we give a welcoming smile to the person that really turns us off? What if we ask some important personal advice from the person we least respect or that we resent? What if we give something, we value to a rich person and to a poor person? What if we have faith in the unbelievable? What if we have trust in the untrustworthy? What if we have hope in the hopeless? What if we are merciful to the one person who shows no mercy? What if we start by offering these outrageous acts of love to ourselves? What if we give in one brief moment that which we have for a longtime denied? After doing these “what ifs” the next question is: what’s it like being in Heaven in the Presence of our Father? Thy Love, Thy Will be done.

“Behold, I stand at the door and knock”

Love Alone Changes People  
“Pay Forward” 3

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

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Back To The Basics  
“Pay Forward” # 4

Today’s “Pay Forward” gift is – back to the Basics. As an alcoholic, I cannot take a drink of alcohol no matter what, or the drink will take me. Back to the basics: “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) Our “Pay Forward” gifts each day give us another tool to live the basics. Working the first eleven Steps will assure us of having a personality change, a shift in our perception sufficient to cause a spiritual awakening, basics. Step Twelve offers us three Spiritual Gifts, vital for the quality of sobriety. 1. “Having had a spiritual awakening as the result of these steps...” This spiritual awakening, an important basic. 2. “... we tried to carry this message.” This is sharing; this is Love, the most common basic human need. Share everything you want to keep. The messenger is the message. 3. “... and to practice these principles in all our affairs.” Every time we practice A.A.’s basics we discover more of whom we are and our Father’s Love and Will, our heart’s desire. We are given everything we need to practice the basics, as needed. Thy Love, Thy Will be done.

“Behold, I stand at the door and knock”

Giving Is A Miracle  
"Pay Forward" # 5

Today's "Pay Forward" gift is – knowing happiness. "Giving is a miracle that can transform the heaviest hearts" (Kent Nerburn). I realized this truth not long after I became active in Alcoholics Anonymous. It was soon clear; those who were joyful, happy and free were active in A.A. service. "To watch people recover, to see them help others, to watch loneliness vanish, to see a fellowship grow up about you, to have a host of friends – this is an experience you must not miss" Alcoholics Anonymous page 89. A sure path to happiness; do something for somebody. Even when our life is in a terrible mess, let's do something for somebody, AS SOON AS POSSIBLE. It works; it really does. I've found when overwhelmed with problems, and I took time-out to help another person; I would be out of myself long enough for our Father to take over. When focusing on helping another person, I feel much better than I do when I'm dwelling on my problems. Another great benefit from sharing: the next thing I know other people are helping me. I just got an email from a person having their 29<sup>th</sup> A.A. Birthday. I am happy for that person, and I am happy for me because I know I was part of their growing up in Alcoholics Anonymous. This is perfect timing for me; I needed to be reminded that my life has made a difference. Thy Love, Thy Will be done.

Sharing Today's Gift Will Keep The "Pay Forward" Door Open



Reset Our Vision  
"Pay Forward" # 6

Today's "Pay Forward" gift is imagination. "What we now experience we may cease experiencing if we have the will and the imagination to set our vision in an opposite direction and hold it there. It is the office of the imagination to set the vision" (The Sciences of Mind, page 418). I imagine that I am taking full responsibility for my personality "reality." I imagine that I no longer blame anyone or anything for my decisions and actions. I imagine by taking full ownership of my conscious and subconscious world view - in which I react and overreact to - gives me the right to surrender both the good and bad to our Father. I imagine His Love and His Will being done, 24/7. I can imagine my love and will are in alignment with His. I imagine that I am accepting His changes out an enlighten self-interest; a gift of grace. I am imagining that I have no resistance to life, as is. I imagine that I will smile a lot, and others will smile back today. I am imagining that my service to others is wise, loving and useful. I image that I will intuitively how to give and receive the flow of divine Love. I image that I am in the right place, with the right person, doing the right thing, my timing is just right. I need to stop imaging right now and get ready to experience all that I have imagined. Thy Love, Thy Will be done.

"Behold, I stand at the door and knock"

Sensitivity  
"Pay Forward" # 7

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

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Daily Reprieve  
"Pay Forward" # 8

Today's "Pay Forward" gift is Spiritual. "What we really have is a daily reprieve contingent on the maintenance of our spiritual condition" (Alcoholics Anonymous page 85). This maintenance is to change our choices, actions and character to conform to Spiritual standards, in other words, to "practice these principles in all our affairs." Alcoholics Anonymous has given us the tools, we need to live a Spiritual way of life, to do and to be our Father's Love and Will. It is an overstatement to say, "Practice makes perfect", but to seek through prayer and meditation daily to improve our conscious contact with our Father is a very good idea. Let us "Pay Forward" by practicing the Spiritual Principles we already have, encouraging others by our example. Daily living Spiritual Principles develops our Spiritual Condition, affecting our whole be-ing. There is nothing like a peaceful, compassionate love-filled heart and mind to turn others on. Thy Love, Thy Will be done.

"Behold, I stand at the door and knock"

Preparing Ourselves  
"Pay Forward" # 9

Today's "Pay Forward" gift is Spiritual. Let us exercise our spiritual muscles, preparing ourselves for our next awaking. How about some prayers, meditations, affirmations and or a little contemplation workout? We may choose to be still for a few minutes, stopping our chatter, listen for a little guidance and look at the proof of our Father's Presence within any of His creatures. Talk at least one of our Alcoholics Anonymous members into joining daily Spiritual workout. After all, we are part of our Father's Handy-work. The life force within us connects us to one another; in fact, this life force connects us with every other living being. As part of our Spiritual workout let us practice asking our Father for our heart's desire, and follow His guidance. Let our Father take us on a great adventure within. Let's let our private, self-made world be still for a few moments giving ourselves an opportunity to experience the impossible. Thy Love, Thy Will be done.

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I Am That I Am  
"Pay Forward" # 10

Today's "Pay Forward" gift is – I Am That I Am. If our Father wanted us to be someone or something else we would be. "Every blade of grass has its angel that bends over it and whispers, "Grow, grow" (Talmud). Although we are far more important than a blade of grass, if we listen in the silence of our soul our angel is shouting, "Grow, grow." "He has given His angels charge over me; they lift me up in their arms, lest at any time I may dash my foot against a stone." We don't have to be one of the great leaders; we need only to take care of whom or what is in front of us. Let us be faithful to our authentic-self. How many ways have we heard the same thing said, "This above all; to thine own, self be true" (William Shakespeare). "What we have to be is what we are" (Thomas Merton). We have one dis-ease; a human without a conscious contact with our Father. We have one Omnipresent Healer; known or unknown, our Father. "A man has made at least a start on discovering the meaning of human life when he plants shade trees under which he knows full well never sit" (Elton Trueblood). We have come a long way on our Spiritual recovery when we plant the Alcoholics Anonymous' seed which we know we may never see it grow. Thy Love, Thy Will be done

"Behold, I stand at the door and knock"

Now-A-Days  
“Pay Forward” # 11

Today’s “Pay Forward” gift is physical. Before Alcoholics Anonymous, my physical body and physical world were busy trying to recover. As long as my health is good, which it is now, I don’t give my physical body much praise. However, just let my physical body or world experience a little discord, and I’ll give it too much attention to it. Now-a-days I wouldn’t think of starting my day without my Spiritual and mental prep-work and a little physical maintenance. I remind myself and those I share the Program with, about the miraculous physical body we have. Our Father within is transforming what we eat and drink into flesh, bone, thoughts and feelings, in other words, everything the physical body is. I can’t do that, can you? The Divine Presence within is not idle, but quietly living us. Just because we cannot see, touch, or fully comprehend the invisible workings with our senses does not prevent its mighty accomplishments in union with our Father. Through prayer and meditation, our consciousness is enlisted into our Father’s miraculous service. This mighty work within is causing our heart’s desire to unfold before our very eyes. Let us set aside a little time each day to praise our Father’s physical handy-work. Thy Love, Thy Will be done.

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The Fruit Of Prayer  
“Pay Forward” # 12

Today’s “Pay Forward” gift is emotional. “The fruit of silence is prayer. The fruit of prayer is faith. The fruit of faith is love. The fruit of love is service. The fruit of service is peace” (Mother Teresa). Words carry a deeper emotional meaning when they are said by one who is greatly respected, like Mother Teresa. When an A.A. member shares their experience from deep within their heart that has a deep meaning for me, it does not matter how long that person is sober. An authentic love experience knows nothing of time or space. Unmasked an authentic love is the fruit we hunger for. Authentic love is intuitive; it is a prayer answered; it is a realized faith in our Father’s grace; it is an unselfish service freely given; it is peace beyond words. I am deeply touched when I am in the presence of an authentic expression of love, no matter who the giver or who the receiver. I am reminded it is our Father doing the works, the primary Source of all love. Alcoholics Anonymous gives us the tools; we need to prevent emotional malnourishment. Come let us pray in the silence of our heart in an abiding faith in our Father’s grace, nourish those about us with love, serving one another in peace. Thy Love, Thy Will be done.

“Behold, I stand at the door and knock”



Listen To What Is Not Said  
"Pay Forward" # 13

Today's "Pay Forward" gift is social. "If you really want to understand me, please hear what I am not saying, what I may never be able to say" (Anonymous). What are those Alcoholics Anonymous members saying who are not coming to meetings? We could ask them why not or just invite them to a meeting. Time-out while I reach out to a person, I have not seen in a meeting for some time that does not mean they are not going to other meetings. Hold on while I check one out. I must have been inspired, I reached out to two. I have to be on the lookout for one of my major defects; withhold or withdrawing. Taking my life in my own hands, and what happens? A terrible thing; I have no one to blame but me. To avoid the common "drug; guilt and punishment" use I choose to stay in daily contact with other alcoholics. Who knows I may become a social butterfly. Ok, that may be a bit-of-stretch. One of the most difficult social skills I need to learn is when to say no. If we don't have to say no once in a while, we are not being asked enough. Another difficult social skill to learn is asking of help. Ok, I'm asking you to "Pay Forward" today's gift. Thy Love, Thy Will be done.

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Spiritual Not Religious  
"Pay Forward" # 14

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

"Behold, I stand at the door and knock"

Intuitive Faith  
“Pay Forward” # 15

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

Sharing Today’s Gift Will Keep The “Pay Forward” Door Open



Timeout Mentally  
“Pay Forward” # 16

Today’s “Pay Forward” gift is mental. I decided to take some time-out mentally and relax my mind, but I can’t stop thinking about it. Yesterday I decided to take a nap and rest my body and mind but I “had” to work on my tax-prep, so I was too busy. To make up for not taking a nap I decided to go to bed early but I “had” to watch a one-time TV program. I could have recorded it and watch it later, but I “had” to know who won. I don’t think I like other people telling how great the ending was. Yesterday was Sunday, so I shouldn’t have a long to-do list, but I managed to think too much about the few to-do’s on my unwritten list. To make up for my not napping I decided to extend my two meditations but my mind would not shut up. I have a stop sign at my office to remind me to shut up. However, I was at home, but I thought about how useful that stop sign could be. I thought of the times when doing nothing to accomplish everything better, but I could not remember how I did not or think not long enough to do nothing. I am going to stop thinking about not thinking and turn to our Father once again asking for His Love, His Will and His tender mercy; I think this is a good plan. Come let us stop thinking too much together. Thy Love, Thy Will be done.

“Behold, I stand at the door and knock”

A Sober Life  
"Pay Forward" # 17

Today's "Pay Forward" gift is mental. Action is the magic word. Until we are living a sober life or at least not drinking, why would anyone believe us? I was surprised when I was six months without alcohol to drink. I found it hard to believe, so why would I expect others to believe me? Let us remember the father/mother of our actions is the silent decision, thoughts and beliefs, conscious of or not, which preceded the action. Separating actions from our Spiritual, mental, emotional storehouse is not only oversimplifying our human condition but does not hold us responsibility. Our prayers, meditations, affirmations, thoughts and feelings do matter, every single one count. Our actions are proof of what we really believe not the absences of beliefs. Tradition Three "The only requirement for A.A. membership is a desire to stop drinking." The first requirement for anything we really want is a desire. Our motive for wanting can be anything that gets us to that desire, which comes out of our Spiritual, mental, emotional storehouse. Acting our way into sobriety is a good decision. Working the Steps and Traditions will uncover and discover the conditions and causes that get into the way of a sober, joyful, happy and free life. Thy Love, Thy Will be done.

Sharing Today's Gift Will Keep The "Pay Forward" Door Open



Reattach  
"Pay Forward" # 18

Today's Pay Forward" gift is physical. Setting our physical body apart from other parts; Spiritual, mental, emotion or social is not a good idea. No wonder it gets lonely and craves all kinds of feel-good stuff. Let us reattach it As Soon As Possible with the rest of our created being. Our body is a Spiritual expression of our Father, "...the Lord has need of it." Our Father not only created our individual body, He keeps it alive daily by transforming the food we eat into everything we need to live. Our physical body reacts to our beliefs, good and not good. Our physical body is a playground and workplace for our emotional and mental stuff. Our body lets us know when it approves or disapproves; we can tell if it wants to be social. A friend was telling me how important it is mentally and emotionally to keep physical clutter out of our home and office. I walked out to his car, when he opened his car door, I could see what he had done with his clutter. An auto mechanic would tell us not to put sugar or water in our gas tank. I was told too many times what not to put into my physical body and did it anyway. I choose to put the right fuel in my physical body today and clear up my physical clutter where ever I find it. I choose to have a "family reunion" with my physical body hosting, inviting all my other parts; Spiritual, mental, emotion and social. Thy Love, Thy Will be done.

"Behold, I stand at the door and knock"

Be Still  
“Pay Forward” # 19

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

Sharing Today’s Gift Will Keep The “Pay Forward” Door Open



Higher Self And Lower Self  
“Pay Forward” # 20

Today’s “Pay Forward” gift is –both my Higher-self and my lower self. My Spiritual journey made me aware of my Higher-self and my lower self. I am conscious of the love I am. I am aware of our Father within all of His creatures doing the works called life. Every day is our Father’s Day, not a calendar day, but a Spiritual Reality. When I surrender my defects for transformation; it’s like a crucifixion, meaning a crossing out. Calvary means “the place of a skull.” My crucifixion begins with my owning what is in my skull, my personal “reality” and surrendering it. Alcoholics Anonymous’ first nine Steps allow us to own, to detach and stop fighting with our personal “reality” world view. Step Ten keeps us open to a cleansing action. Step Eleven is an upgrading of our conscious contact with our Father and our Higher-selves. Step Twelve is our awakening to our rebirth. As the result of our Father’s grace, we experience the death of our old personal “reality” and the transforming our defects into assets. Then we are able to practice the love we are. We have the tools to practice our Spiritual awakening in all our affairs. I’m ready to stop fighting everyone and everything. I’m open to our Father’s Love and Will. As I assimilate His Divine nourishment. I enlist my personal “reality” into His service. Come, let us be about our Father’s Business. Thy Love, Thy Will be done.

“Behold, I stand at the door and knock”

The Transformation Cycle  
“Pay Forward” # 21

Today’s “Pay Forward” gift is – The Transformation Cycle. “I was soon to be catapulted into what I like to call the fourth dimension of existence” (Alcoholics Anonymous page 8). That was Bill W.’s experience. Bill W. said, “I was to know happiness, peace, and usefulness, in a way of life that is incredibly more wonderful as time passes.” Check on the workshop, Understanding A Transformation Cycle [www.12stepworkshop.org](http://www.12stepworkshop.org). I identify with Bill W.’s story when I went through a Spiritual transformation. Everything stopped working; I experienced the dark night of the senses. It was only then that I stopped fighting and surrendered all of me to our Father. I soon experienced a new awakening. Like Bill W., I felt catapulted into the fourth dimension of existence. Everything started working, only incredibly more wonderful. That transforming union is a restructuring of consciousness, not just an experience. The fourth dimension is beyond the three-dimensional world, and deeper than words. The transforming union was only a beginning, as great as it was. I increased my service work; carrying Alcoholics Anonymous’ message, and practiced my awakening in all my affairs, only then it became real. Thy Love, Thy Will be done.

Sharing Today’s Gift Will Keep The “Pay Forward” Door Open



Imagination  
“Pay Forward” # 22

Today’s “Pay Forward” gift is – imagination. Imagination like all human attributes we come equipped with is intended for our fulfillment; it is a creative power. Too often we misuse these blessed gifts. The wonderful lyrics from a Doris Day movie: “When I was just a little boy, I asked my mother who will I be? Will I be handsome? Will I be rich? Here’s what she said to me - Que Sera Sera -Whatever will be will be - The future’s not ours to see...” I used my imagination to paraphrase her song. When I was just a little boy, I asked myself who will I be? Will I be handsome? Will I be rich? Here what I said to me – NO! I bought into the illusion that to put myself down was a sign of humility, but it is not. Alcoholics Anonymous has taught me to listen when others are sharing. Of course, I can’t listen to others when I am deafened by the hum of my own voice. I am often surprise when I do listen to others that everybody is talented, original and has something important to say. When one speaks from their heart, mind and soul, it comes across like a parable, filled with intuitive wisdom no matter how long they are sober. All created things begin in our silent, invisible world within. When we take action on our imagination, we confirm it. Today let us use our imagination to set the universal power into motion for the life we want. Thy Love, Thy Will be done.

“Behold, I stand at the door and knock”

Fruits From A.A.'s Orchard  
"Pay Forward" 23

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

Sharing Today's Gift Will Keep The "Pay Forward" Door Open



Who's The Real Artist  
"Pay Forward" # 24

Today's "Pay Forward" is – Who's The Real Artist. On awakening this morning I asked our Father for inspiration in choosing my mental "Pay Forward" gift. "The artist does not see things as they are, but as he is" (Alfred Tonnelle). My personal "reality" mind tells me one thing, but I am acting out in a different way, which's right? Understanding that my actions are what I really believe, now what? If I don't like what I am experiencing I can choose to return to our Father within and seek His Will and His Love. Alcoholics Anonymous gives us the tools, we need to open our habits of thoughts and feelings' storehouse within, own it, surrender it and let our Father have His Way. If we are blaming or explaining people, place or things outside of ourselves for our experience, we are blocking off the Loving Healing Power of our Father within. Alcoholics Anonymous will awaken and teach us, Who's The Real Artist. We will intuitively know who's speaking and that Good News is a gift well worth paying forward. Thy Love, Thy Will be done.

"Behold, I stand at the door and knock"

Physical Body And World As Needed  
“Pay Forward” # 25

Today’s “Pay Forward” gift is physical. I am reminded that our Father has a need for our physical body and physical world. Our physical world is our workplace, our school and our playground. Our physical body is the vehicle in which our Father expresses His Will, His Love. “Made in Heaven” is stamped on our heart with intuitive information about our Maker. These earthy vehicles come in every conceivable type, shape and size, with a wide range of power trains, and a generous color selection, and yet we are all unique. Although this physical body is self-perpetuating, self-renewing organism, it is still subject to our Makers Recall. Using the correct fuel and keeping our vehicle serviced and clean is our responsibility. We suggest that you use only authorized parts and service [Spiritual Principles] the often as possible. For our parts and service needs call the Alcoholics Anonymous Hot line for directions to an authorized Alcoholics Anonymous Spiritual Service Center. When the intended purpose for our Divine Designed physical vehicle is done it will be taken to the Heavenly Recycle Center. Thy Love, Thy Will be done.

Worst Enemy Is Fear  
“Pay Forward” # 26

Today’s “Pay Forward” gift is emotional. My worst enemy is fear. A very wise Being suggested that we are to love our enemy. What once seemed impossible for me is no longer, having received the promise of intuitively knowing how to follow His suggestion. When I embrace my fear, instead of stuffing it or letting it run wild my fear changes its nature. Embracing is an expression of love. As I embrace my fear, I realize it is an illusion, or it is a real problem calling for a solution or acceptance. That simple embrace drains most of the negative emotion out of the event. Then I can return to our Father for the solution and for healing. Positive and negative emotions are part of our Divine Guidance System, showing us what works and what does not. Let us turn within to our Father asking Him for whatever it takes to do His Will, His Love and then let’s do it. As we receive our Father’s compassionate love and tender mercy let us “Pay Forward” the gift to others, silently or openly. Thy Love, Thy Will be done.

Sharing Today’s Gift Will Keep The “Pay Forward” Door Open



“Behold, I stand at the door and knock”

Walk In The Light  
"Pay Forward" # 27

Today's "Pay Forward" gift is mental. I went on a walk before daylight, the street was dimly lit, and it's hard to see the sidewalk's uneven in places or bumps. I feared I would trip over one of these sidewalk hazards, so I was walking in the bicycle-lane. Along came a biker, I had to step on the sidewalk and sure enough I tripped and hit the ground. You would think by now I would have learned that telling myself not to think about tripping is thinking about tripping, mostly likelihood I will have a tripping experience. I think I will think about what I want to experience. I am responsibility for my decision, thoughts and actions and I choose to look to our Father for the results. I choose to start each beginning or shift in my attention to centering my consciousness in our Father, by saying, "our Father," I am more likely to think of Him as my Source. After all, He gave each of us a purpose when He created us, so I look to Him for everything we need to carry out His Divine Design. Thy Love, Thy Will be done.

Omnipresent In Every Atom  
"Pay Forward" # 28

Today's "Pay Forward" gift is physical. Our Father is omnipresent; meaning He is Present in every atom, every cell of our physical body, that's an awesome realization. If we could only remember that Truth, we would surely treat my body as a holy temple. I know of no one who can deny the reality that an infinite intelligence; I choose to call our Father, created each of us. This invisible Source takes the food we eat and transform it into flesh and bone, energy, thoughts and feelings, in other words, what we call life 24/7. So why don't we treat our physical body as one we truly love? Our Father forgives us when we don't love our body enough. Let us silently and or openly be a living example "Pay Forward" this bit of Truth to those we are consciously drawn to. Thy Love, The Will be done.

Sharing Today's Gift Will Keep The "Pay Forward" Door Open



"Behold, I stand at the door and knock"



Encourage Me  
“Pay Forward” # 29

Today’s “Pay Forward” gift is emotion. “Flatter me, and I may not believe you. Criticize me, and I may not like you. Ignore me, and I may not forgive you. Encourage me, and I will not forget you” (William Arthur Ward). They're so many ways we encourage one another in Alcoholics Anonymous, starting with staying sober, shows up at meetings, sharing our stories; we can all list the times we were encouraged. Today let us “accentuate the positive and eliminate the negative.” Let our hearts and minds be filled by the love we are. Our love is a healing power touching everything into wholeness. Our love is an extension of our Father’s love. Come let us inspire each other to love more, to heal, to teach and to forgive. Let us encourage each other to accept our Father’s Love and His Will. Thy Love, Thy Will be done.

One Primary Purpose  
“Pay Forward” # 30

Today’s “Pay Forward” gift is social. Come let us plant love seeds throughout this day. Be aware of how this changes your behavior. Let us be kind to one another no matter what. When the wordsmith put the words human and kind together to form humankind, they intuitively knew we need to be kind and loving to one another. Perhaps just for today we can treat everyone like we do an A.A. newcomer; welcome them with open arms. In Alcoholics Anonymous, we are a team and when one member is suffering we can return to love. In our time of suffering, we will believe others will return to love for us. Tradition Five - “Each group has but one primary purpose to carry its message [loving-kindness] to the alcoholic who still suffers.” From time-to-time we all suffer. Come let us love one another. Thy Love, Thy Will be done.

Sharing Today’s Gift Will Keep The “Pay Forward” Door Open



“Behold, I stand at the door and knock”

No News Is Good News?  
"Pay Forward" # 31

Today's "Pay Forward" gift is mental. For twenty-five years, I did not watch, listen or read the "news." I believed that not "doing the news" was spiritual. I missed an opportunity to contribute something constructive instead of avoiding the not good. After "doing the news" for a while, I realized I was changing seats on a sinking ship and not making a real difference. During my early Alcoholics Anonymous days, I had a childlike innocence; everything was a God-Thing. I experienced one miracle after another. For some time, I have been trying to recapture that childlike innocence as an adult like innocence. Accepting my personal "reality" "...by our words we are justified, and by our words, we shall be condemned." The "news" maybe good or not good but it is not the adult like innocence I truly want and need. Intuitive wisdom tells me there is one common Solution; our Father's Love and His Will. I choose to practice His Love and His Will in all my affairs. When I fall short, I choose to forgive myself and all others. If I cannot forgive myself and or others, I choose to call on our Father to do what I cannot. Come let us "Pay Forward" all the good news we can find and when the news is negative let us handed it over to our Father. Thy Love, Thy Will be done.

Sharing Today's Gift Will Keep The "Pay Forward" Door Open



Individual Body = Purpose  
"Pay Forward" # 32

Today's "Pay Forward" gift is physical. I shall not try to remake my physical body, but I am willing to make the best out of what You; Father created as me. Let me remember that You, Father created this individual physical body of mine for a purpose. I accept that my body's capacity and days are numbered. I really don't know what my capacity is or how many days I have. I have already gone far beyond what I thought I would. You have already blessed me with miracles; a healthy body and a physical of abundance beyond anything I should rightly desire. If I abused my car and did not service it or use the wrong fuel the way I abused and misused my physical body, I would have to ride a bus or walk. The physical body of this alcoholic had to endure certain circumstances that other living beings do not have to deal with and still live. "This above all; to thine own, self be true." I think Shakespeare meant to be true to the individual Self our Father intended. We can share today's "Pay Forward" by taking care of our physical body and physical world encouraging and inspiring others by our example. Thy Love, Thy Will be done.

"Behold, I stand at the door and knock"

Putting On Hold  
“Pay Forward” # 33

Today’s “Pay Forward” gift is emotional. Emotional growth is put on hold when practicing our alcoholism and or other addictions. When emotions grabbed my attention, my reaction was primitive or childish. I stuffed it, or overreact or fight with it. My reaction to fear turns to anger so fast I didn’t know I was fear-driven and reacted accordingly. Arriving at Alcoholics Anonymous my emotional level was equal to a fourteen-year-old. I did not know how to express love, grief, joy, anger, frustration or sorrow as an adult. Now my emotions serve as part of my guidance system. One common attention grabber is a little butterfly feeling in my stomach. Sometimes I get a wanting or needing something feeling. Sometimes I just have an elusive feeling. All of my emotional signals are trying to get me to do or not do something. These emotional signals influence my decisions and reactions. Something significant is going on beyond words, telling me what’s stored in my subconscious mind. These events are useful; they point to what I have learned about life, what’s going now and something about my hopes and dreams? Practicing Alcoholics Anonymous’ Spiritual principles in all our affairs is a way to emotionally grow up and Spiritually awaken. Thy Love, Thy Will be done.

Sharing Today’s Gift Will Keep The “Pay Forward” Door Open



Storehouse Of Distrust  
“Pay Forward” # 34

Today’s “Pay Forward” gift is social. At a very young age I “learned” to distrust people. I arrived at Alcoholics Anonymous with an expanded storehouse of distrust. My lack of social skills was well noted. When dad fired me, he told me that I would have to work for myself or by myself because I could not get along with others. How painfully true that statement was! I was taken in by an Alcoholics Anonymous click group that loved Alcoholics Anonymous. They included me in all their activities; my trust was beginning to open a little. They overlooked my lack of social skills and the many mistakes I made. Building a degree of social skills didn't happen overnight. My A.A. friends helped me clear up my past mistakes and my ongoing mistakes. I picked up Alcoholics Anonymous’ tools and began using them, first in Alcoholics Anonymous, and then all my affairs. My social skills did improve; however, I had a long way to go. I learned not to trust someone beyond, their ability to be trusted; it wasn’t fair to them or me. The social skills I do have were given to me through our Father’s grace, practicing Alcoholics Anonymous and my willingness to do my part. No matter how many mistakes are made, I am willing to forgive, get out of the ditch, dust myself off and try again. Thy Love, Thy Will be done.

“Behold, I stand at the door and knock”

Social Commitment  
"Pay Forward" # 35

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

"One" Mistake  
"Pay Forward" # 36

Today's "Pay Forward" gift is emotional. One mistake I have made, too many times in too many forms, is to believe to experience the Presence of our Father has to have a feeling. During my prayers and meditation if I didn't feel something good; warm feelings of love and gratitude I believed I had no contact with our Father. The same misunderstanding about sharing A.A. with others, if I didn't feel good about my sharing, that I didn't make a good difference, then I must not be doing "it right." Another mistake I made this morning; I ask Google what's the difference between emotions and feelings. I came away with the realization that I need to leave the chicken and the egg question up to the experts. Ex – is a has-been and a pert – is a little drip of water under pressure. I do know the difference between the feelings of love and not love, for now that's enough. Instinctual "love" could be a Thirteenth Step feeling. That's best left to the Ex-Pert or one may become an EX. Intuitive Love comes directly by grace from our Father; one of Alcoholics Anonymous' promises. While feelings of love are subjective let's share all the love we can, the best way we can. Thy Love, Thy Will be done.

Sharing Today's Gift Will Keep The "Pay Forward" Door Open



"Behold, I stand at the door and knock"

Never Met A Stranger  
“Pay Forward” # 37

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

Always A Choice  
“Pay Forward” # 38

Today’s “Pay Forward” gift is Spiritual. I always have a choice, although my personal “reality” does not always agree. I choose to feast on the things I want; love, healing, teaching, serving others, forgiving and trusting our Father for all I need. I choose to fast from everything I believe contrary to what I want. I choose to start this day by turning to our Father within; prayer, meditation and affirmations for all I need to carry out my choices. I pray that my conscious choices are in alignment with His Love and His Will. Last night, I gave up on my chosen plan too soon. I found myself feasting on what I told myself I didn’t want and fasting from what I told myself I did. I am willing to forgive myself and begin my feast on “our Daily Bread.” Step Eleven is a good choice for now, “Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.” For today’s chosen nourishment, I will feast on pay forwarding the gifts and talents I am given. Thy Love, Thy Will be done.

Sharing Today’s Gift Will Keep The “Pay Forward” Door Open



“Behold, I stand at the door and knock”

Emotions = Guidance System  
"Pay Forward" # 39

Today's "Pay Forward" gift is emotional. Emotions and feelings are an important part of our guidance system. Perceiving our emotions and feelings when they popup we may try to reason with them or try to stuff them. We may even try to understand them and manage them. If we embrace our emotions and feelings; positive or negative we are given a choice. Yesterday I was angry at a person. The way I reacted was contrary to the way I tell myself how I want to react; forgiving, understanding and lovingly. Instead, I reacted with a helping of the "drug guilt and punishment." "Action speaks louder than words" (Mark Twain). No wonder I need to continue my radical training. I am learning the "angels" in my life need to know I care for and love them too. My negative emotions and feelings get far too much attention. I choose not to use the excuse "the devil made me do it!" Our divine guidance system is not an end in its self, but an important tool; we need to learn how to use. Alcoholics Anonymous gives us the tools; we need to sharpen our loving, serving and co-creating skills. My emotional "Endangered Species" list is growing. Thy Love, Thy Will be done.

Sharing Today's Gift Will Keep The "Pay Forward" Door Open



Wasp In A Cup  
"Pay Forward" # 40

Today's "Pay Forward" gift is social. Every once in a while in the office I was in at the time, a wasp would get trapped. The trapped wasp would land on the glass window seeking freedom. I made a decision early in Alcoholics Anonymous that I would not kill anything I was not going to eat; I don't eat wasp. To free the wasp, I would take a cup and place over the wasp when I landed on the window, closing it in with a piece of paper. I would take it outside to freedom. This time the wasp landed on my computer at one end of my office. On the other end about 40 feet away was a closet where I kept my supply of cups. Keeping an eye on the wasp I walked backward to the closet. I was holding the cup when the wasp flew into my cup. I felt a rush of love and gratitude, even now as I write about the event. I felt at one with all of nature, with the universe and most important a loving union with our Father. I felt a moment of healing, forgiveness deeper than words. It was almost 11 A.M., time to go to my A.A. meeting. I knew the topic was going to be; wasp flying into a cup. Yesterday morning a bird was trapped inside the gym I go to. I was praying he would fly over to me, and I could save him, taking him outside for all to see. I would recapture the wonderful experience I had with the wasp many years ago. When I got close to the bird, he took off in a fearful panic. I was not his way to freedom but a feared enemy to avoid at all cost. I asked myself, self what went wrong, what was the difference between my wasp experience and the bird? The only motive I had for dealing with the wasp was to set it free. My desire was to share my spiritual experience; a deep loving gratitude to our Father. With the bird, my first thoughts were how spiritual I was going to look. Thy Love, Thy Will be done.

"Behold, I stand at the door and knock"

Alcoholics Anonymous A Spiritual Path  
"Pay Forward" # 41

Today's "Pay Forward" gift is Spiritual. Being on a Spiritual path, Alcoholics Anonymous, we can stop fighting and let our Father do for us what we cannot do alone and unaided. Life will unfold as it should, and we don't have to struggle or force situations to go our way. As a sober A.A., we can stop dealing with a hostile world if we choose. Trusting our Father enables us to surrender our will and life over to His care. Each time we let Him do for us what we cannot our faith grows. By practicing our faith in all our affairs our faith turns into what I call an intuitive abiding faith. An intuitive abiding faith work like an intuitive wisdom; a deeper than words knowing all is being taken care of. The Divine Design Purpose everyone was created for has an ongoing supply as needed. Our intuitive abiding faith keeps us open to that infinite flow into this finite being. Our personal "reality," often tell us something, to the contrary; one good reason to practice prayer, meditation and affirmations daily. It does not change our Father, but it changes our understanding. The purpose of the crisis of faith is to bring us to a radical willingness to live by faith in our Father's grace. Perhaps this is the only insurance policy that guarantees that we will live a whole and complete life. Let us choose consciously to do and to be our Father's Will and His Love and look to Him for the results. Thy Love, Thy Will be done.

Sharing Today's Gift Will Keep The "Pay Forward" Door Open



Give Me Soup-pie  
"Pay Forward" # 42

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

"Behold, I stand at the door and knock"

Action Is The Magic Word  
“Pay Forward” # 43

Today’s “Pay Forward gift is physical. Physical activity improves quality of life; it adds to our life and adds life to our years? Physical activity boosts mental and emotional wellness. Even my meditations and prayers flow better when I am physically active. Regular physical activity can relieve tension, anxiety, depression and anger. Unattended anger can turn into a resentment; our number-one offender. I am in the habit of meditating in the morning and evening. I can tell the difference when I miss my meditation even one day. The really stressful days I would meditate at noon but when I went back to work the negativity picked up again. I heard from a physical expert about the importance of exercise when we have a stressful day. We pump the fight or flight stuff throughout our body; it only burns off with physical activity. It was suggested that I take a walk or some physical activity before I sat down to meditate. When I took even a twenty-minute walk before my meditation, I was peaceful afterward. What if we treat our physical body as one, we loved and respected it? For sure, we want our physical bodies to serve us. Do unto others as we want them (our bodies) to do unto us. After all, our Father created our bodies and dwells in each of His creatures, how about loving His handy-work? Thy Love, Thy Will be done.

Sharing Today’s Gift Will Keep The “Pay Forward” Door Open



Two Projects  
“Pay Forward” # 44

Today’s “Pay Forward” gift is emotional. Yesterday I started two new projects. I had a good deal of success with the most important one, and I failed with the other. I should be more grateful, but I am not. I reminded myself that today is emotional “Pay Forward” day. I decided on positive, loving emotions to pass on, but I could not stop the negative chatter. Maybe a gratitude list would work! I am reminded that a gratitude list cannot make me grateful. Gratitude always comes by grace when I realize our Father is the only True Source. I turned to our Father in prayer and meditation, but I could not stop the negative chatter. Like the Prodigal Son I will keep turning Home, even while acting like the Elder self-righteous brother. I think I will go for a swim; physical exercise will help cut down on the negative stuff. I am committed to keep turning to our Father even if I cannot feel His Presence; I intuitively know He is Omnipresent. If none of the above works going to my A.A. meeting will; letting me get out of myself by helping another. I will most likely see our Father Good Works - into action. I won’t tell them I am nuts, when the meeting is over, I may not be. We can be discouraged by failure, or we can learn from it. Today I choose to be a student and a teacher. Thy Love, Thy Will be done.

“Behold, I stand at the door and knock”



Plan Of Action  
"Pay Forward" # 45

Today's "Pay Forward" gift is social. Where should my social gift begin? If I start with my personal "realities" plan of action it will be too limited. My personal "reality" is still limited by illusions of separation. Not feeling a part "of" and negative judgments do not foster a loving, healthy social life. Like all Prodigal Sons, I need to return to our Father at the beginning not the end. The characters in my current prayerful plan are; our Father, my Higher Self, my personal "reality" and those I am to be social with. I am starting at the root of my conflict, illusions. By our Father's grace, this is to be a serendipity journey; not knowing where it will take us. I am starting this journey within, seeking a loving relationship with our Father at the inmost part of my soul, my Higher Self. I pray that our Father will touch my heart, mind and soul with the loving union I yearn for. My personal "reality" makes up illusions of separation drawing facts and causes conflict with me and others. My experience tells me I don't deserve the loving relationship I am seeking, and I don't know of anyone else that does. "Don't call me good, it is the Father within doing the works." Come let us love our Father first, then one another the best we can, transcending our personal "reality" and leave the results to Him. "If you don't know what to pray for, recite the alphabet and let God create the prayer" (Anonymous). Thy Love, Thy Will be done.

Sharing Today's Gift Will Keep The "Pay Forward" Door Open



24/7  
"Pay Forward" # 46

Today's "Pay Forward" gift is Spiritual. What would you say about the character of one who says they believe, even intuitively know Alcoholics Anonymous is a Spiritual way of life but don't act as the part 24/7? I have heard that same person quote from the Foreword from the 12 and 12. "A.A.'s Twelve Steps are a group of principles, spiritual in their nature, which if practiced as a way of life, can expel the obsession to drink and enable the sufferer to become happily and usefully whole." I believed him when he said he did not have the obsession to drink, but he sure was not a happy camper and was clearly not whole last night. Shouldn't we judge that person as dishonest or insane or both? This morning I believe we should be kind, loving, compassionate, understanding and forgiving, since that someone is me. Let's look at a Spiritual experience as an experience not a fixed state of being we have to have 24/7. Our choice, we can be discouraged by our failures, or we can learn from them. Mistakes and failures can be a valuable part of life's curriculum. I don't have to seek out failures and mistakes; they are frequent enough as is. I am grateful for a Spiritual way of life that gives me the courage to take risks, sometimes successful and sometimes failing. There are many ways we can use the "F" word it does not have to stand for failure, it can also stand for forgive, fun, flowing, finding, finishing and much more. Thy Love, Thy Will be done.

"Behold, I stand at the door and knock"

Imagination Is More Powerful Than Knowledge  
“Pay Forward” # 47

Today’s “Pay Forward” gift is mental. I have always liked the movie; that’s where I got some of his hero ideas. Batman was one of my first heroes; the avenger. I imagined one day I would punish the wrongdoers; that ideal took me down a violent road. “Imagination is more powerful than knowledge,” wrote Albert Einstein. What I pictured in my mind, charged with feeling, I experienced as real and that left a lot to be desired. Who wrote my script and who directed my “show” (experience)? Some of my movies were written and directed by me. Some co-scripted, co-directed and co-produced by others when I let them service as my source, instead of our Father. Alcoholics Anonymous changed my scripting, my story line, my directing, my producing and the characters playing parts in my movies. Once I took on our Father as my Co-Scripture, Co-director and Co-producer, I consult Him before I do anything. I had to replace some of my main part-players with our Father’s understudies. I invite you to attend my movies, and I will come to some of yours. Thy Love, Thy Will be done.

Sharing Today’s Gift Will Keep The “Pay Forward” Door Open



A.A.’s Parable  
“Pay Forward” # 48

Today’s “Pay Forward” gift is physical. When I hear an A.A. member sharing from their heart, I dub their story an A.A. parable. It could be creative nonfiction or pure fiction; I don’t care, and I “see” the message. I was in another city on a business trip, when I finished his business; I went to an A.A. meeting. After he introduced himself as a visitor from San Antonio, a guy came up to me and asked me if I remembered him, I lied and said sure. This person said that he had come to my office with his sponsor about two years passed to pick up a workbook. I remembered the sponsor, but this could not be the guy who came with him. That person had just got out of treatment. He was skin and bones, looked like the walking dead one may see in a “D” rated horror movie. The story was that he was near death when the police found him on the side of the road. He overdosed on alcohol and some outside issue stuff. After I heard his story, I gave him the name Tri B. Tri B had thrown himself into the A.A. Program; he took the suggestion to practice these Spiritual Principles in all his affairs to heart. By our Father’s grace, he was nourished Spiritually, mentally, physically, emotionally and socially into health. Tri B. (Billie-Body-Builder) because he was so healthy. Thy Love, Thy Will be done.

“Behold, I stand at the door and knock”

Grieving  
"Pay Forward" # 49

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

Sharing Today's Gift Will Keep The "Pay Forward" Door Open



Best Of Friends  
"Pay Forward" # 50

Today's "Pay Forward" gift is emotional. Living A.A.'s way of life as if my life and the quality of life depended on it, it does. Am I unable to experience the depth of life-and-death? I never mourned the death of anyone until my dear A.A. Friend Bill O. passed away. I was to say a few words at his memorial. A lifetime of unexpressed emotional came gushing out, I could not stop crying; I was caught off guard. Bill was the first person who I felt saw the good within me. He and I become the best of friends; we had a great many things in common. We were both active in A.A. and shared our Spiritual journey. Mourning Bill's death opened a deep understanding of mourning and some of my other unexpressed emotions. I understood for the first time my reaction to the loss of my "beloved" companion, alcohol. Until I got to the conditions and causes of my alcoholism, I tried to replace it with another harmful stuff and actions. I believe one must experience a full mourning cycle for whatever we are surrendering, Step One. We are likely to have a problem doing whatever it takes to carry out the rest of the Steps in-depth. "Blessed are they that mourn: for they shall be comforted" (Step Two). Come let us comfort one another. Thy Love, Thy Will be done.

"Behold, I stand at the door and knock"

Never Belonging  
“Pay Forward” # 51

Today’s “Pay Forward” gift is social. I was born in 1930 the only child – with two brothers and two sisters. My mom and dad claimed me as theirs, however! I was sure I was from another planet until I joined Alcoholics Anonymous, until then I never felt like I belong anywhere. I identified with some of Alcoholics Anonymous members right away. Of course, they too may have been from another planet, maybe that’s the reason I identified with them. I am grateful that I was given service opportunities soon after joining Alcoholics Anonymous. A few of my hidden good and bad characteristics showed up. My healing and my growth began, in earnest, as I practiced the Program, and continues. My social life, fellow workers, friends and family become Alcoholics Anonymous’ fellowship, and still is. Within my first year, I viewed some Alcoholics Anonymous members as my sisters and brothers, A.A. as my mother, in which I was reborn and our Father as my Father. I could continue to stumble on try to find words to describe my A.A. experience and end by saying I love everything about my life as a member of Alcoholics Anonymous. Thy Love, Thy Will be done.

Sharing Today’s Gift Will Keep The “Pay Forward” Door Open



The Serenity Prayer As Step Seven  
“Pay Forward” 52

Today’s “Pay Forward” gift is – The Serenity Prayer As Step Seven. We suggest in our Step Study Workbooks, [www.stepworkbook.org](http://www.stepworkbook.org) to use the Serenity Prayer for Step Seven. **“God grant us [me] the serenity to accept the things we [I] cannot change.”** I cannot change the reality that our Father created me [us], or the Truth that He is within me [us], as the first cause, maintaining life. He is transforming the food, I [we] ate into everything I [we] need to live, move and have my [our] being. I cannot change other people, or the past. **“Courage to change the things we [I] can.”** I can take responsibility for not practicing Alcoholics Anonymous’ way of life nor our Father’s Love and His Will 24/7. I can own the good and bad within my personal “reality.” I can surrender it to our Father to transform into workable assets. I can stop resisting, for long, any change. I can focus on what I really want instead of what I don’t want. I can allow myself to accept abundance and love. I can be of real service. I can be willing to accept His promises. **“And wisdom to know the difference.”** I can trust our Father for everything; I do, say, think and feel instead of trusting my little personal “reality.” I can seek through prayer and meditation His Love and Will and the power to carry it out. By faith I accept His mercy and grace. Thy Love, Thy Will be done.

“Behold, I stand at the door and knock”

“Just Do It”  
“Pay Forward” # 53

Today’s “Pay Forward” gift is “Just do it.” Here I go again, taking on another difficult project, beyond my pay grade. If my history holds true to form I will use of the recommend “stuff” I am gathering, before I pass it on. If staying busy keeps us alive and youthful I should be around a very long time. It’s about time I come to terms with the fact that activity and productive are different. Could it be possible that I am kissing up to our Father to prove I am striving for His perfection? I am a big believer in exercise. Spiritual exercise expands my faith and keeps my quest for a Divine union going. Physical exercise contributes to my health and improves my balance; elders often have balance problems. Mental exercise fosters an open mind and expanding consciousness. Exercising emotionally has awakened my love and exposes my not love. Social exercise is another name for service. Offering my “Pay Forward” gift for the day “Just do it” is keeping my project moving and growing. Nike may send me a “Just do it” T-Shirt or perhaps a patch I can put on for the “Just it on stuff,” of course that’s an “outside issue.” Thy Love, Thy Will be done.

Sharing Today’s Gift Will Keep The “Pay Forward” Door Open



Only The Wounded Soldier Can Serve  
“Pay Forward” # 54

Today’s “Pay Forward” gift is love’s healing. “In love’s service only the wounded soldier can serve” (Thornton Wilder). When I arrived at A.A.’s doors, I was deeply withdrawn. I retreated within, building a wall to keep people out. As an ex-Marine, the thought of retreating was repulsive. I was not the hero I once dreamed of; alcohol wounded me, not the war. I desperately needed love’s service, but I didn’t have a clue how to receive or give love’s service. My communication was limited to self-talk, mostly negative. I soon discovered the wounded soldiers in love’s services were A.A.’s sober alcoholics. By our Father’s grace, a little group of A.A. members took me under their protective wing. My home and my office were not a pleasant place to hang out. I would hang out at our A.A. meeting place as often as I could. It didn’t matter if there was only one other person there I would hang out for hours until it was “safe.” One person I could count on being at A.A.’s Club 12 was a woman’s name Bee. She was our sandwich maker and a real talker. Bee was one of the wounded who was living the A.A. Program. I become a real listener. Living the A.A. Program by our Father’s grace, I could recognize the love servers; these became my mentors. Thy Love, Thy Will be done.

“Behold, I stand at the door and knock”

Our Home Group  
"Pay Forward" # 55

Today's "Pay Forward" gift is - Our Home Group. "Show me a man who cares no more for one place than another, and I will show you in that same person one who loves nothing but himself" (Robert Southey). [And I'll show you a person who has not found an A.A. Home Group.] If that person was anything like I was, then he didn't even love himself. In 1957, I was a homeless homeowner. I had a house but not a home. I didn't realize the first night; I was brought to Alcoholics Anonymous that I had found a home, because I did not know what a home was. My growing up place and the place I was living in 1957 was not a welcome place, I caused it that way. A Home Group is an important part of our A.A. way life. The Step Seven prayer: "My Creator, I am now willing that you should have all of me, good and bad..." Paraphrasing: My Creator, I am now willing to share my good and bad, my sanity and insanity, my selflessness and my selfishness, my sobriety and dryness, my love and not love with my Home Group. In other words, it's helpful to see each other, just as we are. Come Home as soon as you can, the door is open. Thy Love, Thy Will be done.

Sharing Today's Gift Will Keep The "Pay Forward" Door Open



Judge By The Seeds We Plant  
"Pay Forward" # 56

Today's "Pay Forward" gift is wisdom. "Don't judge each day by the harvest you reap but by the seeds that you plant" (Robert Louis Stevenson). I wasted too much of my youth being jealous of gifted people. What if I had spent my youth planting love seeds - instead of negative weed seeds? Dwelling on "what if" is fruitless. I am learning to accept the fields our Father prepared for me - with gratitude. I plant the love seeds He gives me. I am committed to nourish the growing plants, and I am keeping the weeds out. I am watching and praying for His harvest time, then I will gather the ripe fruit, and I demonstrate my gratitude by sharing freely. "The harvest is great but the workers are few." Come - let you and I be His workers among His workers. Thy Love, Thy Will be done.

"Behold, I stand at the door and knock"

Giving Of Ourselves  
“Pay Forward” # 57

Today’s “Pay Forward” gift is giving of ourselves. Openly or silently I say, come let me encourage you to love more, to heal, to teach, to forgive, to accept your empowerment, your enlightenment and your enrichment. Let us communicate, co-create and expand our awakening to the Infinite Power and Divine Loving Presence within, supplying us all we need to do and to be His Love, His Will. I choose to share this affirmation with the most difficult at the most difficult time, silently. There are those who would resist this gift openly if they knew of it. If we choose we can turn to our Father’s silent, invisible Presence within and extend our gifts of love. Sharing is most enjoyable and easy for me when I am sharing my mission openly with one who wants it. It is fulfilling to give our gifts when asked, perhaps it is more important to give when unasked. I believe our mission is to share our Father’s Love and His Will. Alcoholics Anonymous affirms the same mission. Thy Love, Thy Will be done.

Sharing Today’s Gift Will Keep The “Pay Forward” Door Open



The Spiritual Gift Of Intuition  
“Pay Forward” # 58

Today’s “Pay Forward” gift is intuition. “Intuition is a spiritual faculty and does not explain, but simply points the way” (Florence S. Shinn). An Alcoholics Anonymous promise: “We will intuitively know how to handle situations, which used to baffle us.” Intuition is a wonderful Spiritual gift of grace; the power to knowing without reasoning. We cannot earn grace nor can we prevent this free gift from our Father. Intuition is our direct communication with our Father, deeper than words. Intuition is for me the most reassuring reality of our Father’s loving grace, mercy and divine union. It reminds me of our Father’s Omnipresence. No matter what is going on in the outside world, there is a knowing all is His Will and Love being done, understood or not. How are we to “Pay Forward” intuition, which is a gift of grace? Alcoholics Anonymous offers us a simple solution. We can accept our inadequacies, fears, weaknesses and mistakes, surrender them to our Father. We can share our love, experience, strength and hope with one another. We can love and worship our Father by living our Program the best we can daily. Silence is our Father’s first language and most often communicated through intuition. Thy Love, Thy Will be done.

“Behold, I stand at the door and knock”

Accepting Our Hunger And Thirst  
"Pay Forward" # 59

Today's "Pay Forward" gift is accepting our hunger and thirst as part of a Spiritual way of life, however, we must live it. Once upon a time alcohol was called spirits, most likely started by an alcoholic. Using alcohol to satisfy a deep hunger and thirst for a Spiritual experience and failing to do so, brought me here. Alcoholics Anonymous is my Spiritual solution, and for millions others. "Pay Forward" our healing message is a vital way of life; we need to satisfy our deep hunger and thirst for a Spiritual solution. Let us love and worship our Father and lovingly share our Spiritual experience, by our Spiritual solution with one another. "You cannot do a kindness too soon, for you never know how soon it will be too late" (Ralph Waldo Emerson). We will never run out of someone who needs our help; it is never too late to reach out and share our gift of grace, unearned. Thy Love, Thy Will be done.

Sharing Today's Gift Will Keep The "Pay Forward" Door Open



Judgment  
"Pay Forward" # 60

Today's "Pay Forward" gift is judgment. In 1513, Niccolò Machiavelli wrote The Prince. He has been called the founder of modern political science. The reason I am writing about him has to do with his concept about controlling problems of unrest within his own country, Italy. He wrote, as I recall, when a ruler has problems of unrest at home start a war abroad. Focusing on the war abroad takes the heat off the ruler's failings at home. Yesterday I was having problems of unrest within my own skin, failing to find a solution. By nightfall I awakened to the realization; I was negatively judging others for doing "wrongs" or not doing "right." I choose to restrain projecting negative stuff on to or to start a war. I let go of the idea that I know what is best for me, for the world, or for anyone else. "The untouched child does not thrive; the touched child fed the same amount as an untouched one gains weight 50 percent faster" (Dr. Bernie Siegel). With our heart let's reach out and touch someone today and judge them no more. Alcoholics Anonymous offers us a little tender love and care. I choose to return to love; our Father. Thy Love, Thy Will be done.

"Behold, I stand at the door and knock"



Soul-u-tion  
"Pay Forward" # 61

Today's "Pay Forward" gift is – Soul–u-tion is my solution. Today is the first day of the rest of my life. I want my life to make a good difference. To do this, I must count on the mercy and grace of our Father within as my only True Source. He is my all-inclusive solution. A.A. has thought me that He will do for me what I cannot do for myself. (Alcoholics Anonymous page 45). You could say that He was my Soul-u-tion, expanding my understanding of an all-inclusive ideal. I made up a few words along the way. Spiritual-u-tion; is to turn to our Father at each beginning; a shift in my focus point. Mental-u-tion; is to draw on the infinite intelligence within that transforms the food I eat into flesh, bones, energy, thoughts and feelings, in other words, my physical life. Physical-u-tion, is the vehicle that takes me about our Father's business. I keep it serviced; take it in for regular checkups and use the correct fuel. Emotional-u-tion; I choose to focus on the positive and constructive, eliminating the negative, teaching only love. Social-u-tion; when all else fails I seek and find another to share the love I am, that we all are. Thy Love, Thy Will be done.

Sharing Today's Gift Will Keep The "Pay Forward" Door Open



Getting Comfortable  
"Pay Forward" # 62

Today's "Pay Forward" gift is getting comfortable. "A man cannot be comfortable without his own approval" (Mark Twain). I am sure I will be really comfortable when I have 70 years of sobriety. After writing that statement, I find myself questioning it. My life has its moments of being comfortable and being uncomfortable. I believe it's healthy to want more of the good thing, but I had to redefine what are the good things I really want? For a long time, I have had an abundance of material things. I am comfortable with having material things, as long as I keep them in the right picking order. I am grateful for the abundance I am provided with; it is all I need to carry out my given purpose in life, not to impress others. I don't like it when I am overly concerned what others are thinking about me, that makes me uncomfortable. Now-a-days I am comfortable when I believe others love me and find me useful. I am comfortable when I can love and accept myself and the world as it is. Loving myself as enables me to love others as they are. Learning how to practice Alcoholics Anonymous' way of life, owning our defects and too limited good, allowing ourselves service others, cutting back on our self-centeredness is uncomfortable, but well worth it. The awakening and growing I prize is a Divine intended process, which is both uncomfortable and comfortable. Thy Love, Thy Will be done.

"Behold, I stand at the door and knock"

Moodiness Detector  
"Pay Forward" # 63

Today's "Pay forward" gift is a "moodiness detector." "Dogs are angelic conspirators that know no boundaries and will stop at nothing to bring you abundant love and happiness" (Joann Donahue). My "moodiness detector" forewarns me of the mood I am in or headed for. Feelings of gratitude and negative feelings seem to popup uninvited. However, I am learning these popups are telling me what I really believe, no matter what my head tells me. The question is; what am I going to do when one or the other shows up? Sometimes I am inspired by a superior person to be of service, filled with gratitude and love. Sometimes I feel inferior and jealous and react by doing nothing. Here's my "Pay Forward" plan-of-the-day; I will follow the angelic dog. I am reminded that God spelled backward is dog, Thy Love, Thy Will be done.

Healing Waters  
"Pay Forward" # 64

Today's "Pay Forward" gift is – Healing Waters. In the early days of my sobering up I was failing in every area of my life. I was filled with desperation and paralyzed with fear; on my way to the beach one day, I wanted to end my life. I just sat there on the beach, watching and listening to the ebb and flow of the tide for hours. At some point, my emotional disaster broke, and a peace came over me. I later realize this was the beginning of many Spiritual Awakenings. When I am feeling troubled, I can go physically to the beach, if possible. When I can't go I use my vivid imagination; I close my eyes in meditation and visit the beach. At low tide, I write all my concerns in the sand. When the high tide comes, the grace of our Father washes away my writings and my concerns. Even as the tide never stops coming and going, by our Father's grace, we have the tools to continue to cleanse and heal. Water is a physical source of life, and often holds the answers we seek. Alcoholics Anonymous builds a bridge over troubled rivers of life, and we can keep on, keeping on. "For whatever we lose it's always ourselves; we find in the sea" (E.E. Cummings). "Come on down to the river and pray..." (O Brother) Come. Let us love one another. Thy Love, Thy Will be done.

Sharing Today's Gift Will Keep The "Pay Forward" Door Open



"Behold, I stand at the door and knock"

Anyway  
"Pay Forward" # 65

Today's "Pay Forward" gift is – ANYWAY  
People are unreasonable, illogical, and self-centered.  
Love Them Anyway  
If you do good, people will accuse you of selfish,  
ulterior motives.  
Do It Anyway  
If you are successful,  
you will win false friends and true enemies.  
Succeed Anyway  
The good you do will be forgotten tomorrow.  
Do Good Anyway  
Honesty and frankness make you vulnerable.  
Be Honest and Frank Anyway  
What you spent years building may be destroyed overnight.  
Build Anyway  
People really need help but may attack you if you help them.  
Help People Anyway  
Give the world the best you have and  
you'll get kicked in the teeth.  
Give The World The Best You've Got Anyway.  
Thy Love, Thy Will be done.

Sharing Today's Gift Will Keep The "Pay Forward" Door Open



Mercy And Compassion  
"Pay Forward" # 66

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

"Behold, I stand at the door and knock"

What If I Can't?  
"Pay Forward" # 67

Today's "Pay Forward" gift is – What If I Can't? Enough love will heal any problem. What if I cannot generate enough love? I will have to turn to our Father? What if I am experiencing lack and limitation, and I have proven that I am an incompetent producer? I will have to look to our Father as my Source. I know that it is enlightened self-interest for me to forgive all, even myself, but I cannot do it, and what am I to do? I will have to ask our Father to do it through me. I really want to write an inspired affirmation each day, but like today I do not feel inspired, what can I do? I will have to leave it up to our Father. My prayers and meditations are no more than chatter, at times. I could turn to Centering Prayer where it is suggested that we don't dwell on our chatter. I only need to say our Father and watch the chatter go by. In Centering Prayer, we let our Father do the work opening us up to contemplation, the highest form of meditation. I will have to trust Him to do for me what I cannot. A person I was sharing with said everything in her life was going wrong. I suggested that they surrender EVERY-THING over to our Father, letting Him do for them what they could not. I should take my own suggestion. OK. Thy Love, Thy Will be done.

Sharing Today's Gift Will Keep The "Pay Forward" Door Open



Your Choice  
"Pay Forward" # 68

Today's "Pay Forward" gift is – Your Choice. If we are willing to open our eyes, unplug our ears, open our hands, we may indeed find what we have been looking for.

YOUR CHOICE - Many of us chose to live in darkness with our eyes closed, our ears stuffed, our fists tightly closed grasping nothing. We had a closed mind focused on self, our emotions fed with yesterday's self-centered fears. We abused our physical bodies and used others selfishly as objects. We looked to people, places and things for our worth, meaning and purpose. We went for spiritual junk food because we were so hungry. We tried to control others and ourselves with guilt and punishment. We were living an illusion of separation.

CHOOSE ONCE AGAIN - If we are willing to open our eyes, unplug our ears, open our hands to both receiving and giving, let our emotions flow in loving energy, and be open channels; we will receive everything we need to awaken. We will find the way and the power to "...seek God, clean house, and help others." We do not change the Divine Laws when we plant corn instead of wheat, but we do exercise our power of choice. We can choose, but it is God who creates. So, we choose and leave the results to our Higher Power. Thy Love, Thy Will be done. [www.12stepworkbook.org/workbooks](http://www.12stepworkbook.org/workbooks) Three Spiritual Gifts.

"Behold, I stand at the door and knock"

Co-creating  
"Pay Forward" # 69

Today's "Pay Forward" gift is co-creating. "One of the most important things to remember is that we are always causing something to be created for us. And that whatever cause we have set in motion must produce some kind of effect" (The Science of Mind, page 194). Every thought is co-creating or making up our world view. When my thoughts are in alignment with our Father's Will, I am co-creating. When my thoughts are in the image and likeness of my personal "reality" they express my defective world view. I am practicing Alcoholics Anonymous' Spiritual principles by rewriting and rewiring my personal "reality." Accepting my powerlessness and my defects, I surrender my personal "reality" to our Father. Accepting our Father's grace my whole being is brought into alignment with His Will, His Love. "The Law of Detachment says that in order to acquire anything in the physical universe, you have to relinquish your attachment to it" (Deepak Chopra). I am willing to let go and let our Father have His Way. I accept the promises of the Spiritual, mental, physical, emotional and social sobriety. I am willing to detach from what is no longer useful or harmful. Thy Love, Thy Will be done.

The Gift Of Change  
"Pay Forward" # 70

Today's "Pay Forward" gift is change. "You must be the change you wish to see in the world" (Mohandas Gandhi). Gandhi was one of my greatest heroes. I grew up believing the extreme opposite of Gandhi's nonresistance. I had to defend myself at all cost, even when I knew I was wrong. For over 60 years active in A.A. a great number of people have passed through my life. I accept the idea that I had a conscious or subconscious part in attracting, both the desirable and undesirable. Some taken out of my life, some chose to leave and some I pushed away. My part in their coming and going is equal to 50%, regardless who did what. When I stepped back and took a close look, I remember. I realize each one taught me a little about "what works" and "what doesn't." I have not always realized their value, but I trust the principle; everyone and everything I experience have a purpose. The common value was each one revealed a needed change. One of my major defects is a resistance to change. I am reminded that only the grace of our Father can transform a defect into an asset. Back to Steps I go. Once a "resister" to change, always a "resister" to change. Once an alcoholic always an alcoholic. Accepting that fundamental truth about ownership of my personal "reality" allows me to surrender the pattern; the cause, not the effect only. Thy Love, Thy Will be done.

Sharing Today's Gift Will Keep The "Pay Forward" Door Open



"Behold, I stand at the door and knock"

Everyday Miracles  
“Pay Forward” # 71

Today’s “Pay Forward” gift is accepting everyday miracles. Do you believe in miracles? Miracles are only miracles because we don’t think they can happen. In Alcoholics Anonymous’ fellowship, miracles are everyday events. Having had a Spiritual awakening, I experienced a shift in my world view. The impossible became possibility, then likelihood, then a miracle. My early Spiritual innocence told me, everything was a “God thing.” In that heightened faith I believed in as many as a dozen impossible things becoming possible before noon. I became a Higher Power seeker. In seeking my Higher Power, I found our Father, myself and my awakening heart. It was a miracle for me to believe that anyone could love me. Now – I believe I am loved by our Father, many others and me. We can learn to love all others, we don’t have to like them, by a simple act of praying that they seek and find our Father’s Will. I am willing to love all, and that’s a miracle. Thy Love, Thy Will be done.

Sharing Today’s Gift Will Keep The “Pay Forward” Door Open



A Conscious Purpose  
“Pay Forward” # 72

Today’s “Pay Forward” gift is - Purpose. “Live for something, have a purpose.” I heard that as far back as I can remember. What was my purpose, how was I to do it? Alcoholics Anonymous never said directly to have a purpose, but the program implies it. “We grow neither better nor worse as we get old, but more like ourselves” (May L. Becker). Embodied in Alcoholics Anonymous’ way of life, I found my purpose. It gives me something to live by, and for that is more like my true Self. While taking a walk yesterday I was looking for expressions of our Father’s Presence. The trees were catching my attention. Each tree I saw managed to weather the passing storm; some lost a limbs and leaves, adding to their beauty and uniqueness. The older trees were more like their mature self with a greater purpose. Beyond their beauty and uniqueness, they offered shade and were keeping the ground from washing away. I wondered if my face showed the weathering of time. Enough of focusing on my scars and blemishes, it is time to prepare to share my purpose. I’ll go to an A.A. meeting Thy Love, Thy Will be done.

“Behold, I stand at the door and knock”

Walking The Talk  
"Pay Forward" # 73

Today's "Pay Forward" gift is - "Walking The Talk". I agree with Alcoholics Anonymous (page 64) "Resentment is the "number one" offender." As an "A.A Long-timer" for me to "walk the talk" I need to be free from the attachment to resentments. When I have resentment, I need to take care of it before the sun sets. I had three "reasons" I resented a fellow swimmer at the gym I go to five times a week. I resent I have to share a lane with him; he is a water beater, turning the lane into an ocean like riptide. I am not a strong swimmer so it's difficult for me to stay afloat and not take in unwelcome water. Second, he does not respect the other swimmers by not taking a shower immediately before entering the pool. There are signs in the locker room, in large print telling us to take a shower just before entering the pool. He is not blind, but he could be illiterate. Third after he had already entered the pool, he had to go to the bathroom, thank God; he goes back to the locker room to relieve himself, but he leaves the commode wet. I have forgiven him for today. The wisest Being ever said, we are to forgive, if needed  $7 \times 70 = 490$  times. I have already forgiven once; it could take the other 489 times. I swim five times a week and even when he does not show up, like this morning, I found myself thinking about him. It could take me 90 weeks to forgive him, or I could surrender the both of us to our Father for a loving upgrade. Thy Love, Thy Will be done.

Sharing Today's Gift Will Keep The "Pay Forward" Door Open



Altering My Consciousness  
"Pay Forward" # 74

Today's "Pay Forward" gift is Altering My Consciousness. When I was a child around 8 or 9 years old I was trying a number of things to alter the way, I experience life. I would whirl until I was too dizzy to stand. Later, I heard about the Whirling Dervish, whirling rapidly to bring about a dizzy, mystical state. The Whirling Dervish was taught to love everyone. I tried to copy the Whirling Dervish but could not. Another game we played – facing a person standing, we would take turns choking the other until pasting out. The reason for standing was when we pasted out the choker would not be strong enough to keep the other standing, that would end the choking. I would consciously feel a weird feeling. That game stopped when my mom found it out. Smoking, drinking and sex altered state of consciousness for a while. One person took the backseat out of their car and installed a tank of laughing gas. That gave a whole new mean to a joyful driving. If we don't get to the condition and causes – the root of our alcoholism was seeking a different way to alter our consciousness. How did you alter your consciousness? Having a Spiritual awakening altered my consciousness at a much deeper level. Now, I know where to find what I was looking for. I want a Spiritual union with our Father within to continue. Join me on that serendipity journey Home, open to all who are willing. Thy Love, Thy Will be done.

"Behold, I stand at the door and knock"

The Prodigal Beloved Son  
"Pay Forward" # 75

Today's "Pay Forward" gift is - The Prodigal Beloved Son. Most of us have played all four characters found in the Prodigal Son story. We could write a book about each character. I will share my experience of each character's love, you write the books. (1) As the Prodigal Love Son, I took my love inheritance given me by our Father. I went off into a far self-centered country; my personal "realities" love. I used up my supply of love, and a great hunger for Real Love came over me. I remembered the unconditional Love our Father shared with all His creatures. I wanted; I needed to return to our Father, His Love. (2) Our Father saw me yet a great way off and had compassion and loved me. He honored me with the best robe; put a ring on my finger. He told the servants to prepare a celebration. (3) As one of the servants, I witnessed an outpouring of love, instead of "I told you so." We are part of the welcoming party. (4) As the self-righteous pouting Elder Brother feeling sorry for self, I put a damper on the welcome celebration. My worthless Prodigal Brother blew his inheritance on harlots and came crawling home and gets the love rightfully mine. In the image and likeness of our Father's Love, I want to respond as He did. "Son you are ever with me, and all that I have is yours." That unconditional love happens in Alcoholics Anonymous daily. Thy Love, Thy Will be done.

Sharing Today's Gift Will Keep The "Pay Forward" Door Open



Gift Of Support  
"Pay Forward" # 76

Today's "Pay Forward" gift is – Gift Of Support. "The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands at times of challenge and controversy" (Martin Luther King, Jr.), I had no firm ground to stand on when I came to Alcoholics Anonymous. I had worn out all who knew me. People were tired of me breaking my word; I intended to keep. Alcohol and the life of an active alcoholic were my failing support. The way I reacted to challenge was anger and blaming others. Joining my A.A. support group in service, I was willing and able to take suggestions. I became part of instead of apart from. I was learning to trust my A.A. support group. I accepted the dismantling of my personal "reality," my false self by working the steps and by watching the successful, peaceful members of my A.A. support group. I began to give and receive unconditional love: selfishness cannot survive in the presence of continuous self-giving. It does not matter what a new-comer has done or not done we want them to keep coming. That's as unconditionally loving humans can be. By the grace of our Father through our support group, we are doing the impossible. For us that's an everyday miracle. Thy Love, Thy Will be done.

"Behold, I stand at the door and knock"



Show Me The Road  
"Pay Forward" # 77

Today's "Pay Forward" gift is – Show Me The Road. My mission purpose effectiveness depends on You, Father as my only True Source. "Let dawn bring news of Your faithful love, for I place my trust in You; show me the road I must travel for You to relieve my heart"(Psalm 143:8). Inspire me to do Your bidding; bring love into this world. Father, whatever You choose to reveal through me, let me be a clear channel. My service does not have to be spectacular; it is the love I put into each act of service. There are no illusions of separation when I act out of love. My mission becomes my way to bring our Father's Love to the world. We are our Father with skin on. We are the channels through which the love current flows let it be clear of clutter. If we are not connected to our Source, we cannot make our True journey. Negativity poisons us, but love heals us, restores us to be whole once again. I realize now why I have been unable to forgive myself. By blaming others I make it impossible to forgive myself or to accept our Father's forgiveness, waiting for others to change. I have forgiven others for what they did not do, even if it was an act of love. I say to all, "Come let me love you, receive the tenderness of my loving approval; I was wrong to blame you." Father, my mission is to bring Your Love into the world. Thy Love, Thy Will be done.

Sharing Today's Gift Will Keep The "Pay Forward" Door Open



Let It Out  
"Pay Forward" # 78

Today's "Pay Forward" gift is let it out. "If you do not bring forth what is within you, what you do not bring forth will destroy you. If you bring forth what is within you, what you bring forth will save you" (Gospel of Saint Thomas). We may not like to feel our feeling or talk about them, if we don't they will let themselves be known, causing big time problems. While I was learning to think, I forgot how to feel. I experienced feelings driving me from numbing myself when I could not handle a situation or performing acts of courage or doing destructive stuff. Before A.A., I thought feelings were spontaneous instead of part of my subconscious mental storehouse. Unknowingly, I was burying my feelings alive. When my feelings rose from the subconscious graveyard, I was in trouble. That which I had not dealt with took over, and violence erupted beyond my imagination. It took me to a violent place I thought was long gone. Through Our Father's loving mercy and grace, and Alcoholics Anonymous I was given a solution. Thy Love, Thy Will be done.

"Behold, I stand at the door and knock"

Mirror, Mirror On The Wall  
"Pay Forward" # 79

Today's "Pay Forward" gift is - Mirror, mirror on the wall. My bathroom mirror lets me see my personal "reality" mask, hiding my True identity. Step Eleven suggest we pray and meditate to improve our conscious contact with God as we understand Him. Out of enlightened self-interest, Father I want an alignment with Your Love, and Your Will, 24/7. We are created in Your image and likeness, Father, let me act like it. Turning within to the silent invisible Presence, we experience our created individuality. Mirror, mirror within us all who is the fairest me of all? No doubt, my created Higher Self, not my made-up self. With the eyes of faith, I see beyond the outer appearance. I see proof of Your good work's Father, as You express Yourself as each of us. Acting as if You, Father are Omnipresent I willingly extend the love I am. Free to extend my love lets me believe others love me. Out of enlightened self-interest, I forgive, all for all, real or illusionary wrongs. I believe I am forgiven. As I turn within the silence of my soul, I ask; mirror, mirror on the infinite interior wall-less wall am I the fairest me of all? I seek through prayer and meditation to improve my conscious contact with our Father. With the eyes of faith, I look beyond my self-made clutter. I wait in the invisible silence for divine guidance. Thy Love, Thy Will be done.

Sharing Today's Gift Will Keep The "Pay Forward" Door Open



A Work Of Art  
"Pay Forward" # 80

Today's "Pay Forward" gift is - A work of art. A work of art greeted me at my office today, a squirrel. Michelangelo was a great artist, but he could not create the likes of a squirrel. This squirrel opened my heart. Last year, we caught a number of squirrels in our backyard at home. We relocated some of the squirrels at my office. We have lots of oak trees to run up and down in. These tree share an abundance of acorns to nourish on. At first, some of these little guys were unhappy, and they fussed at me. At first, these squirrels did not approve of the relocation, no more than I would. When I was relocated to a sober life, I did a little fussing. Today The squirrels and I are joyful, happy and free; the tone of our chatter is friendly. Both the squirrels and I love our dwelling place. Everything we need is abundantly supplied by our Father. One of these friendly guys greets me often, that is when the cat is not present. We are all works of art, so why not act like it and stop fussing. Thy Love, Thy Will be done.

"Behold, I stand at the door and knock"

Running Late!  
“Pay Forward” # 81

Today’s “Pay Forward” gift is – Running Late. What happens when I tell myself I am really running late? I spill some milk; I had to take the time to clean it up. I could not get my computer to start up for a while. My computer claimed it did not know I was running late. I wanted to write about the advantage of being an optimist over the pessimist. I love having a constructive attitude, seeing the good in everything. That’s a bit of a problem right now. I was going to write about what is the most important time, of course it is now, the only time we can do anything. So what about this now, being late as I am? I was going to include the question, what is the most important thing to be doing now? Of course, it is always doing what I am doing now, but what about being late, now? Also where is the most important place to be? Yes, you got it; it is always where I am, but I am already late for something somewhere else. Wisdom is a balance between love, intelligence and timing; am I still acting wisely when I am running late? The effectiveness of our action depends on the source/Source; what am I depending on now? I am working on looking to our Father as my only True Source. I hope I am not too late. Thy Love, Thy Will be done. Sorry I don’t have time to proofread it, forgive me now.

Sharing Today’s Gift Will Keep The “Pay Forward” Door Open



The Dark Night  
“Pay Forward” # 82

Today’s “Pay Forward” gift is – The Dark Night. “Put to death...your old self with its practices and...put on the new self, which is being renewed in knowledge in the image of its Creator...Clothe yourselves with compassion, kindness, humility, gentleness and patience" (Colossians 3:5, 9-10, 12). The first dark night of sense I am aware of came when alcohol and the characteristic of alcoholism, stopped working for me. I could not stop feeling the great desperation, and I could not pass out. Dismantling my personal “reality” was in full force. I was powerless over the death of my personal "reality," my false-self; I hit my bottom. On February 6, 1957, what I believed was the end of life was the new beginning. I have witnessed countless Alcoholics Anonymous members pass through the dark night of the sense and the dark night of the Spirit. Those who could not accept the death of their false-selves did not stay sober; some took their lives. Alcoholics Anonymous offers us the tools to make it through the night and awaken in the morning of our new life. This transformed life is far more fulfilling than we could dream of. A.A. introduces us to our Higher Power and to our Higher Self, with purpose and meaning. Thy Love, Thy Will be done.

“Behold, I stand at the door and knock”

The Gift Of Poetry  
"Pay Forward" # 83

Today's "Pay Forward" gift is –The Gift Of Poetry. "Poetry is language at its most distilled and most powerful" (Rita Dove). I don't read or write well enough to express my deepest realities, but that does not have to deprive me of that joy of trying. Thanks to those who can write and read poetry are willing to share. For me, sharing my deepest love has always been a problem. My wife and I have shared 54 years loving and living together. She has the intuitive ability to expressing her unconditional love. Here's simple example – she said, "I noticed you needed some underwear. I went to the Mall and bought you some see if you like them." Instead of being grateful; simple thanks would do. My unthinking response was; I wanted to have a little weight loss before I bought anything. She was not upset at my stupid, self-centered, unthinking reply. If the same lack of gratitude was shown me, look out. Her response was – "OK; I will take them back." Alcoholics Anonymous took away my gross selfish, self-centered denial. I cannot get by acting like a jerk. I told her I was wrong, and that I was sorry I reacted ungrateful. She didn't make a capital crime of it. Her loving thoughtfulness is teaching me "how to" express a more self-giving, even if I don't have the skills of a poet. Thy Love, Thy Will be done.

Sharing Today's Gift Will Keep The "Pay Forward" Door Open



Finding What's Not Lost  
"Pay Forward" # 84

Today' "Pay Forward" gift is - Finding What's Not Lost. "You shall seek the Lord, your God, and you shall indeed find Him when you search after Him with your whole heart and your whole soul" (Deuteronomy 4:29). When I stop my internal chatter and listen, I am reminded of the wisdom found in Alcoholics Anonymous. "...we beg of you to be fearless and thorough..." "Half measures availed us nothing." I hear How It Works in most A.A. meetings. When I sought sobriety with all my whole heart, mind and soul, I found Alcoholics Anonymous, which wasn't lost. I am seeking through prayer and meditation to deepen my relationship with our Father, Who has never been lost. Alcoholics Anonymous gives me the tools, I need to get out-of-the-way and to be still, to learn, to awaken and to listen. I am inspired by the number of angels running around A.A. in disguise. "Inspiration comes from the Heart of Heaven [The Kingdom of Heaven is within] to give the lift of wings, and the breath of divine music to those of us who are earthbound" (Margaret Sangster). Alcoholics Anonymous is my lost and found place. Thy Love, Thy Will be done.

"Behold, I stand at the door and knock"

Computer Operating System  
"Pay Forward" # 85

Today's "Pay Forward" gift is - Computer Operating System. I hate to admit I still overreact to "termites" with a little drama. I bought a new computer. I had it built with my older operating system; Windows 7. The newer operating system, Windows 10 does not allow some of my old programs. When we get a new computer setup – it calls for updates. I did not know one of the updates was Windows 10 and sure enough I loaded it. I intended to enjoy some free time, but this "overwhelming need" to correct my mistaken upgrade took up the morning. February 6, 1957 my personal "reality" operating system crashed; alcohol and the life of this alcoholic stop working. I hit my bottom in every major area; all were major. My old operating system was beyond upgrading. My physical equipment, my body and world crashed; none of my old programs worked. Alcoholic Anonymous gave me a whole new operating system. Alcoholic Anonymous included all new Spiritual, mental, emotional and social software, and fostered the repairs to my physical body and world. Alcoholic Anonymous has so many levels and depths that we can spend a lifetime learning how to use and share. I use to hate change and having to learn new software. My first reaction to change is resistance, which does not last long anymore; all I have to do is remind myself it has a good purpose. Today, I love change, and my love is changing. Thy Love, Thy Will be done.

Sharing Today's Gift Will Keep The "Pay Forward" Door Open



Clutter Busting  
"Pay Forward" # 86

Today's "Pay Forward" gift is - Clutter Busting. I like to think of myself as a clutter buster, busting clutter at all levels. Then my denial brakes down. "It is necessary that we release all thought – as well as things – that clutter up our lives" (The Science of Mind). A well noted finance adviser would not represent a new client until he or she cleaned up the clutter on their desk and in their garage. When I first heard of the importance of clearing away the clutter, I took the suggestion. I was surprised how the cleaning out the physical clutter helped me with my working the Twelve Steps again. If my office was clutter free when I opened my office my attitude was better. My wife is great at keeping our home free of clutter free, for that I am grateful. When we go out of town, both our home and office is free of clutter; that's a good feeling when we return. Alcoholics Anonymous offers us some great clutter busting tools. Thy Love, Thy Will be done.

"Behold, I stand at the door and knock"

Gone Fishing  
“Pay Forward” # 87

Today’s “Pay Forward” gift is –Gone Fishing. “Enjoy yourself; it’s later than you think” (Chinese Proverb). My wife and I finally took a vacation. We were on the West Coast of Mexico. We were staying at a beautiful villa overlooking the Pacific Ocean. We had our own private swimming pool. Our rental included a jeep for our pleasure. The dining was outstanding. Here’s our problem – I could not stop thinking about my obligations back home. The constant chatter was ongoing 24/7 for three days. I told my wife if I could not stop the chatter by the fourth day, we would go to Las Vegas where I would be out-chattered. We booked a deep-sea fishing trip, and out to sea we went. I caught a 9 1/2-foot marlin. Bringing the marlin aboard was my only obligation for four hours. I no longer needed to go anywhere else. I was caught up in another round of endless chatter last week. I wanted to hang out a sign – gone fishing. Instead, I closed my office and went to an A.A. meeting. That took me out of myself for an hour or so and that did the trick. Thy Love, Thy Will be done.

The Morning After  
“Pay Forward” # 88

Today’s “Pay forward” gift is – The Morning After. “My God, my God, why have You forsaken me?” When my outer world’s temporary fixes stop working, I realized my personal “reality” plan or lack of one was dying. My naïve Spiritual path was not enough; I thought our Father had forsaken me. I prayed harder. I tried new ways to meditate. I look to Spiritual “experts” for help. I stop doing the wrongs I was doing. I increased my A.A. service work. I was as loving as I could be. In other words, I tried everything that could have any Spiritual possibility. I did experience some fulfillment from that stuff, but they were short-lived fixes. The harder I sought out a solution and failed the more depressed I became. I had to stop fighting everyone and everything and let, go and let our Father have His way. I had to surrender my way, letting go of myself-centeredness. I was opened by grace into the transforming union that comes the morning after the dark night of the senses and Spirit. The dark night of the senses is when worldly stuff stops working. The dark night of the Spirit comes when my present Spiritual understanding isn’t enough. The morning after is the awakening by grace, I was longing for. Thy Love, Thy Will be done.

Sharing Today’s Gift Will Keep The “Pay Forward” Door Open



“Behold, I stand at the door and knock”

Check-Em Out  
“Pay Forward” # 89

Today’s “Pay Forward” gift is – Check-Em out. “You don’t develop courage by being happy in your relationships every day. You develop it by surviving difficult times and challenging adversity” (Barbara De Angelis). In my case, I am blessed with a generous helping of tender mercy, love and grace. I was being considered as a possible sponsor by an A.A newcomer. That person called my wife and asked if I practiced A.A.’s principles at home. The question, was I living A.A.’s principles beyond A.A.’s meeting rooms? I was grateful for the good report my wife gave. My wife accepted early in our relationship that Alcoholics Anonymous would always come first, without it, she would not like what she would be getting, and she has honored it. She told the inquiring person that A.A.’s Spiritual principles were the foundation for our relationship. Learning how to live a loving long-term relationship is difficult and challenging at times, but well worth whatever it takes. I am so grateful for my wife’s unselfish love; allowing me to be less selfish, serving others. Thy Love, Thy Will be done.

Sharing Today’s Gift Will Keep The “Pay Forward” Door Open



Windsurfing  
“Pay Forward” # 90

Today’s “Pay Forward” gift is - Windsurfing. When I turn to our Father within, my thoughts and feelings are like a gentle wind moving me toward my heart’s desire. Trying to remove the obstacles to my interior silence is an obstacle. I only need the willingness to return to love; of course an open mind, heart and flexibility will surely help. A tree will bend in a strong wind. I envision the trees on the coastline, how they are shaped with the prevailing wind. I am learning to be flexible in the prevailing winds of life. I was watching an experienced windsurfer graciously gliding across the water. A crosswind flicked him over. He was up and surfing within seconds as if nothing had ever happened. That’s the way I want to react when I am caught in life’s crosswind. I am learning how to let go, and let God, whatever the windy conditions. I am grateful and humble remembering it’s the Father within doing the works we call life. His love is a healing power touching everything into wholeness. My love is an extension of His love. Thy Love, Thy Will be done.

“Behold, I stand at the door and knock”

Focusing Or Letting  
"Pay Forward" # 91

Today's "Pay Forward" is - Am I Focusing Or Letting? "But you, when you pray enter into your closet, and when you have shut you door, pray to your Father which is in secret; and your Father which is in secret shall reward you openly" (Mathew 6:6). I am learning how to focus upon the things I want, not on what I don't want. Like all other human effort, it takes practice. The pool I swim in has three lanes. There is a line at the bottom in the center of each lane. I focus on the line with my eyes open. Then I close my eyes and picture the line in my mind, focusing on that image I swim in alignment as far as I can, keeping my eyes closed. The more I practice the better I get. I practice Centering Prayer twice a day. In Centering Prayer the idea is not to focus on the chatter; thoughts or feelings, letting them flow by. I re-center my mind by repeating a chosen word. I use that chosen word to return my consciousness back meaning yes to our Father's Presence and yes to His Action. Centering Prayer is focusing my attention on His intention. It is letting our Father do the works, not me. Centering Prayer is a great Step Eleven prayer and meditation, leading to contemplation; the highest form of meditation. My ability to focus and to let His will be done is improving. Thy Love, Thy Will be done.

Sharing Today's Gift Will Keep The "Pay Forward" Door Open



The Gift Of Faith  
"Pay Forward" # 92

Today's "Pay Forward" gift is faith. "Faith without works is dead." According to the wisest teacher known, we don't need great faith; the size of a muster seed will do. After having my first desperate prayer answered I no longer doubted. I intuitively knew I had an invisible means of support, doing for me what I could not. I had a newfound faith which allowed me the willingness to turn everything over to my new Boss. I took a short "Spiritual retirement." I trusted that all would be taken care of without my effort. I soon found that my new plan did not work, back to my Spiritual teachers. Like Johnny Apple seed, I became a muster faith seed planter. I planted the seeds I was given in the ground prepared for me. I daily practiced A.A.'s principles the best I could. Our Father's grace and my willingness to tend to my plants, nourishing them. I reassured myself our Father could and would take care of everything is His way, for me, but I had a part which is daily shown to me. I faithfully trusted my new Boss for the results. "And now abide faith, hope, love, these three; but the greatest of these is love" (one Corinthians 13:13). The end [love] is greater than the means [faith]; I needed both love and the means. Thy Love, Thy Will be done.

"Behold, I stand at the door and knock"



Teach Only Love  
"Pay Forward" # 93

Today's "Pay Forward" gift is – Teach Only Love. "When the power of love overcomes the love of power the world will know peace" Jimi Hendrix. There are no neutral thoughts, feelings or actions, they are teaching the world who we are. Am I sharing with the world the love I am? We do not have to be a great mystic to know that our Father, Creator is love. We have to share with others to live; sharing is love. Alcoholics Anonymous is a loving, sharing way of life. With our highest vision, we can see proof of Love's Presence everywhere present; sometimes a giver, sometimes a receiver. Our personal "reality" made up a loveless world view, blinding us to Love's Presence. Awakening will come; a great promise of A.A.'s way of life is here. Prayer and meditation or just saying His secret Name, Father at a beginning returns me to Love. There is nothing more important to do than to be in our Father's Loving Presence, returning to His Love. A.A. teaches us to express the love we are; that's the real "how it works." Come; let us share the love we are with one another, teaching only love. Thy love, Thy Will be done.

Sharing Today's Gift Will Keep The "Pay Forward" Door Open



Eyes To See  
"Pay Forward" #94

Today's "Pay Forward" gift is – Eyes To See. The Spiritual awakening I was blessed with, has taken me on a serendipity journey within. With the eyes of faith, I can see a tiny bit of the mystery of our Father's Reality, and I gained an inner strength I only dreamed of. Walking my personal "reality" road, was an outside journey, looking to other people, places and things for my direction, I was lost in the illusions about the world. Living Alcoholics Anonymous has changed the direction, and the nature of my journey. Only the grace of our Father can do the transforming. I've heard it said that our Father is Love. Alcoholics Anonymous is an expression of His love. When I first awakened I had an inner fire, it took me on a wild path, spreading my too limited understanding of the A.A. message, to the willing and unwilling listener. Today I look beyond the illusionary world, finding a purpose; I believe is our Father's Will. If I can awaken to our Father's Will, anyone can? This serendipity journey is full of surprises, whatever I expect to happen most likely will not, and something better will. We do not have to go anywhere to find our Father; He is always Presence within us. Alcoholics Anonymous gives us a simple set of tools which if lived the best we can, will awaken us to a Divine Action already happening within us. Thy Love, Thy Will be done.

"Behold, I stand at the door and knock"

Gift Of Waking  
"Pay Forward" # 95

Today's "Pay Forward" gift is – Gift Of Waking. "If I die before I wake I pray my soul to take." I heard that saying when I was a kid, but only after awakening as the result of living A.A.'s program has it taken on one meaning after another. It is as if we die each night and reborn each morning. Everything we experience during the day is sorted and filed as we sleep. Intuitive wisdom tells us, "Let me sleep on it and I will give you my answer in the morning." As a growing old worker, I am limited to the amount I can do. My body and mind tell me, "Let's sleep, period." When I am tired, I experience a loss of intimacy with our Father and others, and I question if I ever had any intimacy. I love solitude; I experience a loving intimacy with our Father in solitude. As a worker focusing on a project, I become a self-centered isolationist, that's not solitude. Going home one night after full worker's day, a storm was passing from within and from out, and I saw a most beautiful rainbow. That rainbow spoke directly to my heart and soul, filling me with warmth and love, a moment of intimacy. I am reminded that it is never too late to seek and find that Divine union, I long for. "If I die before I wake I pray my soul to take." Thy Love, Thy Will be done.

Sharing Today's Gift Will Keep The "Pay Forward" Door Open



Honoring The Worker  
"Pay Forward" # 96

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

"Behold, I stand at the door and knock"

Purpose  
"Pay Forward" # 97

Today's "Pay forward" gift is - Purpose. "Be careful young man what you want, for you will surely get it." At the time, my granddad told me that, I resented it. When something I'm sure is good turns out bad for me, I am reminded of my granddad's wisdom. That same wisdom holds true for the contrary; what I thought was bad, turns out to be best for me. "Life is a journey, and where your finish line is has yet to be determined" (Anonymous). I am learning to replace my good and bad judgments, sooner with the reassurance that everything has a purpose. I am learning to accept the responsibility for the way I respond to what I experience. Often I can see how I brought an experience about, but not always. The point is it has a purpose for me; consciously known or unknown. I use the Serenity Pray as part of my Step Seven. "God grant me the serenity to accept the things I cannot change." I cannot change other people or what has already happened. "Courage to change the things I can." I can stop blaming others and myself and trust there is a purpose, and this experience can help me on my serendipity journey. "And the wisdom to know the difference." I can trade the mind-set that brought the event about for the loving wisdom of our Father. Father knows my purpose best; He gave it to me. Thy Love, Thy Will be done.

Sharing Today's Gift Will Keep The "Pay Forward" Door Open



Choose – Prison Or Playground  
"Pay Forward" # 98

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

"Behold, I stand at the door and knock"

Ringling True  
"Pay Forward" # 99

Today's "Pay Forward" gift is - Ringling True. "You can tell the man who rings true from the man who rings false, not by his deeds alone, but also his desires" (Democritus). "We will intuitively know..." (Page 84 Alcoholics Anonymous). It is so difficult for an active alcoholic on arrival to Alcoholics Anonymous to trust enough to be honest. Early in the program our co-founders had as a requirement for membership an "honest desire" to stop drinking. They soon changed it to, "The only requirement for A.A. membership is a desire to stop drinking." I am grateful they took the "honest" out when I was new in the program. My denial kept me from thinking of myself as a dishonest person. I was trying to survive in this mystical world; Alcoholics Anonymous. It is hard to con a sober A.A. member for long. I am empathetic with a newcomer; I don't expect honesty and openness on arrival. I just want them to keep coming back until they can trust enough to embrace Alcoholics Anonymous. What keeps most of us coming back until the miracle of trust happens is something is ringling true, at a deeper level, beyond our conscious understanding. It is a big help seeing how Alcoholics Anonymous is working for others. I enjoy sharing the program a message that rings true. I most often know when something doesn't ring true. I ask myself - "Does what I do, say, write, think and feel ringling true, is it loving?" Thy Love, Thy Will be done.

Sharing Today's Gift Will Keep The "Pay Forward" Door Open



Transformed Self-centeredness  
"Pay Forward" # 100

Today's "Pay Forward" gift is - Transformed Self-centeredness. "Human effort depends on grace even as it invites it. Whatever degree of divine union we may reach bears no proportion to our effort. It is the sheer gift of divine love" (Thomas Keating). "Money doesn't grow on trees." "That person will never amount to anything, because he is lazy." Growing up I was told those things and many more implying we have to work hard to earn everything we get. Living the life of an alcoholic turned others away and fostered myself-centeredness. When I got to A.A., I had burned everyone out, finding myself alone. I was filled with self-centered questions. "Is it good for me? "Does this or that fit into my private universe or not? How can I use people, places and things for my survival needs? Along came A.A. and my center of interest changed. "We will lose interest in selfish things and gain interest in our fellows" (Page 84 Alcoholics Anonymous). A.A. offered me opportunities for service without seeking a return from me, taking me out of self, into our Father's Grace. It is the sheer gift of divine love. I began my life of service, enlightened self-interest no doubt instead of the user I was. The good news is our Father transforms our defect, self-centeredness into an enlightened self-interest. Thy Love, Thy Will be done.

"Behold, I stand at the door and knock"

Love Is No Stranger  
"Pay Forward" # 101

Today's "Pay Forward" is – Love Is No Stranger. Love is the force that dissolves all opposes and can smooth every obstacle that gets in its way. Hate is not love's opposition, apathy is. Selfishness, self-centeredness is the breeding ground for apathy; having no concern or interest in the well-being of others. Alcoholics Anonymous is the perfect solution for apathy. As we awaken to our true Self, love; we give it away to keep it [service], and we watch it grow. Most of us realize when we awaken out of our lonely, loveless sleep, how little we know about receiving and giving the love we are. My ideas about love were limited; I believed one love fits. The dissatisfaction from that limitation inspired me to write the Six Love's workshop. [www.12stepworkbook.org/workshops](http://www.12stepworkbook.org/workshops) My older brother was known for his gift of never meeting a stranger. Twenty-five years after he met a person, he would recall their name and something personal about them. I believe he had the intuitive gift of all "Six loves." Some things he did were a far cry from spiritual, but his love was spiritual. All love is grounded in Agape; Spiritual Love. Whenever and wherever, just as we are, we only need to turn within to love and worship our Father. Thy Love, Thy Will be done.

Sharing Today's Gift Will Keep The "Pay Forward" Door Open



Why?  
"Pay Forward" # 102

Today's "Pay Forward" gift is – Why? Now-a-days we have so much information a simple reply is difficult to come by. I will be around a lot of people today. Our Father knows what I will or will not be doing. I guess that's why St. Paul said, "What I want to do, I don't. And what I don't want to do I find myself doing." Anyway, I'm going to do a simple inventory. Why? If I don't uncover the stuff buried within alive, it will deal with me, most likely in an unloving way. On the other hand, I had better do a searching and fearless inventory. Trying to keep it simple before it is simple helps keep one in denial. Bring around a lot of people today I will have a great opportunity to share what's given to me. "Great opportunities to help others seldom come, but small ones surround us daily" (Sally Koch). Mother Teresa suggested that we do small things with great love. That's why I will show up today. I pray my latent talents will pop up today, and that I may help others do their thing. Thy Love, Thy Will be done.

"Behold, I stand at the door and knock"

Accepting Rebounds  
"Pay Forward" # 103

Today's "Pay Forward" gift is - Accepting Rebounds. My first awareness of emotional rebounds came after a wonderful inspiring weekend retreat. I knew I would never have another negative or not-spiritual experience the rest of my life. Before Monday was over, I did not care for my job or the people I had to deal with. I was not feeling or acting like a spiritual being. The so-called spiritual retreat was a joke. My early A.A. training taught me when anything went wrong to return within to our Father. I was soon back on the path, but not trusting the spiritual retreat emotional high. I found I was not alone with this rebound; everyone went through the same type of experience after an emotional high. I became a student of the rebound experience. Called by many names all of creation experience rebounds. Nature's four seasons are a form of rebound. Where there is a cycle of life, there is a rebound. At times, our emotions are charged with an overabundance of negative or positive energy. Both the negative and positive emotions have rebounds. Save ourselves a lot of pain by surrendering our upcoming rebound to our Father at the highest point of our expanded high. Then it will not be a surprise. Surprise compounds the problem. We can use the same process at our lowest point of desperation or depression. Allow the natural course of the rebound, resist it not, it will pass, sometimes quickly, sometimes slowing. Thy Love, Thy Will be done.

Sharing Today's Gift Will Keep The "Pay Forward" Door Open



His Business  
"Pay Forward" # 104

Today's "Pay Forward" gift is – His Business. How about a renewed dedication and commitment to go about His business as if it were ours, because it is? In a major change the adage; we must die daily and be reborn each morning takes on a new and deeper meaning. Letting go of our old self-image that we invested years building is hard. We need also to build a replacement indeed it's like the death and rebirth of our personal "reality." To live our true heart's desire, purpose is the call of our Father within. If we answer that call here and now we're given all we need to carry out the Holy Grace of our Created Self. Now is the time to recommit to our heart's desire, our higher self with a renewed devotion. Let us go deeper within and join His Presence. We're energized with a love deeper than words. Let us gather the vine ripe fruit from His Divine Fields within. Let us nourish ourselves and pass on the remaining abundance with whomever we're drawn. His nourishment from within fills us, not that from the outside. Of course, we will miss the mark for a while, that is why we must practice daily what we believe His will our created purpose. Let us love one another as He loves us. Thy Love, Thy Will be done.

"Behold, I stand at the door and knock"

Fearlessness  
"Pay Forward" # 105

Today's "Pay Forward" gift is - Fearlessness. "Come to the edge," he said. They said, "We are afraid." "Come to the edge," he said. They came. He pushed them..., and they flew. (Guillaume Apollinaire) In 1965, I took my two young sons to New York, alone and unaided, that was fearful enough for me. I am so grateful that I had a working partnership with our Father, in the making. We went to the top of an observation tower at the World's Fair. I had such a fear of heights I could not get near the edge. I had a fearful feeling I was being pulled off into space. I had a fear of heights as far back as I can remember. A few years later, my wife and I took a Mule Trail Ride at Yosemite National Park – in the Sierra Nevada Mountains. At one point, we were on a very steep narrow trail, more suitable for goats than mules. The valley was three hundred feet below. Instead of fear, I was filled with excitement, enjoying the beauty of it all. I realized my fear of heights was replaced with excitement and gratitude. What could account for the difference? My whole life was being transformed by our Father grace. I have a loving partnership with our Father. I'm an active member of Alcoholics Anonymous, practicing its Spiritual principles. I have a loving relationship with others. I have confidence in myself when having confidence in our Father. Thy Love, Thy Will be done.

Sharing Today's Gift Will Keep The "Pay Forward" Door Open



Built In Thermostat  
"Pay Forward" # 106

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

"Behold, I stand at the door and knock"

Restoring  
"Pay Forward" # 107

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

Sharing Today's Gift Will Keep The "Pay Forward" Door Open



What About Powerlessness?  
"Pay Forward" # 108

Today's "Pay Forward" gift is – What About Powerlessness? "Lack of power, that was our dilemma. We had to find a Power by which we could live, and it had to be a Power Greater than ourselves. Obviously. ...well, that's exactly what this book is about" (Alcoholics Anonymous p45). What a great promise. We can only take ourselves so far with our present understanding. We did not create ourselves, nor do we preserve ourselves alone and unaided. There is within all of us an Infinite Power that created each of us, with a purpose and gave us whatever we need to carry out our purpose. An important purpose for our Twelve Step Program is to awaken us to our Father's Reality. He gives us everyone and everything we need to carry out His Will. We are created in Our Father image and likeness. This means we have within us the power to co-create or "make up" our experience. We co-create our experiences when we are in harmony or conscious union with our Creator. Our personal "reality" makes up the illusions of separation from our Creator and others as if we were alone and unaided. It's that belief in separation that we experience Powerlessness, the big lie we bought into. Living Alcoholics Anonymous' way of life we can awaken to a place where we have always been; within our Father and our Father within us. In this partnership with Him, we have all we need to do what we came here to do. Thy Love, Thy Will be done.

"Behold, I stand at the door and knock"



Benefiting From Mistakes  
"Pay Forward" # 109

Today's "Pay Forward" gift is – Benefiting From Our Mistakes. "A life spent in making mistakes is not only more honorable but more useful than a life spent doing nothing" (George Bernard Shaw). My pride does not like it when I make a mistake or fail in something. I want to be a winner every time I do or not do something. When I find something that doesn't work I can return to my real Source for what does work, maybe that is being a winner, also. This life is a school and a playground. This life is a place to learn how to do and to be our Father's Will and Love. I report to our Boss the first thing each morning, seeking His marching orders for me. I am willing to own and surrender my failures and mistakes, which are blocking the way on my serendipity journey. My trust and faith in our Boss give me the courage to take a risk. Alcohol let me think I was avoiding failures and mistakes, which was a greater mistake. Our Program works in a way that turns everything into an opportunity to live move and have our being within our Father's school and playground. I am learning how to treat others and myself with forgiveness and tender mercy, when making mistakes. Come let us love one, another and our Boss, now that's real success. Thy Love, Thy Will be done.

Sharing Today's Gift Will Keep The "Pay Forward" Door Open



Every Day Is Father's Day  
"Pay Forward" # 110

Today's "Pay Forward" gift is – Every Day Is Father's Day. "You are the bows from which your children as living arrows are sent forth" (Kahlil Gibran). On Father's Day, I want to love and honor our Father within each of us. We are His children sent forth to express His Will, His Love. On Father's Day, I feel like a Prodigal Son wanting to return Home to our Father. I want to express my gratitude for His Love, mercy, and for forgiving me for wasting my inheritance. I am learning a lot on my serendipity journey, but I don't always live like it. I was not a good son growing up nor was I a good earthly dad for my sons. I waited too long to take positive, loving action with my dad, missing a great opportunity to understand where he came from. I recorded him telling his life's story about his first twelve years of life, what an awakening that was. I went back to record more, but he was too physically weak, and passed away shortly after. I joined Alcoholics Anonymous when my sons were one-year-old and two and a half-years-old. My then wife had cause not to trust me as a husband or dad to our sons. I am grateful that I've been like a dependable dad to many of our A.A. family. I silently and openly extend my love and gratitude to all who give me the gift of A.A. fatherhood. Thy Love, Thy Will be done.

"Behold, I stand at the door and knock"

Breaks  
"Pay Forward" # 111

Today's "Pay Forward" gift is – Breaks. "When you are inspired by some great purpose, some extraordinary project, all your thoughts break their bounds: Your mind transcends limits; your consciousness expands in every direction, and you find yourself in a new, great and wonder world. Dormant forces, faculties, and talents become alive, and you discover yourself to be a greater person by far than you ever dreamed yourself to be" (Patanjali). Alcoholics Anonymous turned out as my greater purpose, giving me all the opportunities, I need to live my intention. Let's talk about breaks. Another name for breaks is mercy. I've experienced some breakups with different type relationships; they always turned out to be a blessing. I have had a number of breakdowns; like when alcoholism caught up with me. Of course, I've had too many equipment breakdowns. I love breakthroughs. First, I had to have my old useless, harmful habits to break up. I love the breakthrough that comes with a Spiritual Awakening. That was an undesired break for me; sure enough that grace came while working - living the A.A. Program. I am grateful for all those who shared their breakthroughs, benefiting me on my serendipity journey. Breakthroughs have altered my life, improving my ability to be lovingly useful. Breakthroughs are loving and healing, which I want more and more of. OK, I need to take a break and do a little prayer and meditation. Thy Love, Thy Will be done.

Sharing Today's Gift Will Keep The "Pay Forward" Door Open



Attention And Intention  
"Pay Forward" # 112

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

"Behold, I stand at the door and knock"

Wrinkles  
"Pay Forward" # 113

Today's "Pay Forward" gift is – Wrinkles. "If wrinkles must be written upon our brows, let them not be written upon the heart. The Spirit should never grow old" (J. K. Galbraith). When I came to Alcoholics Anonymous, I was given a choice between dying young and developing wrinkles, I chose life. I am grateful for the wonderful life I'm given, regardless of old age; gray hair and wrinkles. Some believe old age, gray hair and wrinkles are a sign of wisdom. I shall allow them that illusion. I let go of the idea of "anti-aging." Resistance against getting old is futile. Instead, let us embrace the idea of aging well, with wisdom and poise. "If we did all the things we are capable of doing, we would literally astound ourselves" (Thomas Edison). "He is a wise man who does not grieve for the things which he has not, but rejoices for those which he has" (Epictetus). "Education is the best provision for old age" (Aristotle). "The minute a man ceases to grow, no matter what his years, that minute he begins to be old" (William James). I am quoting others a lot today because they said what I want to say better. I know from experience the joy of growing in understanding "how it works." "Words are, of course, the most powerful drug used by mankind" (Buryard Kipling). I am inspired by Your Holy Word – father. In an awakening union with You, I am carrying the message. Thy Love, Thy Will be done.

Sharing Today's Gift Will Keep The "Pay Forward" Door Open



Setting My Mood With An Affirmation  
"Pay Forward" # 114

Today's "Pay Forward" gift is – Setting My Mood With An Affirmation. At the start of my day, the first few moments set my mood for the day. I turn my consciousness to Your Presence Father, the Love I am, and the individual You created. I am filled with gratitude for what You have in mind for me today. I focus my attention on Your intention, Father. I am devoted, dedicated, committed to be and to do Your Love, and Your Will. It is You Father within me doing the works, called life. I am empowered by Your Grace. I am Your son, and a loving brother to all. My mission is clear; I am to share all I am given with whomever You will, Father. I am created in Your image and likeness; I share many of Your attributes. I am receiving Your gifts and talents, and I pass them on. My skills are ever growing more loving, wise and useful. I am becoming fluent in our first language, silence. I am practicing Your Presence in all my affairs. I am Miracle minded, open to everyday miracles. Your Guidance, Love, Tender Mercy, and Wisdom are given to me in a way I can currently hear, understand and follow. I am truly grateful, thank You. I only need to say, Father and that centers You within me and me within You. I am planting seeds for the fruit I want. Thy Love, Thy Will be done.

"Behold, I stand at the door and knock"

Where Does Fear Go?  
"Pay Forward" # 115

Today's "Pay Forward" gift is - Where Does Fear Go? Where does the darkness go in the presence of light? Where does fear go in the presence of Love? Neither darkness nor fear has a place of their own. In the early years of my Alcoholics Anonymous experience, I wasted my time and energy resisting change. At some point, I realized change is the one constant that is ever present. There are no neutral thoughts or feelings, each one is changing our personal "reality" world view, and that we react to. We're given the free will to choose what we think. Our thinking makeup or co-create our beliefs, our feelings flow from those beliefs. Change our beliefs and we change our life experience. When we don't resist change, we flow with the process of creation. We are aligning our beliefs with our Father's creation or the illusion we made up. Friendship comes about when two or more have a common cause. In effect, we choose our friends when we choose our personal "reality" beliefs, which we made up or went along with others. We choose our Divine Food Plan; I choose our Father's Love, His Will to nourish me. Our personal "reality" understanding cannot eliminate change, but can delay it. Accepting our Father's purpose enables us to align with the One Thing that never changes our Creator. Thy Love, Thy Will be done

Sharing Today's Gift Will Keep The "Pay Forward" Door Open



Denial  
"Pay Forward" # 116

Today's "Pay Forward" gift is – Denial. Out of our Father's infinite storehouse comes some of the most unexpected gifts, denial is one of them. Denial is a special gift of grace. Denial does not ask us to address anything until we have the tools. When denial breaks down it is a sign that we have everything we need to handle whatever shows up. If we try to avoid working on the solution when that mini-awakening happens, denial turns to dishonesty, which demands our attention. Like some of our other defects, denial at times kept us from doing more harm to others and or ourselves. When I became ready and willing to own and surrender all of me to our Father, for His upgrading, I realize the constructive side of denial, and then its breakdown happened. Fear will change its nature when we embrace it, so it is with denial. Perhaps denial is another form of fear. Alcoholic Anonymous offers us a great set of tools to deal with denial and dishonesty. Thy Love, Thy Will be done.

"Behold, I stand at the door and knock"

Making A Difference  
"Pay Forward" # 117

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

Sharing Today's Gift Will Keep The "Pay Forward" Door Open



Independence Day  
"Pay Forward" # 118

Today's "Pay Forward" gift is – Independence Day. My declaration of independence began on February 6, 1957 when I hit my alcoholic bottom. Like some of the other important times throughout my life, I had no idea what was happening. My 20 – 20 visions came after many changes took place. My freedom came out of my total surrender, opening me to be born-again. Independence Day is referred to as the Fourth. My independence day began by giving up a "fifth." Like every birthing, there were great labor pains. I can compare my personal freedom from alcohol addiction with the process our country went through to gain our independence. My independence comes through the grace of my dependence on our Father within. Our independence is conditional. "What we really have is a daily reprieve contingent on the maintenance of our spiritual condition" (Alcoholics Anonymous page 85). Thy Love, Thy Will be done.

"Behold, I stand at the door and knock"

Self-Correcting  
"Pay Forward" # 119

Today's "Pay Forward" gift is – Self-Correcting. When we cut ourselves, our body's intelligence begins the healing, if we let it. This silent, invisible super intelligence is our Father within; doing the works we call life, if we will let it. Our Father's silent, invisible hand makes our heart beat, and our lungs breathe is doing His works 24/7 on multidimensional levels, if we let Him. We would do well to learn how to communicate fluently with Him in His first language, silence. We would do well to realize His invisible Presence, with the eyes of faith, within all. Let's start with a simple truth. We did not create ourselves nor do we manage every atom and cell in our physical body or set the stars in motion. This means that we have an ongoing silent, invisible means of support 24/7. That realization makes me want to kiss up to our Father, in other words, I want, out of enlightened self-interest to do and be His Will and express His Love. If It is not our Creator limiting us, then who? Each created has a Divine Design, like a blueprint. If we offer a Spiritual healing or treatment for another or ourselves let us claim the Presence of the Divine Design. If we let our Father have His way, in an act of faith in His grace, it will be done. Alcoholics Anonymous is one of His great inventions. Thy Love, Thy Will be done.

Sharing Today's Gift Will Keep The "Pay Forward" Door Open



Building Equivalents  
"Pay Forward" # 120

Today's my "Pay Forward" gift is – Building Equivalents. Having a Spiritual Awakening is great, it's better to stay awake and practice the equivalents of our Father's Will and Love. We can't change Reality, but we can awaken to His Reality by living our A.A. Program. What we can change is our personal "reality," which we made up or went along with. This personal "reality" filter and governs our perception; the way we experience life. Changing our personal "reality" our habits of thoughts and feelings, our life experiences changes. Our perception shapes our beliefs. Our beliefs control our reaction. By rewriting our beliefs, we rewrite our perception, changing our experience. Rewrite our perception and we rewrite our behavior, our reaction to Reality. To practice our new personal "reality" in all our affairs, we must build the Spiritual, mental, physical, emotional and social equivalents of our new awakenings, or we will go back to sleep. We build these equivalents by living them moment – by – moment until they become our new habits. Living our A.A. Program makes that possible. "The best way to predict your future is to create it" (Abraham Lincoln). Remember Father knows best. Thy Love, Thy Will Be done.

"Behold, I stand at the door and knock"

Busy Doing  
"Pay Forward" # 121

Today my "Pay Forward" gift is – Busy Doing. If we would busy ourselves giving away everything we want, like love, forgiveness, kindness, understanding, we would find ourselves living the life we dreamed of. If I were busy doing Alcoholics Anonymous service work, any kind, any time or any place, we would most likely be sober, joyous, happy and free. Thy Love, Thy Will be done.

If we were busy being kind,  
Before we knew it,  
we would find  
we'd soon forget to think  
'twas true  
That someone  
was unkind to us.

If we were busy being glad  
and cheering people  
who are sad,  
Although our heart  
may ache a bit,  
we'd soon forget  
to notice it.

If we were busy being good  
And doing  
the best we could,  
we'd not have time  
to blame some man  
Who's doing  
just the best he can.

If we were busy being right,  
we'd find ourselves too busy  
To criticize  
our neighbor long  
Because he's busy  
being wrong.

Winners And Losers  
"Pay Forward" # 122

Today's "Pay Forward" gift is – Winners And Losers. Who are these winners and losers? We hear in meetings "stick with the winners," who are these winners? The winners are those who are living the solution. Who are the losers? The losers are those that are still getting ready for the program (practicing their illness). Therefore, we could say that winners and losers were the same person at different points in recovery. A sad fact is that most of those losers never make the cut. Since you are here, I would suggest that you stay and forgo any added sick prep work. I am so grateful that I stayed active in the program until the miracle of being transformed into a winner. By the time I reached the doors of Alcoholics Anonymous, I was a real loser. I did not have an inferiority complex; I was incompetent in every area of my life. By our Father's grace and mercy, I can make a good difference daily, and I have an abundance to carry it out. When I fail these days I accept it as a learning opportunity; yes, I fail but I am not a failure. Thy Love, Thy Will be done.

Sharing Today's Gift Will Keep The "Pay Forward" Door Open



"Behold, I stand at the door and knock"

Be Perfect???  
“Pay Forward” 123

Today’s “Pay Forward” gift is – Be Perfect??? “Be perfect even as your Father is perfect.” How can this be? Our Father is within the worst of us and the best of us. Being perfect, for me was out of the question. We don’t have to be good to receive miracles; our willingness to receive them is enough. Perhaps being perfect is when we are in alignment with the individual our Father created us as. Sometimes, I believe I know what His Will is for me, and then I fall into a ditch. I am filled with contradictions, which are in need of reconciling. Can we be both human and divine? Our Father is Divine, and we were created in His image and likeness, the mystics tell us. I am sure there is an infinite intelligence within all created beings, transforming what we eat into our life-sustaining needs. As an alcoholic, the demand for the perfection is the enemy of my possible good. My perfectionism contributes to my intolerance and my judgmental thoughts, feelings and actions. Perfectionism makes it impossible to carry out my mission; loving service, consistently. Our Father is always Present, even during the most wonderful of times and the most painful, tragic, and harmful times. For this alcoholic, the worst thing in my past is now the best. Alcoholics Anonymous awakened the Divine Love, His Presence within me, for that moment I experience what I believe is the real me; He created and maintains. Thy Love, Thy Will be done.

Sharing Today’s Gift Will Keep The “Pay Forward” Door Open



I Asked For inspiration  
“Pay Forward” # 124

Today’s “Pay Forward” gift is – I Asked For Inspiration. I ask for inspiration this morning, as I often do as soon as I am awake. The mood I am in filters the messages I receive. To align myself with what I want, I align my consciousness with what I believe the Father within me chooses for me, what I believe is His will is for me here and now. I read a little from a number of books looking for something that triggers an inspirational idea to meditate on. This morning that is listening to my messengers, which comes from difference levels. I recall the railroad crossing sign; Stop, Look, Listen, which reminds me to stop the useless or harmful chatter. To look for the proof of the Father’s good works through the eyes of faith and listen for His guidance. I know when it is an intuitive message, listening to this wisdom, there is no need to question its Source. We can tap into and learn from intuitive wisdom. A psychic message is not consistently reliable coming from my personal “reality” as its source. Sharing the Program with others when I am in alignment with our Father’s Will, I find myself saying things I never heard or said before. I may use the same words as before, but they have a far deeper meaning. I am so grateful when my sharing makes a good difference. I am encouraged to listen knowing all will lead me to One Source. Thy Love, Thy Will be done.

“Behold, I stand at the door and knock”



Let's Set The Record Straight  
"Pay Forward" # 125

Today's my "Pay Forward" gift is – Let's Set The Record Straight. We have been foolish, but we are not fools. We have failed many times, but we are not failures. We have done many bad things, but we are not evil. Punished many times and made to feel guilty and have done the same to others, but now we seek correction for others and us. We have withheld and withdrawn our love and our Spiritual Gifts, and this caused us to believe that others, even God were doing the same to us. The mind that made us sick will not make us well. We do not have to rely on ourselves alone and unaided; we have a way of life that really works, which is our A.A. Program, come, join us. For every alcoholic using, our Twelve Step Program for alcoholism or a drinking problem seven are using it for something other than alcoholism. Thy Love, Thy Will be done.

Sharing Today's Gift Will Keep The "Pay Forward" Door Open



Chipping Away All That Is Not  
"Pay Forward" # 126

Today's my "Pay Forward" gift is – Chipping Away All That Is Not. Michelangelo took a rough piece of marble and chipped away everything that did not look like the vision of David; he held in his mind. Working the A.A. Program can aid the chipping away what is not like our Father's vision of the individual He created. When I took possession of what I found in my inventory, I could own the rough patterns I found. I was more than willing to surrender them to our Father for their transformation into assets. Our Father began chipping away the useless, harmful stuff as soon as I got out of His way. That chipping away revealed my heart's desire; what He held in His Mind as me. I love the way our Father does business. I recommend Him highly for all your chipping needs. Knowing how this works you would think that I live this process 24/7, but I don't. I have to remind myself daily to return again and again within for our Father's Love and His Will. The rewriting and rewiring our habits of thoughts and feelings are a lifetime job, under the guidance of our Father. Thy Love, Thy Will be done.

"Behold, I stand at the door and knock"

Love Your Enemies  
"Pay Forward" # 127

Today's my "Pay Forward" gift is – Love Your Enemies. A wise Teacher once said that we need to love our enemy. Another wise person wrote that our only real enemy is our fear. Now how can we love our fear? I remembered another awakening I had; if we turn, face and embrace our fears they will change their nature. We will find that our fear will be one of two "realities." Most likely my fear I turn to face and embrace is an illusion I made up, or it is a real problem that calls for healing or acceptance. Most of the time when dealing with an illusion it's easier to let go of, realizing we made it up. We would do well to accept that illusion has come out of our personal "reality" storehouse. I am willing out of enlightened self-interest to face my enemy, so I can be free, even if that enemy is me. Taking responsibility for our illusion and choosing to let it go is a great first step. Then we can choose to let our Father heal or transform it into an asset. If that fear turns out to be a problem, we can look for a solution. We can choose to let our Father be that Solution. When I have a fear, I cannot or unwilling to face, I accept my powerlessness and turn it over to our Father, He knows best. Thy Love, Thy Will be done.

I Know You're There  
"Pay Forward" # 128

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

Sharing Today's Gift Will Keep The "Pay Forward" Door Open



"Behold, I stand at the door and knock"

Divine Shopping Center Daily Shopping  
"Pay Forward" # 129

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

Sharing Today's Gift Will Keep The "Pay Forward" Door Open



Guilt Can Be Useful Or Unhealthy – Our Choice  
"Pay Forward" # 130

Today's "Pay Forward" gift is – Guilt Can Be Useful Or Unhealthy – Our Choice. "Guilt: the gift that keeps on giving" (Erma Bombeck). When guilt is used as a drug, it's unhealthy. Guilt, like the drug, alcohol, gives the illusion it is a solution, when at best; it is a temporary fix. Guilt can lead to change in our behavior or not. We could spend our life in prison and never feel guilty for what we did. Like Flip Wilson – "The devil made me do it," Our healthy guilt leads us to feel sorrow for our behavior, and be willing to make amends for our wrongs. Most of the amends we offer free us, emotionally unlock our self-made prison. Before Alcoholics Anonymous, I felt no guilt, of course that was really unhealthy. I was a dangerous menace to others and myself. Those feeling guilty about everything and can never let it go is just as unhealthy as the denier. I understand that we should not avoid guilt feelings: they are a sign of our mental and emotional health. Guilt is a part of my guidance system. Thy Love, Thy Will be done.

"Behold, I stand at the door and knock"

Procrastinate – Procrastination  
“Pay Forward” # 131

Today’s “Pay Forward” gift is – Procrastinate – Procrastination. “It’s the start that stops most people” (Don Shula). How many times did I tell myself I will stop drinking, forever, tomorrow? Too many tomorrows never came; it is always today. I’m learning to procrastinate - procrastination. Excuses are endless. If I don’t get started today, I may never get it done, and then just do it. If it is important enough I will find time. I have a notice on my computer or a note in my pocket to remind me. Sometimes the project is beyond my pay-grade, which means I am not calling on our Father. When I forget my Source, I am fearful because I have to do “it” alone and unaided. No one is holding me back, in fact; no one even knows about my desired project. I ask myself, “What am I afraid of? What have I got to lose? Ok, let’s be honest, what do I really want?” I made myself feel guilty for procrastinating and force myself in doing whatever, and it was poorly done. I just realized I have stopped dreaming big dreams, and that’s really fearful. I want my life to make a good difference and procrastination is blocking the way. Father, open my dream box and cause me to take a tiny step toward my heart’s desire. If it is Your Will, then there is nothing to fear. Writing this affirmation is a small step toward my heart’s desire. Thy Love, Thy Will be done.

Sharing Today’s Gift Will Keep The “Pay Forward” Door Open



Return To Love  
“Pay Forward” # 132

Today’s “Pay Forward” gift is – Return To Love. “St. Francis was led to love all things which he knew had the same origin as, he, and in which he recognized the goodness of God. For he followed his Well-Beloved everywhere and in every trace of Him to be found in His creatures, he made of all things a ladder to reach His throne” (Pope Pius XI). I am like so many A.A. members; St. Francis is our hero. He found an important key to a happy life; it is more blessed to give than to receive. When I give away what I want, for example, forgiveness, I believe others will forgive me. Knowing this, from experience you would think I would practice it 24/7, not so. There is a person in our group that is a know-it-all, with honey dripping from his mouth. I want to put him in his “place,” as if I knew where that is. If I were more like St. Francis, I would look for the good within him, knowing it is always Present. Is there something about him that I am? God forbid I come across as a know-it-all. Just in case I do, I’d better look for the good in him, and ask our Father to cause him to feel truly important, valued; as a person with a purpose, that is making a good difference. That is the way I want to come across. Let us return to love. Thy Love, Thy Will be done.

“Behold, I stand at the door and knock”

Thinking Great Thoughts – Living Great Dreams  
“Pay Forward” # 133

Today’s “Pay Forward” gift is – Thinking Great Thoughts – Living Great Dreams. “Great things are done by people who think great thoughts and then go out into the world to make their dreams come true” (Creative Mind and Success). “Every great dream begins with a dreamer. Always remember, you have within you the strength, the patience and the passion to reach to the stars to change the world.” Harriet Tubman was a slave born around 1820. She dreamed of freedom and at the age of 29, escaped. She helped over 300 other slaves escape. Dr. Bob and Bill have help millions escape their self-made prison. I was a dreamer my first six and-a-half years in Alcoholics Anonymous. Then I committed an act of violence. I had promised myself that I would never do that level of violence again. By stuffing one of my defects I buried that negative energy alive, and when its time came it popped up. I was so disappointed in myself for violently acting out that I built another self-made prison. It was a longtime and reworking the Steps again before I experienced freedom. By our Father’s grace, I am once again a dreamer, dreaming greater dreams. In an abiding intuitive faith in our Father’s loving mercy, I know He is our first cause for all my dreams. He is my only Source to fulfill my greatest dreams and to pass their fruits on. Thy Love, Thy Will be done.

Sharing Today’s Gift Will Keep The “Pay Forward” Door Open



“I Am With You Always”  
“Pay Forward” # 134

Today’s “Pay Forward” gift is – “I Am With You Always.” Alcoholics Anonymous gives us the tools, we need to overcome obstacles in the way of our Spiritual growth. When I wholeheartedly practice the Presence of our Father in all my affairs, I am more likely to awaken and stay awake to His Love and His Will. Practicing His Presence changes my negative energy into a commitment and dedication to His service and the needs of others. “In the service of the Lord, work not halfheartedly but with conscientiousness and an eager spirit” (Romans 12:11). “Half measures availed us nothing. We stood at the turning point. We asked His protection and care with complete abandon” (Alcoholics Anonymous page 59). 59) “It is the greatest of all mistakes to do nothing because you can only do little – do what you can” (Sydney Smith). Make a difference today, remember by sharing A.A.’s message with one person, we are changing the world. Thy Love, Thy Will be done.

“Behold, I stand at the door and knock”

Something Old But Still New  
“Pay Forward” # 135

Today’s “Pay Forward” gift is – Something Old But Still New. Instead of coming up with an all-new idea, how about practicing an old one? Instead of reading a new book, I can read the Twelve Steps and Twelve Traditions, again. Every time I read it or the Big Book, I find something I overlooked or someone put it in there while I was sleeping. I don’t want to waste today with meaningless activities eliminating my quiet time, just to stay busy. I can let go of the need to come up with a new idea, just to make myself feel good. How about practicing what I already know works, like more prayer and meditation? I can go to an A.A. meeting and share the program. I can look for the Presence of our Father within everyone and everything; He created. I can place myself into our Father Service. I can ask our Father what He wants me to do or be. I can put aside my search for the brand-new, great idea and take care of what pops up. God forbid, I could rest a little while; now, that’s a terrible idea for the workaholic whom I am. Thy Love, Thy Will be done.

Sharing Today’s Gift Will Keep The “Pay Forward” Door Open



Let Us Share The Love We Are  
“Pay Forward” # 136

Today’s “Pay Forward” gift is – Let Us Share The Love We Are. If You Want More Love - Plant More Love Seeds. Today I plant the seeds I am given, Into the Holy Ground prepared for me. I nourish these as I am directed, until the time of harvest. At harvest-time, I am willing to freely pass on the fruits. As I share these fruits my loving abundance increases. It is now clear giving and receiving are as one. This harvest is on-going because I am planting love seeds daily. I plant the seeds of the fruits I want and need. I want and need more of all six loves; Agape, Storge, Philia, Eros, Primal-love and Self-love. [12stepworkbook.org/workshops/sixloves](http://12stepworkbook.org/workshops/sixloves) Out of enlightened self-interest, I pant these love seeds daily. Come and let me share the fruits of the harvest, And I will, I have, I am. Thy Love, Thy Will be done.

“Behold, I stand at the door and knock”

Meditate On This  
“Pay Forward” # 137

Today’s “Pay Forward” gift is – Meditate On This. Before you answer the following questions ask our Father for guidance and understanding.

What would it be like to experience our Father’s Presence, His Power and His Knowing, spiritually?

What would it be like to experience our Father’s Presence, His Power and His Knowing, mentally?

What would it be like to experience our Father’s Presence, His Power and His Knowing, physically?

What would it be like to experience our Father’s Presence, His Power and His Knowing, emotionally?

What would it be like to experience our Father’s Presence, His Power and His Knowing, socially?

If you have a realization of one or more of these, how can you “Pay Forward” you’re awakening today?

For a useful thought starter go to:

[12stepworkbook.org/workshops/thepromisesinventory](http://12stepworkbook.org/workshops/thepromisesinventory) Some one hundred and twenty-five promises from the first 164 pages of Alcoholics Anonymous. Thy Love, Thy Will be done.

Real Simplicity  
“Pay Forward” # 138

Today’s “Pay Forward” gift is – Real Simplicity. “To return to a sane simplicity is one of the first and most important things to do” (The Science of Mind - page 42). We have so many choices to make in today’s world, to keep it simple seem complicated or at least too complex. When I choose, to do and to be our Father’s Love and His Will, my choices become simple. When I trust our Father within to guide me and supply me, then my choice is clear. When I forget Who’s the Boss my life is difficult and complicated. I never cared for the KISS method: Keep it Simple, Stupid! My experience tells me when a person can communicate a worthwhile message in a simple understandable way they are a very wise person who knows what they’re talking about. I love Mother Teresa saying: Do small things with great love. She was also able to put great ideas into a simple language of the heart by living them. Alcoholics Anonymous is a language of the heart, simple to understand, when living it. Thy Love, Thy Will be done.

Sharing Today’s Gift Will Keep The “Pay Forward” Door Open



“Behold, I stand at the door and knock”

Old Dogs – New Tricks  
“Pay Forward” # 139

Today’s “Pay Forward” gift is – Old dogs - New tricks. We cannot teach old dogs’ new tricks; we are not old dogs nor is our Alcoholics Anonymous’ Program or our Workbooks, our Workshops or Awakenings or “Pay Forward” tricks. Living a sober A.A. way of life we are not trading one addiction for another, we are being fulfilled. Alcoholic Anonymous teaches us to disempower old useless and harmful habits and to empower new sober habits. A.A. teaches us a Spiritual way of life and how to practice our loving Spiritual principles in our daily life. A Spiritual Principle will increase in value with its use, their worth, usefulness, lovingly expanding. Our illusionary world we made up will deteriorate or become more harmful with use. As I grow older, I choose not to buy into the idea that it’s too hard to learn anything new or too complex. After all, our Father is our Teacher, and to Him there is no order of difficulties, we can enjoy learning at any age. We only need to believe and trust just a tiny bit, remembering it is the Father within us doing the works we call life. Thy Love, Thy Will be done.

Sharing Today’s Gift Will Keep The “Pay Forward” Door Open



Teaching Them And Send Them On Their Way  
“Pay Forward” # 140

Today’s “Pay Forward” gift is – Open Workshops. The face of Alcoholics Anonymous’ meetings changed in the sixties. More and more people were coming to our meetings sporting all kinds of addictions, some primary alcoholics with a poly-addiction, and some with other addictions. A whole new array of addicts show up at our A.A. meetings: some hooked on street-drugs, some on prescription drugs, some on sugar, the list is ad infinitum. What should we do? I realize all 12 Step recovery programs that were successful were based on what those members had in common. The non-alcoholics coming to our meetings had one thing in common; they could not find a recovery program outside Alcoholics Anonymous that worked. The 12 Step programs that dealt with their addiction had no long-term or quality sobriety to share. I was inspired to do open workshops, in which one to apply A.A.’s program. These workshops and workbooks made be downloaded free at [www.12stepworkbook.org](http://www.12stepworkbook.org) I gained a greater understanding how to apply our program in all my affairs. Some of the non-alcoholics that attended our open workshops started their own groups or took their experience to ongoing groups, which addressed their addiction. Thy Love, Thy Will be done.

“Behold, I stand at the door and knock”



Liberation Is A God Thing  
"Pay Forward" # 141

Today's "Pay Forward" gift is – liberation Is A God Thing. Alcoholics Anonymous is a pathway to liberation. I am so grateful I found Alcoholics Anonymous, or it found me. A.A. has opened me to a healing Power that touches everything into wholeness. My life was so fragmented; Spiritually, mentally, physically, emotionally and socially when I reached the doors of Alcoholics Anonymous. I had no idea who I was or where I was going. I found a mystical Power that has transformed my life; I am a new being. My friends and family hardly recognized me; I could hardly recognize myself. My Higher Power, which I choose to call, our Father, had done for me what I could not do for myself. Alcoholics Anonymous has opened the doors and freed me from my self-made prison. It has given me a purpose and meaning, my true place, fulfilling my heart's desire. My total commitment started with no more than a willingness to stop drinking. When I apply the Twelve Steps and Twelve Traditions as a way of life, I became a changed person. All the one hundred and twenty-five promises I found in the first 164 pages of the Big Book have come true. Visit our website for the Promises Inventory [12stepworkbook.org/workshops/thepromisesinventory](http://12stepworkbook.org/workshops/thepromisesinventory) I have more than my share of being joyous, happy and free, at last. Thy Love, Thy Will be done.

Sharing Today's Gift Will Keep The "Pay Forward" Door Open



Circling  
"Pay Forward" # 142

Today's "Pay Forward" gift is – The circling. The law of cause and effect is not something that governs us. Quite the reverse, it is something which we govern. Today I choose to guard my thoughts and action, knowing they will return to me. Let us give away all we want to return. Yesterday I did not guard my thoughts or action for a brief time. When I come to an agreement with me that I will not do, say or think something, and I fail to keep that agreement, I cause myself and those around me problems. I made an agreement with me not to drink coffee; decaf and sugar free or not. Due to the fact, I had been keeping that agreement for a while it would be ok if I had one cup, which I did. I soon experienced my old defect; the "drug" guilt and punishment for breaking my agreement. The way I reacted to that failure was to come down too hard on myself and anyone else that's present. Spiritual wisdom tells us that our thoughts and acts ride on a return circuit, until that world view is replaced. Back to radical training I go, to practice dwelling on my heart's desire. I am willing to forgive myself and everyone else. I hopped out of the ditch, dusted myself off and like the Prodigal Son I turn back Home to our Father. Thy Love, Thy Will be done.

"Behold, I stand at the door and knock"

Friends  
“Pay Forward” # 143

Today’s “Pay Forward” gift is – Friends. “Friendship improves happiness and abates misery, by the doubling of our joy and the dividing of our grief” (Cicero). Philia, friendship is one of “The Six Loves”, for information or for a free download of “The Six Loves” [www.12stepworkbook.org/workshops/sixloves](http://www.12stepworkbook.org/workshops/sixloves). Friendship is based on our common causes. Alcoholics Anonymous offers us endless opportunities to love one another, and to build new friendships. We find ourselves loving others knowing their faults. We seek to see and foster the good in one another. We find ourselves sharing our imperfections without fear of rejection. Friendship in our fellowship let us experience the reality that someone is there for us when, we have the courage to ask for help. As a friend, we can say no, and still be a friend. Our friends in A.A. can point out our defects, not to blame, but to help us correct our defects and become better. A friend always answers our calls even when we are driving each other nuts. A friend lets us feel sorry for ourselves for a short time, and then tell us to get out of ourselves by helping another that is in worse shape than we are. Practicing friendships in all our affairs is a wonderful side effect from living A.A.’s way of life. Come, let us love one another. Thy Love, Thy Will be done.

Sharing Today’s Gift Will Keep The “Pay Forward” Door Open



Guidance System  
“Pay Forward” # 144

Today’s “Pay Forward” gift is – Guidance System. A cross-country commercial aircraft’s guidance system, keeps it on direct alignment ten percent (10%), ninety percent (90%) they’re off course. We have an invisible Guidance System giving us alignment messages. Five of our daily messengers are: Spiritual, mental, physical, emotional and social, offering us current path information. Let’s take the daily messenger, emotions as an example. Our emotions are a natural Guidance System. Experiencing warmth, love, excitement or other positive feelings, we are expansive, moving toward someone or something. This tells us that we are on the right path, in harmony with our mission. We may choose to use their message to correct and expand or deny it, letting it take its own course. As a motivator, the negative emotions are equally important to us. When we experience fear, anger, pain or any negative feeling, it closes us off, move away from someone or something or attacks them. These are warning signals that we are in conflict with our mission path. We designed our Workbooks, Workshops and these “Pay Forward” as messengers; aiding the upgrading our Guidance System. We can use our five daily messengers to broaden and deepen our Step Twelve’s Three Spiritual Gifts: 1. Awakening to our Higher Power, 2. Sharing all the love we are, 3. Being the created individual we are. [www.12stepworkbook.org/workbooks](http://www.12stepworkbook.org/workbooks) download - Three Spiritual Gifts on Five Pathways With Ten Elements. Thy Love, Thy Will be done.

“Behold, I stand at the door and knock”

The Storyteller  
"Pay Forward" # 145

Today's "Pay Forward" gift is – Storyteller. It is important that we share "How It Works." Sharing through storytelling is much more effective. I've been challenged for the radical way of sharing A.A.'s program. Perhaps I take too seriously, the statement, "...we beg of you to be fearless and thorough from the very start." Not dealing with one important fact, cost me dearly. Since then I've never taken my sanity or the program for granite. My radical belief about Alcoholics Anonymous hasn't set well with some. Telling stories about our personal experience, including my radical ideas doesn't confront others' belief. I've learned to listen in A.A. meetings, where we have an abundance of great storytellers, sharing their experience from their heart. I am learning to ask not to tell. When we tell others how to live their program, we encounter resistance. When we offer a suggestion by telling our experience or sharing another's experience that was useful to us, works for me, it really does. I have a long way to go before I am the storyteller, I long to be, but I am preparing daily. Download free workbooks and workshops, based on the Big Book and the 12 and 12 at [www.12stepworkbook.org](http://www.12stepworkbook.org). We do not save that which was lost; we merely discover that which needs to be found. Thy Love, Thy Will be done.

The Listener  
"Pay Forward" # 146

Today's "Pay Forward" gift is – The Listener. "Deafness is darker by far than blindness" (Helen Keller). I'll be 87 my next birthday that's a miracle, with 60 years of sobriety, active in Alcoholics Anonymous; that's a miracle. Listening with my heart, mind a soul does compensate for the physical hearing loss, my hearing aid helps. Fifty years ago, I took a course called Effective Listening. Like most great ideas, it's simple. Our conscious mind thinks at a rate many times the average rate of a human speaking. With the extra time, our conscious mind goes on sidetracks. As long as the listener doesn't go too far on an interesting sidetrack, we're ok. If we don't stay focused on the speaker, we will miss the message the speaker is trying to share. Staying focused on the speaker's message is simple, but not easy. We will need to build a new habit. 1. Be present in the presence of the speaker, if possible. 2. Ask yourself what's the message the speaker is trying to share? 3. Is the speaker able to deliver their message? 4. How could I apply the speaker's message in my life? 5. Any question about the speaker's message, will help you stay focused. If the sharing is one-on-one, or if you are in visual contact with a speaker, they will be aware of our interest and support and thank us for it. Thy Love, Thy Will be done.

Sharing Today's Gift Will Keep The "Pay Forward" Door Open



"Behold, I stand at the door and knock"

“Let There Be...”  
“Pay Forward” # 147

Today’s “Pay Forward” gift is – “Let There Be...”. “We must learn to let go, to give up, to make room for the things we have prayed for and desired” (Charles Fillmore). Let, go and let God for our personal “reality” is being out of control. When God created, He said, “Let there be...” we had our beginning. I want to learn how to co-create by saying, “let there be.” Today when I say I am out of control it doesn’t mean I have no control over my choices and actions, but I mean I have no control over other people and events that show up. Today, I choose to let them be whatever, as is. I choose to let our Father have His way amid the uncontrollable chaos that is ongoing these days. I’m willing to stop fighting anyone or anything. I choose to spend my time and energy helping others, sharing Alcoholics Anonymous’ way of life. I choose to extend love; putting myself and others into the loving Hands of our Father. Practicing our program in all my affairs I will ultimately be in control my choices and actions and find the loving peace, I long for. Let us surrender all we want healed and transformed into workable assets, to our Father within. Let us give away what we want to expand and keep. Let there be - Thy Love, Thy Will be done.

Sharing Today’s Gift Will Keep The “Pay Forward” Door Open



Rule # 62  
“Pay Forward” # 148

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

“Behold, I stand at the door and knock”

Meditation - Our Father's Prayer  
"Pay Forward" 149

Today's "Pay Forward" gift is – Meditation - Our Father's Prayer. Our Father - our Loving Creator, in whom we live, move and have our being. Which art in Heaven – Your omnipresence of Pure Give-Love within, and through, and around all. Hallowed be Thy Name – Holy, Sacred, Whole, Wholesome, Blessed be Your Name; Omni-Love. Thy Kingdom come – Your Love has already come and is ever Present. Thy Will be done – Your Love, Your Nature is always done, which we see with the eyes of faith. In Earth as it is in Heaven – Within Your Earth, Your outer expression of Your Love experienced as it is in Your Holy Presence of Love. Give us this day our daily bread – we have only One Source, first cause for the Bread of Live, for all our needs, You, our Loving Father, all else is secondary. And forgive us our trespasses – for our not loving. As we forgive them that trespass against us – that do not love us. And lead us not into temptation – as the Prodigal Son, going off into the selfish, self-centered world of the illusion of separation. But deliver us from evil – evil spelled backward is live, deliver us from putting our selfish not loving illusions of separation before You Father, Love. For Thine Is The Kingdom – Your Omni-Loving Domain Father. The Power – Father, Your Omnipotence Is The Only Real Power, alone and unaided we are powerless. And Glory – let us give thanks for Your Majestic Beauty and Splendor Omni-Unconditional Love and Your Omniscient, All-Knowing-Love. Thy Love, Thy Will be done.

Sharing Today's Gift Will Keep The "Pay Forward" Door Open



Conviction  
"Pay Forward" 150

Today's "Pay Forward" gift is – Conviction. I have confidence in myself as I have confidence in our Father. "Except the Lord builds the house, they labor in vain that build it" Psalm 1:27. I've learned to rework the Twelve Steps when I am experiencing an ongoing problem, if the problem is dealing with my relationships, I rework the Twelve Traditions. These accounts for the reason I have written twenty workbooks and workshops, to aid in my fulfillment, these works are always free, [www.12stepworkbook.org](http://www.12stepworkbook.org). These works are based on the Big Book and or the Twelve Steps and Twelve Traditions publish by Alcoholics Anonymous. Bill Wilson wrote that we are problem people, no kidding. Each time I rework the program on any area of my life my conviction in A.A. grows. I am convinced that my mission is the right road for me. I do take a radical approach in sharing the program; a road less traveled, which works for me. It should not matter all that much what others think about my way of living Alcoholics Anonymous, even when they intensively disagree, but it does matter to me. My own conviction at times is all I had, but it was enough to keep me on my mission path. I am convinced that Alcoholics Anonymous is a divine service to our father without ceremony or creed, an illumined walk by grace. Each of us has a unique part to play in the healing of the world, only we can fill. Thy Love, Thy Will be done.

"Behold, I stand at the door and knock"

Awakening – My First Mission Element  
“Pay Forward” # 151

Today’s “Pay Forward” gift is – Awakening - My first Mission Element. Each created being is given a mission; our Father’s Will - expressed through us. Being in harmony with His Will, allows us to experience our fulfillment and make a good difference, daily if we choose. Working A.A.’s Steps and daily living them, we are Spiritually Awakened. Our awakening opens the doors to our higher consciousness, A.A. clears away the clutter. All Spiritual paths have these ten elements, coming to each one under different names and order of importance. We will share over the next nine days. Awakening was given to me on my A.A. Spiritual journey. These elements often come at a significant price; detaching from our personal “reality’s” illusions of separation. Our A.A. Program is great at chipping away all that is not our mission. I realized we have a silent invisible Omnipresent Power within doing the works called life. As I awakened my entire value system changed. My heart’s desire became the desire to be and to do our Father’s Love, and His Will. To practice A.A.’s Spiritual principles in all my affairs is the secret life I always wanted. I awakened at a place I had always been in union with our Father within. Sharing my mission elements is a gift, not a burden. I love this way of life. Come let us be about our Father’s Business. I am an awakened awakener awakening Thy Love, Thy Will be done.

Sharing Today’s Gift Will Keep The “Pay Forward” Door Open



Love - My Second Mission Element  
“Pay Forward” # 152

Today’s “Pay Forward” gift is – Love - My Second Mission Element. Yes, I believe God is Love. “Love has no other desire but to fulfill itself” (Kahlil Gibran). I believe our Loving Father has no other desire for each of His creations than to fulfill His Loving Will, in His image and likeness. My days are devoted to acting as if I am the intended lover, loving; serving others. Our Father created us in a way that we have to share with one another. Our Father is always the Solution to every question and problem; that’s saying love is always the solution. I have come to this point in life; my heart’s desire is how can Thy Will, Thy Love be done Father 24/7? My plan of action, for practicing my heart’s desire is to lovingly nourish myself and others. In other words, I am to practice Alcoholics Anonymous’ Spiritual principles in all my affairs. As I fall short of my heart’s desire; falling in an old ditch I quickly get out of it, dusted myself off and returned to love. We are told the pure in heart will see God. I have no illusions that I will become pure in heart, but I can see our Father’s Loving Will with the eyes of faith. I can stop my chatter. I look for the Presence of our Father’s handy work. I asked myself what would Love do? I can listen and follow His loving directions. Come let us love one another. I am a beloved lover loving Thy Love, Thy Will be done.

“Behold, I stand at the door and knock”

Healing - My Third Mission Element  
"Pay Forward" # 153

Today's "Pay Forward" gift is – Healing - My Third Mission Element. Father I am so grateful for Alcoholics Anonymous; a healing way of life. Millions of A.A. members have experienced miracle healing. I feast on a Divine Food Plan, One Source, which nourishes my whole being, unearned. I'm willing to pass my healing on; as a healed healer healing. My physical body is my mission vehicle. I'm given an abundance of all I need to carry out my healing mission, I claim it and take the needed action. When I have problems with my computer, I turn off the power and reboot it, returning it to its default programs. A Spiritual healing treatment follows the same process. Stopping the useless chatter is equal to turning off my personal power. I surrender the problem to our Father, raising my consciousness above the problem and reclaiming the individual Divine Design, which is the Spiritual default program. I seek and find our Father's indwelling Presence. I have confidence as a healed healer healing by having confidence in You, Father. It is You within doing the works called life. The desire for wholeness, calling for healing and love, is at the heart of human striving. Though we may sense these possibilities exist only faintly, they evoke a deep longing for fulfillment. This longing is the essence of what makes us both human and divine. My love is a healing power touching everything into wholeness, an extension of our Father's Healing. I am a healed healer healing Thy Love, Thy Will be done.

Sharing Today's Gift Will Keep The "Pay Forward" Door Open



Teaching - My Fourth Mission Element  
"Pay Forward" # 154

Today's "Pay Forward" gift is – Teaching - My Fourth Mission Element. We are all students and teachers. We are teachable students for our heart's desire, driven toward it by our Higher Self. We are encouraged and driven by an unseen silent Power to be the individual we are. We are teachers of our heart's desire as our individual expression of life. "What you are shouts so loud I cannot hear what you say." The best way to receive what we really desire is to give it away. The more we teach it, the more we increase our capacity to receive it. The teacher and the student are the same person becoming our Father's Love and Will. We teach by our actions and non-actions what we believe. When out of alignment with our heart's desire, we experience a Divine discontent, we can choose once again. At each beginning, I say Father; His Name reminds me Who's my Source and my True Teacher. I am a taught teacher teaching. Everyone, every event great or small has a purpose, we are teachers and students. When I say, Father, I am demonstrating my heart's desire's intention to express His intention. Come let us be the teacher and student of the love we are. I am a taught teacher teaching. Thy Love, Thy Will be done.

"Behold, I stand at the door and knock"

Forgiveness – My Fifth Mission Element  
“Pay Forward” # 155

Today’s “Pay Forward” gift is – Forgiveness – My Fifth Mission Element. Anger continues to popup, but Alcoholics Anonymous taught me, if I don’t dwell on anger, it will not turn into resentment. The word resentment comes from a word meaning to re-feel. I am most often quick to forgive. Quick to forgive is a great idea and acts like a fix. It does not heal or change the defective judgment, behind the resentment. Forgiving is like moving the furniture from one room to another, when we finish, it is still the same house. Growing up selfish, self-centered and feeling sorry for myself gave me opportunities to build my “prehistoric” judgment of unfairness. My unfairness judgment just pops up. I accept complete ownership of my judgment about unfairness. I surrender to our Father what’s causing my need to forgive. I am given the grace to react with love and mercy that’s proof that my “prehistoric” judgment is transformed into an asset; I can share. I’ve been unable to forgive at times, there is a solution. What I can do is my responsibility, what I cannot do is our Father’s responsibility, which includes my inability to forgive. I want to be free from all resentments, but at times I can’t, alone and unaided. I turn my inability to forgive over to our Father one hour or one day at a time. Once again, He does for me what I cannot do. I am a forgiven forgiver forgiving, by His loving grace. Thy Love, Thy Will be done.

Sharing Today’s Gift Will Keep The “Pay Forward” Door Open



Empowerment – My Sixth Mission Element  
“Pay Forward” # 156

Today’s “Pay Forward” gift is – Empowerment – My Sixth Mission Element. Empowerment is the ability to do and to be. The ability to do and to be our Father’s Will and His Love are an answer to my prayers, in which I am truly grateful. When I witness any misuse of power or bullying an old resentment is a trigger, which is disempowering. For me to say, this power-outage is “prehistoric” is no misnomer. Much of my violence was the result from this defect. The effectiveness of any action good or bad depends upon the source from which it springs. Judging, blaming or explaining my reaction to another’s misuse of power, blocks me from my Solution. I am empowering that person or thing by making them the source of my defect. They may be wrong, but I am empowering them as if they determine my reaction. These events are warning signals that I do not trust our Father as my only True Source. Here is my plan of action, when the “misusers” show up, causing a power-outage; I will remind myself that I am their enabler, making me a victim and others my source. By owning the defective pattern, I can surrender it to our Father, disempowering it. My prayers reaffirm that You Father are our only True empowering Source. I ask You, Father to dismantle this defect, by transforming it into a serviceable asset. I am now an empowered empower-er empowering my mission and loving every moment of it. Thy Love, Thy Will be done.

“Behold, I stand at the door and knock”



Enlightened – My Seventh Mission Element  
“Pay Forward” # 157

Today’s “Pay Forward” gift is – Enlightened – My Seventh Mission Element. Out of enlightened self-interest let’s bless everyone and everything, then we can believe everyone and everything is blessing us. Love is the greatest gift we can receive; let’s extend love to everyone, every-created being, which is an expression of enlightened self-interest. There is no difficulty that enough love will not heal. Out of enlighten self-interest let’s lovingly embrace our defects, love our enemy. These enemies come in all shapes, forms and sizes; fears, anger, selfishness, self-centeredness, ad infinitum, let our Father’s Love heal them. Out of enlightened self-interest let us look for the good in everyone and everything; it’s always present. When our vision is off the Spiritual path, bless everyone and everything anyway. Let’s let go and let the Boss dissolves what is not love, yes, again out of enlightened self-interest. Let’s go for the easier way extending the love we are. “Whatsoever a man soweth that shall he also reap.” Let’s treat our affirmations for those things we want into love seeds planted into our Father’s fertile ground. We are surrounded by love. We are radiating love. We were created by Love, for love. We are sustained by Love. We are all expressions of Love. Yes of course, out of enlighten self-interest, we are loving ourselves. Let us be about our Father’s Loving Business. Our Father has transformed our selfish, self-centeredness into enlightened self-interest. I am an enlightened enlightener enlightening. Thy Love, Thy Will be done.

Sharing Today’s Gift Will Keep The “Pay Forward” Door Open



Enrichment – My Eighth Mission Element  
“Pay Forward” # 158

Today’s “Pay Forward” gift is – Enrichment – My Eighth Mission Element. “The cave you fear to enter holds the treasure you seek” (Joseph Campbell). What is the cave I fear to enter? Is it the unknown? Is it Love? Is my cave lack and limitation? Is it intimacy? Is it letting go of my personal “reality,” dying? Questions like these springs from the illusion “Law of Scarcity.” There is only One solution, One Source for these and many more questions, it is our Father within. I willingly enter the present dark cave with an abiding faith in His Grace, although I enter with fear and trembling. Alcoholics Anonymous has taught me to be fearless as I enter the unknown caves. I am enriched in conscious union with our Father. I long for an intimate relationship with Him. I am enriched by giving away what I most want. Giving and receiving is one. Alcoholics Anonymous opened my awareness of a Divine Treasure-House beyond my fondest dreams. I am enriched by sharing these gifts as a partner within our Father’s Business. Each treasure is consistently upgraded, expanding. My enriched way of life depends on our Father within and my willingness to do and to be His Will. This is not earning His grace; it is only opening us to it. A.A. has taught me when I enter darkness to turn the Divine Light on. If we want more love, share your present love and experience it grow. Let us do our shopping at our Father’s Storehouse. I am an enriched enricher enriching Thy Love, Thy Will be done.

“Behold, I stand at the door and knock”

Communication – My Ninth Mission Element  
“Pay Forward” # 159

Today’s “Pay Forward” gift is – Communication – My Ninth Mission Element. “If you talk to a man in a language he understands, that goes to his head. If you talk to him in his language that goes to his heart” (Nelson Mandela). Learning how to communicate has been a difficult task and still is. “What you do speaks so loudly that I cannot hear what you say” (Ralph Waldo Emerson). We are always communicating our true beliefs. Understanding that humans hear even when they’re under anesthesia, in a coma, or asleep, I’m careful what I am communicating. We are always in our Father’s Presence. I am building a habit of remembering He is in my presence. Intuitively knowing He is within every created being, let my communicating reflect that Truth. I say Father at the beginning of my communications, at that moment I am in His Presence, and He is in mine. Let my communication reflect the love we are, let it be conscious and consistent. Love is our universal language, silently is our Father’s first language. In His image and likeness, my love is flowing from my heart out into the world. Seeing those I am communicating with a smile, tells me I am on the right path. Let our thoughts, feelings and actions communicate our Father’s Love and His Will. I am a communicated to communicator communicating. Thy Love, Thy Will be done.

Sharing Today’s Gift Will Keep The “Pay Forward” Door Open



Co-Creator – My Tenth Mission Element  
“Pay Forward” # 160

Today’s “Pay Forward” gift is – Co-Creator – My Tenth Mission Element. I built an "early-warning system," which tells me when I am co-creating or when I am making things up. Practicing my mission, I must sacrifice is those things I made up, both the too limited good and the bad. Life is a constant upgrade. I intuitively know when I am on the Spiritual path, I react as a co-creator. Humility tells it is our Father within doing the works, a clear sign that I am in harmony with His Will, which is my mission. Our Father consciously communicates with us Spiritually in His first language, silence; we will intuitively know what we currently need to know. Mentally, we are co-creating when we are in union with the Divine Mind. I am co-creating when I am rewriting and rewiring my personal “reality.” Physically, we are co-creating when we are expressing our Divine Design. Let us carryout what we are guided to do and to be; as an outer expression of our Father’s Will. Emotionally we are co-creating when we are sharing the love we are. Alcoholics Anonymous teaches us to give freely what we are given, unconditional, seeking no personal gain. Socially, we are co-creating when we are sharing our life, our mission, as our Father intended. In other words, we are created co-creators co-creating as we practice the other nine mission elements, and forgive ourselves when we don’t. Thy Love, Thy Will be done.

“Behold, I stand at the door and knock”

A Reminder  
"Pay Forward" # 161

Today's "Pay Forward" gift is – A Reminder. When I can't make a conscious contact with our Father, I remind myself that He is always Present within us. One of His attributes is infinite Intelligence. This infinite Intelligence is so close, yet I often miss it or forget it. When I cannot make a conscious contact with our Father, I can consciously realign myself using affirmations or simple reminders of a few facts. I remind myself of the miracle going on in my body here and now. His Infinite Intelligence within is changing the food I ate into flesh and bones, thoughts and energy and all forms of life providers beyond my ability to understand. If I had all the money in the world and every known resource, including the best brain, I could not reproduce what is going on in the least of us. Too often has the illusion that we are without recourse or power to heal our dilemma. Chipping away everything not our Father's Will, as we uncover it, opens the doors within. We need look no farther for all our needs to carry out His will. Alcoholics Anonymous gives us the tools we need to cause an awakening to our Father's omnipresence. At least twice every day I seek through prayer and meditation to improve my conscious contact with our Father. With all my heart, mind and soul, I want to do and to be His Love and His Will.

Sharing Today's Gift Will Keep The "Pay Forward" Door Open



Transcending Our Limits  
"Pay Forward" # 162

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

"Behold, I stand at the door and knock"

As We Choose  
"Pay Forward" # 163

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

Sharing Today's Gift Will Keep The "Pay Forward" Door Open



The Road Less Traveled  
"Pay Forward" # 164

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

"Behold, I stand at the door and knock"

Bankrupted Idealist  
“Pay Forward” # 165

Today’s “Pay Forward” gift is – Bankrupted Idealist. Bill Wilson once wrote that we were bankrupted idealist. For many of us our dream of a joyous, happy, fulfilling life of purpose is awakened. In our second textbook, The Twelve Steps and Twelve Traditions in Tradition Six Bill was poking fun at our idealistic dreams. “Alcoholics Anonymous might prove to be the spearhead of a new spiritual advance! We might transform the world.” For millions around the world, this became true. For one alcoholic using our Program, seven are using it for other living problems. We are practicing the most important Christian Principle: To love our Higher Power first and love others as if they are ourselves. How could we not love this Higher Power? We share our Program with those who still suffer. Sharing is a form of love, so we are loving one, another and ourselves. Only the grace of a Higher Power could transform this selfish, self-centered being, such as; I was into a purposeful giver. Out of enlightened self-interest, I am a beloved lover loving. Helping another we are helping ourselves, not purely unconditional, but it is close. The spiritual blind, see. The spiritually deaf hear the Holy Voice of wisdom through recovering members. The lame paralyzed with fear walk out into freedom. Twelve Step work and sponsoring cause us to be lovers. Come. Let us love one another. Thy Love, Thy Will be done.

Sharing Today’s Gift Will Keep The “Pay Forward” Door Open



Love - The Greatest Thing In The World  
“Pay Forward” # 166

Today’s “Pay Forward” gift is – Love - The Greatest Thing In The World. Our Father, Creator is Love, which means you, and I are expressions of Love. He Created life in a manner that all must share with other forms of life. No living creature can stand alone. Sharing is love; I call that Primal love. Around 1884 Henry Drummond wrote The Greatest Thing In The World, a tiny little book with a very large message. A commentary on 1 Corinthians 13. Most of us have asked, “What is the supreme good?” Is it Faith? Is it Hope? Is it Love? The greatest of these is love. For the next nine days, we will focus on the spectrum of love. Drummond listed nine elements of love. They have common names. They are things everyone can practice daily. The nine ingredients are: Patience, Kindness, Generosity, Humility, Courtesy, Unselfishness, Good Temper, Innocence and Sincerity; these make up the supreme gift. You will observe that all of these are into the known today and the near tomorrow, and not to the unknown eternity. Having a burning desire for more and more understanding and experience sharing love inspired me to write the workshop on The Six Loves. Free download at [www.12stepworkbook.org/workshops/sixloves](http://www.12stepworkbook.org/workshops/sixloves). All forms of love make the greatest “Pay Forward” gift to give and receive. Thy Love, Thy Will be done.

“Behold, I stand at the door and knock”

Patience - The First Everyday Love Ingredient  
"Pay Forward" # 167

Today's "Pay Forward" gift is – Patience - The First Everyday Love Ingredient. Patience; this is the normal attitude of love; Love passive; Love waiting to begin; not in a hurry; calm; ready to do its work when the summons comes. Meantime, love is wearing the ornament of the meek and quiet spirit. Love suffers long; bears all things, believes all things; hope all things. For Love understands and waits. When I was impatient, I found that I had bought into an idea, there was no value in my being with this person, for him or her or me. I realized the core of my impatience; was my negative judgment. That realization caused me to change the way I share with others. After I surrendered my judgment to our Father, I built a new habit for patience. My new habit was to affirm that each one brought me a gift, and I had a gift for them. If I failed to practice my plan of action, I missed the gift. I realized that patience is an important element of love. Alcoholics Anonymous' Step Twelve's second Spiritual Gift is love "...we tried to carry this message...", "sharing is an expression of love. I find it's easier to practice patience with those I share with, knowing there is a purpose. The same principle holds true for my impatience about events or circumstances. I love extending this upgrade of expecting something of value, to give and receive. Thy Love, Thy Will be done.

Sharing Today's Gift Will Keep The "Pay Forward" Door Open



Kindness - The Second Everyday Love Ingredient  
"Pay Forward" # 168

Today's "Pay Forward" gift is – Kindness - The Second Everyday Love Ingredient. I get an overwhelming gratitude for our Father and Alcoholics Anonymous, when I reflect on kindness. Everyday around the world members of A.A. are sharing acts of kindness, some intended, some random. When we share Alcoholics Anonymous' wonderful gifts, asking nothing in return, its extra special. For additional suggestions, go to the Internet and ask for a list of random acts of kindness. I affirm: "I am Kind; my love is active. I enjoy merely doing kind things. Any kindness that I can share with anyone let me do it now in a wise and loving way. I will not defer it nor neglect it, for I will not pass this way again." Sharing is indispensable. Out of an enlighten self-interest, I am as kind as I can be; it's better to give than to receive. If I share what I want; like loving-kindness, then I believe that others will do the same for me. The same principle holds true about withholding; I believe others will withhold from me. I built a habit; being as kind as I can be here and now. Knowing that kindness is an act of love, and love is a big part of my heart's desire. I freely offer kindness, openly or silently. Thy Love, Thy Will be done.

"Behold, I stand at the door and knock"

Generosity - The Third Everyday Love Ingredient  
"Pay Forward" # 169

Today's "Pay Forward" gift is – Generosity - The Third Everyday Love Ingredient. I affirm: I am sharing my generosity. I am Your child, Father, and a loving brother to all, which means You are our only true Source. I bestow my goods, my gifts, and my talents to whomever I am drawn to. I share freely with all of my heart, mind and soul out of the abundance I am receiving, as I am directed. My sharing by Your grace, Father does make a difference. This is a good time to remind us that an affirmation is like planting the seeds of what we want in our life. These seeds that we plant are in the present tense, into the ground prepared by working our Program here and now. We need to nourish these plants by practicing A.A.'s Spiritual principles in all our affairs. We will awaken at our harvest time. We gather the fruits and share then. This act of generosity will increase our abundance and build the Spiritual, mental, physical, emotional and social equivalents to contain the increase. We are learning how to give of ourselves, and this is generosity at its best. "For to be over-mindful of your debt, is to doubt his generosity who has the freehearted earth for mother, and God for Father." Thy Love Thy Will be done.

Sharing Today's Gift Will Keep The "Pay Forward" Door Open



Humility - The Fourth Everyday Love Ingredient  
"Pay Forward" 170

Today's "Pay Forward" gift is – Humility - The Fourth Everyday Love Ingredient. I affirm: "I am living in a conscious state of Humility; I have the gift of knowing, that You, Father, are our True Source. You are the First Cause of everyone and everything. Each time I finished sharing; I put a seal on my lips. I go back into the shade again and say nothing about it. I wait for the next gift to receive and pass on. I am an open channel, an agent of Your Love, Your Will, Father." I have a growing understanding of how I related to our Higher Power; I choose to call our Father, to other created beings and to me; that's humility. I was having my eyes examined, and the doctor asked if it was better or worse. I replied that it is still cloudy. He said to me, I asked you if it was better or worse not if it was perfect. That's the way most of my relationships are, it's getting better, but not perfect, but better than it ever was. My greatest gift of humility is when I experience the Spiritual discernment, that intuitively knowing what I can do, and what I cannot. That most wonderful promises from the Big Book page 84 – "We will intuitively know how to handle situations, which used to baffle us." Thy Love, Thy Will be done.

"Behold, I stand at the door and knock"

Courtesy - The Fifth Everyday Love Ingredient  
"Pay Forward" 171

Today's "Pay Forward" gift is – Courtesy - The Fifth Everyday Love Ingredient. I affirm: "I express Courtesy, the love in little ways, thoughtful things. With a gentle heart filled with Your loving grace, Father. I am expressing love at all levels, with all beings, in a conscious union with Your Will, Father. I look for Your Presence within each of Your Creations." This fifth element of love is a little strange to find listed as part of the greatest thing or good, but there you go. Humor today; is to put one and other down. To make fun of people, places and things, this is a far cry from being courteous. It is often unkind, thoughtless and unloving. I see how important it is for me to practice this everyday expression of love, courtesy in all my affairs. Politeness, respectfulness or courtesy is love in trifles. To "practice these principles" in all my affairs, I must go to the core principle of our Program; love for our Higher Power is love. Out of enlightened self-interest I choose to return to love, extending love in and to all great and small. I believe the lack of courtesy, of love-less-ness has no place in our A.A. way of life. In our Program, I have experienced a special gentleness, caring, empathy; I can translate as love in the everyday stuff in the best and worst of times. I am reminded if I want more love I am to plant more love seeds. Thy Love, Thy Will be done.

Sharing Today's Gift Will Keep The "Pay Forward" Door Open



Unselfishness - The Sixth Everyday Love Ingredient  
"Pay Forward" 172

Today's "Pay Forward" gift is – Unselfishness - The Sixth Everyday Love Ingredient. I affirm: I am unselfish out of enlightened self-interest. By giving of myself, I am a master receiver because I am proof that others give to others. I give but little when I give of my possessions. It is when I give of myself self that I truly give. "Selfishness, self-centeredness! That, we think is the root of our troubles. Driven by a hundred forms of fear, self-delusion, self-seeking and self-pity, we step on the toes of our fellows, and they retaliate" (Page 62 of the Big Book). When I came through the doors of Alcoholics Anonymous, I was running on a survival mode. I wore everyone out. I felt like I had to look out for me, no one else would; I was totally self-concerned. I had no conscious contact or working relationship with a Higher Power. In effect, the Program became my Higher Power. I was fortunate enough to join a group of workers in A.A., who believed in carrying our message. I found myself giving of myself asking nothing in return, because of the living examples of the dedicated members of our group. I could see that it worked. I experienced myself sharing unconditional love, more concerned for someone else than myself. Our Program gives us so many ways we can practice unselfishness, for that I am truly grateful. Thy Love, Thy Will be done.

"Behold, I stand at the door and knock"



Good Temper And A Good Sense Of Humor  
The Seventh Everyday Love Ingredient  
“Pay Forward” 173

Today’s “Pay Forward” gift is – Good Temper And A Good Sense Of Humor - The Seventh Everyday Love Ingredient. I affirm: I have no competition with any other, because You, Father created each of us as an individual with a special meaning and purpose. I don’t make a capital crime out of any faults, another or mine. I am quick to seek correction, not punishment. Being nonjudgmental of “sins” of the physical world and “sins” of the disposition, we have no need to forgive. Next to the last time, my dad fired me; he told me that I would have to work for myself or by myself, because I just could not get along with anyone. That was so true. A.A.’s Steps enabled me to realize and accept my habits of thoughts and feelings, in other words, my personal "reality." I never had a loving relationship for long with anyone, which was beginning to change. I discovered how to use our Twelve Traditions in all my relationships. I learned to apply them to A.A., family, friends and business. Applying these Traditions caused a major shift in every relationship. I am grateful to have loving, productive relationships. Practicing these Spiritual principles in all my affairs, enable me laugh at myself and with others. We can experience joy, happiness and freedom, to a degree, never dreamed of. Thy Love, Thy Will be done.

Sharing Today’s Gift Will Keep The “Pay Forward” Door Open



Innocence - The Eighth Everyday Love Ingredient  
“Pay Forward” 174

Today’s “Pay Forward” gift is – Innocence - The Eighth Everyday Love Ingredient. I affirm: I realize the innocence in others and me, which is our Higher Self. I encourage all to chip away all which is not our Higher Self. I co-create an atmosphere of love, peace, harmony and conscious union with our Father, wherever I am and whomever I am with. Our innocence is beyond our human understanding. Even so, it is ever present within our Higher Power's Presence. When I reached the doorsteps of Alcoholics Anonymous, I could not imagine having a concern for innocence. Hearing A.A. members speak from their heart is a special kind of innocence. There is something within me that knows I am more loving and valuable than I can prove; that’s too is a special innocence. Years ago, I inventoried every relationship I could remember, looking for that special innocence. I did find one thing in common; the beginning and ending. If I believed you believed in me, it was the beginning. When I no longer believed you believed in me, it was the beginning of the end. At one time, I viewed innocence as a weakness, now I view it is a great strength. Awakening to our Father within lets me see the innocence, the love, the Presence within others and me. Alcoholics Anonymous taught me to seek and find our Father’s Omnipresence; that which cannot be corrupt. I respect others for what they are becoming; I respect myself for what I am becoming. Thy Love, Thy Will be done.

“Behold, I stand at the door and knock”

Sincerity - The Ninth Everyday Love Ingredient  
"Pay Forward" 175

Today's "Pay Forward" gift is – Sincerity - The Ninth Everyday Love Ingredient. I affirm: I am sincere in all I do, say, think, feel, share and pray. I search after the truth and a consciousness of Your Holy Attributes, Father. We're created in Your image and likeness, Father, meaning we have some of the same attributes. I am sincerely seeking and finding ways to practice the attributes; You awaken me to. With a humble heart, mind and soul, I sincerely pass on the gifts of awakening You bless us with. Sincerely living Alcoholics Anonymous is an enlightened way of life. A bank robber was asked why he robbed banks, and he replied, because that is where the money at. When I experienced our Father doing for me what I cannot do, I turn with gratitude within to Him, where I find an abundance of everything, I needed and want. Out of an enlightened self-interest, I pray sincerely with all my heart, mind and soul for our Father's Love and Will be done. Father, I am sincerely Yours. My heart's desire is to express Your Will as You created me. My personal "reality" is no substitute for Your Reality. Now, I'm given the willingness to believe in you and me, to carry out our mission. When I hear an A.A. member share from their heart, I know the real meaning of sincerity. An intuitive knowing, is a sure sign grace answered my sincere prayer. Thy Love, Thy Will be done.

Sharing Today's Gift Will Keep The "Pay Forward" Door Open



Training The Whales  
"Pay Forward" 176

Today's "Pay Forward" gift is – Training The Whales. When SeaWorld first opened I took one of my grandsons to watch the training of the whales. I learned a simple lesson that works in most relationships. The trainer would set the bar at a starting level, when the whale reach that level the trainer would reward the whale with a treat. When the whale failed to reach the new level, the trainer paid no attention to the whale, [note the whale was not punished]. The trained continued raising the bar each time the whale reaches the new goal until the whale reached the desired goal. Try this with someone you love; each time they do something that pleases you let them know you really like that. When they do something that does not please you don't pay any attention to it [don't punish them or show your displeasure], just let it pass by unattended. Do this for 40 days; don't tell them what you are doing, just do it. Yes, I know we are not whales but most of us love to be told or shown when we are sharing something of value with a love one. Thy Love, The Will be done.

"Behold, I stand at the door and knock"

Fool's Gold Or Pure Gold?  
"Pay Forward" 177

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

Sharing Today's Gift Will Keep The "Pay Forward" Door Open



The Seven Day Mental Diet  
"Pay Forward" 178

Today's "Pay Forward" gift is – "The Seven Day Mental Diet." The subject of diet is one of the foremost of the present day in public interest. Newspapers and magazines teem with articles on the subject. Emmet Fox wrote that 85 years ago, first in a pamphlet later in his book "Power Through Constructive Thinking." Emmet Fox deals with the subject of mental dieting, infinitely more profound and far-reaching in its effect than a food diet. It is the food (thoughts) we furnish our minds that determine our experience. There are no neutral thoughts, and all thoughts are personal. Change our minds and our conditions change. *"We are transformed by the renewing of our minds."* The prescription is simply but not easy. For seven days, you must not allow yourself to entertain or dwell on any negative thought or feeling. When anger, fear, failure, negative thoughts and feelings come to mind, just don't dwell on them. If we were sitting by an open fire when a red-hot cinder flies out and falls on our sleeve, if we knock it off at once, no harm is done. This diet seems to stir up all sorts of difficulties; that's a good sign, because there is movement. If you lapse you must go off the diet altogether and then start again later. Do not tell anyone that you are on this diet; wait until it's over. Thy Love, Thy Will be done.

"Behold, I stand at the door and knock"

Asking  
“Pay Forward” 179

Today’s “Pay Forward” gift is – Asking. I affirm my gratitude for another day of loving, mercy and purpose, I am so blessed. As I prayed in the silence of my soul, I intuitively known it is You, Father within me, within all Your creations, doing the works called life, all Life. I am inspired by Your loving invitation saying, come and let Me love, heal, teach, forgive, empower, enlighten, enrich, communicate with you and co-create with you, and I will, I have, I am. My heart is pulsating with the infinite rhythm of life. In the spirit of trust, I ask You, Father:

- ✓ For the intuitive knowing of Your Omnipresence, Omnipotence and Omniscience, Father.
- ✓ For Your Divine Love to flow throughout my whole being and out in the world, unconditionally
- ✓ For my mind to be in conscious union with Your Mind.
- ✓ For the eyes to see with the vision of Your Holy Son.
- ✓ For the ears to hear Your Holy Voice.
- ✓ For the nostrils to inhale Your Divine Inspiration and to exhale all that is spent.
- ✓ For the tongue to speak you Holy Words.
- ✓ For the mouth to consume Your Holy Bread
- ✓ For the hands to receive Your Divine Abundance and to pass it on
- ✓ For the arms to embrace all I am drawn to with the perfect love here and now
- ✓ For the feet to carry out Your Will.
- ✓ For Thy Love, Thy Will be done.

Sharing Today’s Gift Will Keep The “Pay Forward” Door Open



Me And My Shadow  
“Pay Forward” 180

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

“Behold, I stand at the door and knock”

Must Be Present To Win  
“Pay Forward” # 181

Today’s “Pay Forward” gift is – Must Be Present To Win. Serving those who are actively into their alcoholism or other chemical addiction, grossly limits what Alcoholics Anonymous can do for them. We can plant the sobriety seed that one day may pop up. Like a flower popping up through concrete, it is truly a miracle. We always get something of value by planting the seed. I don't know of any program, which can aid these people. It's simple, when the time comes to face the healing process; these people avoid it by indulging in their addiction. Commonsense tells us we need to abstain while working on this healing process. The mind that made us sick cannot make us well in its present state nor under the influence of the addiction. We cannot get to those conditions and causes of our alcoholism or addiction if we are unwilling or unable to face and own them. We need something Higher than us, different from us, other than us, that can and will do for us what we cannot do for ourselves. Alcoholics Anonymous is a mind training and Spiritual Awakening Program, so it is important to be consciously present. I was present when I worked A.A.'s Steps, causing an awakening to our Father's Presence within all of life. I love those moments when I am conscious of being in His Presence, and He is in my presence. Thy Love, Thy Will be done.

Sharing Today's Gift Will Keep The “Pay Forward” Door Open



As You Understand Him  
“Pay Forward” # 182

Today’s “Pay Forward” gift is – As You Understand Him. Now I realize the wisdom in A.A.'s suggestion to seek a Higher Power of our own understanding. Our Creator is infinite; humans are finite; our mind is unable to understand our infinite Higher Power. However, we have what it takes to seek and to ask for help. It is suggested that we seek and find helpful guidance and needed supplies. I experienced the realization that my personal “reality” was not Reality. I started looking for a Higher Power that could do for me what I could not. See page 45 Alcoholics Anonymous. I have an invisible means within me from birth, or I would not be. Call it luck, grace or whatever, I choose grace. I believe we have the same Creator; I choose to call our Father. I can't identify with or fully understand others or their purpose, but I believe they do have a purpose. It is enough for me to seek and find my Higher self and my purpose. My experience in Alcoholics Anonymous has introduced me to our Father, and to me. There are many self-made detours from our individual paths, but all lead us Home. I choose to accept and embrace my divinity, such as it is, I am lifted and guided by that invisible means of support. Come let us love one another. Thy Love be done.

“Behold, I stand at the door and knock”

A Way Out  
"Pay Forward" # 183

Today's "Pay Forward" gift is – "A Way Out." Bill W. thought about naming the Big Book, "A Way Out." For many of us, that title fit us to a tee. I came to believe there was a way out for some but what about me? Working the Program the best, we can is the solution. We awaken to a new level of consciousness; we intuitively know our next move. I yearned for an impossible peace. I experienced a peace that surpasses all human understandings, sometimes for only a brief moment; that's enough proof of its Reality. Our defects and inadequate feelings turn out to be opportunities to let our Higher Power do for us what we couldn't do. Each time I let go and let our Father have His Way; my Spiritual Awakening becomes more real. When I am disappointed in myself or others, I am not letting Him do His Job. He has His ways of remaining anonymous. I pray He will break His anonymity more often. At times, my faith in His Love, His grace and His Mercy takes more courage and faith in the unseen than I have. I'll let Him tend to that also. What appears to be a "bad break" or a disappointment turns out to be just what I needed. What I thought was "bad news" turned out to be an anonymous visit from the Boss; He is always Present within each of us. I love to meet You on my way out. Thy Love, Thy Will be done.

Sharing Today's Gift Will Keep The "Pay Forward" Door Open



A Fluent Communicator  
"Pay Forward" # 184

Today's "Pay Forward" gift is – A Fluent Communicator. I want so much to communicate fluently in our first language, silence. We do it all the time by sharing with others, consciously or subconsciously; we radiate or project our real thoughts and feelings silently. What I really want is to consciously communicate in our first language with our Father/Creator within. I am practicing prayer, meditation and contemplation daily seeking and finding that Divine union, sometimes. I hunger and thirst for more. I share Spiritual treatments; raising my consciousness above the level of my personal "reality." I am willing to stop dwelling on a problem and focus on some aspect of our Father/Creator [Be still and know I am God]. There are endless ways to turn toward our Father/Creator to improve our conscious contact with Him. I have tried many, and I will keep on keeping on. I know our Father/Creator is within each of His Creations, then why does it seem so hard to directly communicate with Him? I ask that He reveal Himself; His Love, His will. Is that asking too much? I ask for the eyes of faith to see, the ears of faith to hear, the mouth of faith to speak, to communicate in our first language. If it is Your Will, Father, if not, please direct me to Your Will. Teach me to communicate my mission more and more effectively. Thank You Father. Thy Love, Thy Will be done.

"Behold, I stand at the door and knock"

Be Faithful  
"Pay Forward" # 185

Today's "Pay Forward" gift is – Be Faithful. "We are called upon not to be successful, but to be faithful." [Mother Teresa] What am I faithful to? I believe being the individual I'm created as, and to respect and honor that Divine Design is a sure sign of faithfulness. For me, faithfulness is living the A.A.'s Program; sharing the gifts I am given. Someone once said: "The sweetest of all sounds is praise." Too bad we don't hear it more often. I cannot remember the last time I praised myself. It's not prideful to praise ourselves, as long as we remember our Source and praise Him with gratitude. I praise others but not nearly enough. We affect all of humanity in a loving way when we praise one-another. "If you really want to understand me, please hear what I am not saying, what I may never be able to say" (Anonymous). We don't need others to tell us how to live; we need for others to live our program and let us watch them do it. Thy Love, Thy Will be done.

"Who Am I?"  
"Pay Forward" # 186

Today's "Pay Forward" gift is – "Who am I?" I have asked myself that question many times. It is as if I am a big secret to myself. My search for myself goes back as far as I can remember and never stops. If my search did stop, it would be a sign that my growing stopped, God forbids. I have gone about searching for clues, none of which helped for long. My curiosity about whom I am and what's my purpose, grows more intense, realizing our Father has a Divine Design for each of us. When I decided that Alcoholics Anonymous was the life for me, I grabbed hold of it with all my heart, mind and soul, obsessed with my identity as an A.A. member. Alcoholics Anonymous stops working; I thought the problem was A.A.; it was my understanding of the program that stopped working. Our Father takes our used up ways out of our hands. I was in the first stage of a Spiritual Transformation. Our True Self is the hidden treasure we are searching for. "Sell" everything and buy the "pearl of great price" (Matthew 13:46). "...we beg of you to be fearless and thorough from the very start" (Alcoholics Anonymous page 58). No matter what, keep on keeping on with A.A. and this too will pass. Our program will help chip away all that is not that "pearl of great price," our intended True Self. Thy Love, Thy Will be done.  
[\[www.12stepworkbook.org/workshops/transformation\]](http://www.12stepworkbook.org/workshops/transformation)

Sharing Today's Gift Will Keep The "Pay Forward" Door Open



"Behold, I stand at the door and knock"

Polarity?  
"Pay Forward" # 187

Today's "Pay Forward" gift is – Polarity? Polarity calls on our free will to choose, who or what will I serve? Which path shall I travel - a common path or a road less traveled? Shall I choose a quick fix or a long-term solution? Shall I follow what I currently believe is our Father's Will or mine? Is it going to be in the beginning me, or in the beginning our Father? Shall I labor in His fields or stay-at-home? I love my mission; I believe is my purpose, and I believed it is our Father's will for me. My choice is already made but will I live it consciously and consistently? "God reveals Himself to us, but only by revealing Himself through us." I want to continue to develop each element of my mission; this action alone brings me joy and fulfillment, sharing it is a bonus. There is something marvelous and mysterious about another's heart's desire. When I awakened to my heart's desire, my free will and our Father's Will were one. "Great opportunities to help others seldom come, but in Alcoholics Anonymous, small ones are daily offerings. Come let us love one another. "Two works of mercy set a man free; forgive and you will be forgiven and give, and you will receive" (Augustine). Thy Love, Thy Will be done.

Sharing Today's Gift Will Keep The "Pay Forward" Door Open



Simple And Complex  
"Pay Forward" # 188

Today's "Pay Forward" gift is mental. There are no neutral thoughts, every simple or complex thought count. Each thought changes our personal "reality's" storehouse a tiny bit and becomes part of our world view's filter. It does not matter when, where or how we get a thought, it is ours now. However, an intuitive thought is beyond conscious choice; it comes by grace only. The thoughts we house in our conscious and subconscious minds, that we are aware of, offers us a choice; shall we keep paying rent on it or surrender it to our Father, for His Will to be done? Each choice (thought) we make helps build a new world view, by laying one thought at a time. As the doors of our perception are cleansed, we take on a miracle mindedness. Practicing Alcoholics Anonymous' program prepares us for the miracle awakening. Our Father does not depart from universal Spiritual principles to perform miracles; He causes a shift in our understanding, our Spiritual discernment to a Higher level. "I have not come to destroy the laws and prophets but to fulfill them." Alcoholics Anonymous has come into our lives to fulfill us, and to destroy the errors housed in our personal "reality," which we made up. Thy Love, Thy Will be done.

"Behold, I stand at the door and knock"



Watch Out For Termites  
“Pay Forward” # 189

Today’s “Pay Forward” gift is – Watch Out For Termites. These little guys can undermine the foundation of any relationship. Watch out for the termites; the little day-in day-out stuff. This is a real present danger. Termites destroy more property than all the fires, floods, wind, and hail, and so it is with relationships. The “big” problems force us to address them or run away. However, if we stuff any problem, at some point they will pop up and demand attention. With the “little” stuff, we don’t have to do anything about them; we think; they are not important enough to matter. One-way or another, we often stuff these little guys. One termite doesn’t matter, but when they build up in large numbers, watch out. It is best to deal with all problems AS SOON AS POSSIBLE. I have found it most useful when any problem shows up to deal with then here and now. I am willing to accept that I have some part in it, in other words; I own it. I surrender it to our Father. I ask for His guidance and the willingness to follow whatever comes to mind. I stop thinking about the problem and think of some aspect of our Father. I believe our Father loves us the way we are, but loves us too much to leave us that way. Thy Love, Thy Will be done.

Sharing Today’s Gift Will Keep The “Pay Forward” Door Open



Who's Responsible?  
“Pay Forward” # 190

Today’s “Pay Forward” gift is – Who's Responsible? I searched for the answer to this question for a great many years and could never find an answer I could live with. I asked our Father in prayer often the answer. I used affirmations, claiming Divine guidance. I asked those I believed to be wise but no answer came. Then one day the answer came to me so simple, like most good ideas do. What I can do is my responsibility and everything else is our Higher Power's responsible. “God often surprises us with the generous portions of mercy He supplies at just the right moments” (Sheila Walsh). I turn my consciousness to our Father at each beginning. Then I try to do “whatever,” the best I can. Then I stop fighting everyone and everything and surrender “whatever” over to the Boss for my solution. What if I could do the same “whatever” before, but not here and now? What I could do does not matter, if I cannot do that here and now, then it is our Boss, who has to do for me what I cannot do alone and unaided. “Grace isn’t a little prayer you chant before receiving a meal. It’s a way of life” (Jackie Windspear). Thy Love, Thy Will be done.

“Behold, I stand at the door and knock”

Love And Tolerance  
"Pay Forward" # 191

Today's "Pay Forward" gift is – Love And Tolerance. "Death is not a period, but a comma, in the story of life" (Anonymous). I believe our Father designed us to practice experiencing dying each night and reborn each morning; telling us, death is only a comma. I am disappointed about the way I handled some of my personal "reality" thinking, feeling and acting. Alcoholics Anonymous' code; love and tolerance, has taught me not to hate myself. I am learning to detach from the undesirable and forgive myself. I am learning how to bend or become strong enough to resist breaking. "The trees in the storm don't try to stand up straight and tall and erect. They allow themselves to bend and be blown with the wind. They understand the power of letting go. Those trees and those branches that try too hard to stand up strong and straight are the ones that break" (J.B. Hill). Fractured bones are stronger at the healed fracture site than normal bones. Alcoholics Anonymous is a great example of our fractured life healed; sober is stronger than normal human lives. Our A.A. life is an exercise program. The more flexible we become and the more we live our program, and work life's storms the stronger we become. Thy Love, Thy Will be done.

Sing Anyway  
"Pay Forward" # 192

Today's "Pay Forward" gift is – Sing, Anyway. "He who sings frightens away his ills" (Don Quixote). On my granddaughter's sixth birthday, I told her I wanted to sing happy birthday to her, but I didn't sing very well. In fact, one time I was singing and our dog run and hid beneath the bed. She told me it was ok, so I did it and I felt better. My singing did frighten my ills of a disappointing day away. I was disappointed in myself the way I carried the "message." Yesterday I started co-creating my day by affirming that I would love everyone I shared with, and they would leave feeling better. By noon, I already fell short; I shared the "drug," guilt and punishment with someone; I gave him a generous helping. Telling someone unloving what's wrong doesn't help much, perhaps awakening a little shame and guilt. I forgot to sing A.A.'s theme song; love and tolerance, our code. "You don't stop laughing when you grow old; you grow old when you stop laughing. (George Bernard Shaw)" I can laugh at myself once again, and that makes me feel younger. Singing and laughing are very good spiritual exercises, they exorcise our "evil" ills. Thy Love, Thy Will be done.

Sharing Today's Gift Will Keep The "Pay Forward" Door Open



"Behold, I stand at the door and knock"

Miracles, Miracles Everywhere  
"Pay Forward" # 193

Today's "Pay Forward" gift is – Miracles, Miracles Everywhere. Coming to A.A. was a great miracle for me. Being blessed with the Ninth Step Promises was a miracle. We become what we behold; I'm a miracle. "Giving is a miracle that can transform the heaviest hearts" (Kent Nerburn). The not well part of me showed up; first fear, then anger and then an old resentment. Preparing to share with a person I "knew" would be waste of time. I needed to get out of myself, go to a meeting or call someone; I went to a meeting. I wanted to sound like I was seeking an A.A. solution. I just want to vent my dis-ease, to justify my resentment. A member was sharing his gratitude for the Program. He said that he had to turn himself into the police, to serve three years in prison for some of the same stuff I had done but never had to pay the price. I received tender mercy and not justice. I did not share my little problem after hearing him share. Filled with compassion and sadness for him and gratitude for my freedom, I remained silent receiving yet another everyday miracle. Driving back to my office, I felt a sense of joy, happiness, freedom and gratefulness. I had a temporary fix, but my long-term healing in that area came after I reworked the Steps and Traditions. Alcoholics Anonymous gives us a loving useful First Aid Station and a long-term healing. Thy Love, Thy Will be done.

Sharing Today's Gift Will Keep The "Pay Forward" Door Open



Look Who's Talking  
"Pay Forward" # 194

Today's "Pay Forward" gift is – Look Who's Talking. Sometimes I can tell who's talking; my created Higher Self or my personal "reality" self. "We will intuitively know how to handle situations, which used to baffle us" (Alcoholics Anonymous page 84). My heart's desire is to live, move and have my being as my created Higher Self, but I fall far short. Why? My heart's desire is the most important thing for me to do and to be, then why not live it 24/7? My personal "reality" is empowered by old habits of thoughts and feelings. Habits can be changed, even transformed into assets. Spiritual principles never change. "It takes courage to release the familiar and seemingly secure, to embrace the new. There is no real security in what is no longer meaningful. There is more security in the adventurous and exciting, for in movement, there is life, and in change, there is power" (Alan Cohen). Alone and unaided my personal "reality," even using the right means, will work in the wrong way. My personal "reality," using the wrong means, surrendered to our Father, in midcourse can be made right. My personal "reality" cannot be trusted, alone and unaided but our Father and our created Higher Self can. Today I invite others into my heart. I use my communication skills to raise those around me, accepting their created Higher Selves. My love is no longer hidden from anyone. It is my responsibility to communicate the love I am; anything else is self-sabotage. Thy Love, Thy Will be done.

"Behold, I stand at the door and knock"

Fearless And Through  
"Pay Forward" # 195

Today's "Pay Forward" gift is – Fearless And Thorough. "If I had known I was going to be around this long; I would have paid heed to the statement from Chapter Five of the Big Book, page 58. "...we beg of you to be fearless and thorough from the start. Some of us tried to hold on to our old ideas, and the results was nil until we let go absolutely." If we do not experience the healing at the condition and cause level, our personal "reality," we are likely to exchange one problem for another or go back to our old problem. More importantly, we will miss fulfilling, loving way of life. We will not be reintroduced to our created Higher Self. Our program is so powerful, but we cannot know this until we experience its results in our daily living. Those of us, experiencing abundance living the Alcoholics Anonymous' program may say, "If I had it to do over, I would ask more of God, more of the program, and more of myself sooner." That abundance comes to us by grace not our good-works; however, our works help to open us to receive and to give. "People spend a lifetime searching for happiness: looking for peace. They chase idle dreams, addictions, religions, even other people, hoping to fill the emptiness that plagues them. The irony is the only place they ever needed to search was within" (Ramona Anderson). Thy Love, Thy Will be done.

Sharing Today's Gift Will Keep The "Pay Forward" Door Open



Self/self Giving  
"Pay Forward" # 196

Today's "Pay Forward" gift is – Self/self Giving. I believe there is an infinite Presence, Power, and Intelligence; I choose to call our Father, Who created every being. I believe He created each one a unique individual with a purpose, a mission, I choose to let His Love, and His Will be done, that we are conscious of or not. I believe He is supplying each individual all we need to do and to be His Love and His Will, we need to claim it. I believe it is His responsibility to extend whatever we need to complete our purpose, mission. I believe each created human has a free will, to co-create our experience of His Love and His Will; aligning our love and will with His Love and His Will. There is one life, that life is perfect; that life is our Father's Life, my life, all life. We can choose to use our free will to make up our illusionary personal "reality" which is dual-minded, which means we are separate, apart from others, including our Father. With my finite mind, I ask our Father for whatever it takes to do and to be His Love and His Will. I am a limited being communicating with our infinite Father, through prayer, meditation, affirmation and contemplation. Whatever I ask for I add a disclaimer, if it is Your Will, I say thank You, not waiting until it comes. If it is not Your Will, I say, please don't give it to me. Thy Love, Thy Will be done.

"Behold, I stand at the door and knock"

The Torchbearer  
"Pay Forward" # 197

Today's "Pay Forward" gift is – The Torchbearer. "To you from failing hands, we throw the torch; be yours to hold it high" (John McCrae). When we pass our sober experience on to another, we are torchbearers. When I feel boxed in, I can take a drive in the country at night, looking up; I can see light that originated billions of years ago. I get a deep feeling of expansion and reverence. I see lights that are beyond my limited understanding. When we are in union with our Father within, we shine, for a moment we let go of our limits. I pray we are becoming luminary, lighting the way for someone who has lost the way. Let us, trusting our Father, pick up the torch and light the darkness. Alcoholics Anonymous gives an abundance of torch-bearing opportunities; lighting the way for other alcoholics. Freely we are given, freely we give. Being a torchbearer takes commitment, energy and passion to light the darkness. Alcoholic Anonymous gives us the tools we need, in union with our Father, to do a little torch-bearing. When we see someone drop the torch, instead of judging them, let's pick it up and light the path on our serendipity journey Home. Come let us love one another and carry the torch. Thy Love, Thy Will be done.

Sharing Today's Gift Will Keep The "Pay Forward" Door Open



Life Is Filled With Wonder  
"Pay Forward" # 198

Today's "Pay Forward" gift is – Life Is Filled With Wonder. When I take time-out to watch some of the tiny creatures, our Father came up with, I marvel, I am filled with wonder. Our Father's infinite intelligence is within each one of His creatures, transforming the nourishment they consume into what we call life. Take a good look at you and I, one of His Highest, complex forms of life. He created us in His image and likeness. Our Father is Spirit, an infinite Consciousness. We are spirit, in His image and likeness. Using the free will our Father gave us, we can choose to co-create or make up more illusions. I now realize and accept that it is our Father within each of us doing the works we call life. Then came my awakening, it was not our forefathers eating an apple, nor our lover tempting us, nor the snake coning us; we cause the way we experience our problems and our success. I choose to turn to the language of Spirituality for guidance, which improves the quality of my life. Let us seek and find a Higher Power that will do for us what we cannot do alone and unaided. "Be still, and know that I am God." We need not go off into a far country; we only need to turn within. With every breath we take is proof of life, is therefore, proof of our Father's Presence. Come. Let us love one another. Thy Love, Thy Will be done.

"Behold, I stand at the door and knock"

Time Management  
"Pay Forward" # 199

Today's "Pay Forward" gift is time management. "One's attractiveness is not defined so much by appearance as in how another person feels in his or her presence, or absence" (John Kimerough). When I read this, it set off a chain of thoughts and feelings about how I spend my time and who I spend it with. How do I feel in the presence and absence of those I share with, one on one and or working on a project? Do I intuitively feel my time is well-spent or wasted? We have 24 hours a day, how we use it comes down to how we choose to use it. At times, I blame other people, places and things for placing their demands on me, as if I had no choice. If we don't have to say no once in a while - we are not being asked enough. "Be careful young man what you want for you will surely get it" (Anonymous). There are some people I don't feel like I am useful or effective sharing with, in person or working on a project. "If you decided you want what we have and are willing to go to any length to get it..." (Alcoholics Anonymous page 58) This works both for the receiver and the giver. Our Father is trying to tell us intuitively 24/7, but we have to learn how to listen. Thy Love, Thy Will be done.

Long-Timers At Risk  
"Pay Forward" # 200

Today's "Pay Forward" gift is – Long-Timers at risk. There is a point in our growth, life cycle where we are at risk. This time accounts for some slips, suicides, and other forms of destructive behavior. I was enjoying a well-rounded program, and then everything quit "working." We go through growth, life cycles that put us at risk. During the dark side of this natural cycle, we may harm ourselves. This process goes something like this: Everything going just fine life couldn't be better. I'm "just not happy," not unhappy but something is missing. Meetings don't go well. My prayers and meditations don't seem real. Nothing I am reading hits home. Self-centeredness is a little too centered. I ask myself two questions. Am I doing something I should not be doing? Am I not doing something I should be doing? If the answer is yes, I will do whatever it takes to correct it. If that doesn't help, I prepare for a spiritual transformation. Back to the basics we go; acting like a newcomer, staying in contact with A.A. no matter what. There is a solution suggested in our Big Book. "We had to find a power by which we could live, and it had to be a Power greater than ourselves" (Page 45 Big Book). When the process begins, stop fighting and turn to our Higher Power until He Transforms it, and if we let Him, He will. Thy Love, Thy Will be done. Visit our website.

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

Sharing Today's Gift Will Keep The "Pay Forward" Door Open



"Behold, I stand at the door and knock"

A Life With Meaning  
“Pay Forward” # 201

Today’s “Pay Forward” gift is – A Life With Meaning. “The least of things with a meaning is worth more in life than the greatest of things without it” (C. G. Jung). Yesterday what was meaningful, not necessarily pleasant or joyful; was a teacher? Often these events are not pleasant, but painful. What makes these good or bad events meaningful is they bring insight. I was confronted with an old defect in a different mask; letting others determine my worth, happiness. That insight was an answer to my prayer making me aware I was not trusting our Father to determine my worth, meaning. The event was a downer at first. When I chose to return to our Father for nourishment, I returned to love. That love became my meaningful event, having far more significance. My experience being in harmony with my heart’s desire was a prayerful answering event. Let me remember these events are my teachers and guides, a valuable service. I am reminded that everything has a purpose; our Father is a Divine energy saver. Let me conserve my time and energy on what is meaningful. Often I don’t know what’s meaningful at the time, or how my choices lead me to a life-altering experience; however I am willing to trust our Father once again. If everything has a purpose, which I believe, then every breath has meaning. I am devoted, dedicated and committed to do and to be our Father’s Love and Will, consciously known or unknown. Thy Love, Thy Will be done.

Sharing Today’s Gift Will Keep The “Pay Forward” Door Open



Winter Or Spring Of Life?  
“Pay Forward” # 202

Today’s “Pay Forward” gift is about aging. In a few months I will soon be 87. My physical body is in the winter of life. My heart, mind and soul are in the spring of life. I can answer yes to three important questions for a simple recipe for a good life. First - I am a beloved lover loving daily. I offer acts of love every day, although I do not always feel loving, sometimes. Our Father is Love, Loving us all unconditionally. We cannot earn His Love nor can we prevent it. Loving His creatures is living His Will. Loving others and ourselves is loving and worshiping our Father. Next - I do something daily that makes a good difference – living Alcoholics Anonymous’ way of life. This gives me a sense of purpose. I seek fresh opportunities to serve - daily. I am learning how to love more, that makes me feel challenged and productive, which is a key to satisfaction. My third yes for living a good life is looking forward to sharing; giving back some of what I was given, and what I am given. On awakening I turn to You, Father and I am filled with love and gratitude. Thy Love, Thy Will be done.

“Behold, I stand at the door and knock”

Free Will  
"Pay Forward" # 203

Today's "Pay Forward" is - Free will. According to my personal "reality," I can do anything I want because I have free will. "No person whose entire time is spent in the contemplation of limitation can demonstrate freedom from such limitation" (The Science of Mind). My personal "reality" fools me with its "good" intention. My commitment to serve others controls my free will. My personal "realities" quest includes seeking to do and to be our Father's Will and His love. I practice A.A.'s program daily. I pray, meditate and affirm to improve my ability to serve. I want so much to serve in a way that makes a good difference. I choose not to dwell on lack and limitation no matter how often it pops up. I consciously feast on what I want and fast from what I don't want. All I've written is true, so what's the problem? My experience does not match my "good" intention. As a perfectionist, I am way too hard on myself. I project that hardness on to others, pushing them away, overriding my desire to serve effectively. My perfectionism is in full bloom when I am working on a new project. I'm headed toward my Home Group, where there is no need to be "perfect." Thy Love, Thy Will be done.

Sharing Today's Gift Will Keep The "Pay Forward" Door Open



Was I Dreaming?  
"Pay Forward" # 204

Today's "Pay Forward" gift is - Was I dreaming? I dreamed I was standing at the door of the wall-less prison. My personal "reality" is my conscious dream world; illusions of separation. I begged our Father to open this door, which was not. I asked our Father to heal the separation that never was. I was returning Home from a journey into a far country, like the Prodigal son. In Your Presence Father, I realized I had never left. I am always in Your Presence, Father. I made up a walled off prison, an illusion of separation. I realize intuitively none of Your creatures are apart from You. Intuitively I heard Voice within me saying, "Awaken where you've always been - with Me, and I Am with you. I created you in My image and likeness, which is Love. I gave each one a purpose. You are trying to forgive what I did not judge you for. You try to be what you are not. I will supply you with all you need, which is abundance to you. I do not judge my children for having nightmares. Abide in the love you are and the individual, I created you as, I will take care of the results." So what if it was a dream, it was uplifting. Thy Love, Thy Will be done.

"Behold, I stand at the door and knock"



We Have A Solution  
“Pay Forward” # 205

Today’s “Pay Forward” gift is – We Have A Solution. Last night, I had a dream in which I was to share my understanding of my darkest time, before Alcoholics Anonymous and during. The difference is beyond my ability to put into words. Those of you, who have experienced the same contrast, words are not needed for understanding. For those who have not had their darkest night, there are no words to cause an understanding. On February the 6<sup>th</sup>, 1957 the most horrible experience an active alcoholic can have; alcohol and an alcoholic way of life stop working. I could not pass-out or stop the frightful, hopeless feelings. I didn’t have the tools or a Higher Power to handle the released monster. I experienced an overwhelming fear and hopelessness. We are wired so fear can protect us from a life-threatening poisonous snake. With this released monster, my abnormal fear paralyzed me. The only way to kill this monster was to kill myself. Then a flicking ray of light, I remembered my family doctor when firing me as a patient, saying he had a way that would work for me, but only if I were willing to surrender all. I was willing and ready. I called his office, asking for help. I surrendered my monster and unknowingly I began a new life. The way I handle my monsters now is to face them, to own them, surrender them to the Boss, and find someone; I can share A.A.’s solution. Thy Love, Thy Will be done.

Sharing Today’s Gift Will Keep The “Pay Forward” Door Open



Habits Come And Go  
“Pay Forward” # 206

Today’s my “Pay Forward” gift is – Habits Come And Go. It takes as much or more skill disempowering an old habit as it does to build a new useful one. Alcoholics Anonymous gives us the tools to replace an old habit with a new one, simple, but not easy. Repeat something often enough, it will become a habit. Long-standing habits are attached to our whole being, becoming our personal “reality.” Half measures avail us nothing. Anything less than a total commitment gives the illusion we tried and this process failed. How long would it take to replace a non-emotional habit? I reversed my underwear drawer with my sock drawer. For about two months, I would have to think about opening the correct drawer. For three years, no problem, then I reached for the wrong drawer. How about this; I was getting into the shower, and I reached to take my watch off. I hadn't worn a watch for more than thirty-five years. I had other habits, needing replacing, which were not limited to my primary addiction, alcoholism, and still do. “To practice these principles in all our affairs” – takes on a whole new meaning when dealing with habits. It is great to let go of our attachment to old useless or harmful habits, but it is even greater to replace them with good, loving useful habits. Thy Love, Thy Will be done.

“Behold, I stand at the door and knock”

Calling The Boss - 24/7  
"Pay Forward" # 207

Today's "Pay Forward" gift is – Calling The Boss. I have a habit of saying Father at each beginning to remind myself Who's the Boss, and to center my consciousness in Him. When I am not centered within our Father I gave His Power away, letting others determine my worth. Alcoholics Anonymous gives us useful tools to co-create our day. The most important tool for co-creating is to practice the Presence of our Father. The effectiveness of my co-creating depends on the Source from which it springs. Like a Prodigal Son in great need, I turn Home to our Father, my Source. I discover my assets and defects while working the Program. I used that discover to build my "early-warning system" identifying those who draw me away from my mission path. I am given a Spiritual Presence that inspires, reminding me of the unconditional love available 24/7. I am given an invisible supply of all I need to co-create. Our Father will dismantle our defects and upgrade our assets, if we let Him. When temper shows up, forgiveness will cool things down. Calling on our Father awakens in me the co-creator. I joyfully call on my invisible support to co-create by rewriting and rewiring my personal "reality." Thy Love, Thy Will be done.

Sharing Today's Gift Will Keep The "Pay Forward" Door Open



Practice These Principles  
"Pay Forward" # 208

Today's "Pay forward" gift is – Practice These Principles. The third part of Step 12 "...and practice these principles in all our affairs." Practicing the Spiritual principles I've awakened to be simple to understand, but not consistently done. Practicing those things I want is easy for me when I am good at it, I enjoy doing it and I like the payoff. Practicing the rewriting and rewiring my limited personal "reality" has been difficult. Without the loving mercy and grace of our Father, it would be impossible. Today I am willing to practice extending love to those I do not like. The principle behind, friendship is having something in common. Just being a member of Alcoholics Anonymous means we have something in common. I can start with the basic requirement for A.A. membership, a desire to stop drinking. I can silently or openly extend love even to the personalities I choose not to hang out with. I can keep this love simple. I can ask our Father to enable them to be the individual; He created. By extending this prayerful love to those I do not like will enable me to love that part of me, I don't like. Thy Love, Thy Will be done.

"Behold, I stand at the door and knock"

What is Hidden?  
"Pay Forward" # 209

Today's "Pay Forward" gift is – What is Hidden? Father, I can accept that You hid the giant oak tree inside an acorn. Why is it so difficult for me to accept You hid Your Presence and our Higher Selves within each of us? Any creation of Yours must be in Your image and likeness; You are Love, and we cannot - not be love. If that is true, then why don't we act like it 24/7? Our silent, invisible Creator is infinite Spirit, and Spirit is Consciousness of wholeness. On a finite level, we are spirit, self-conscious beings in Father's image and likeness; we cannot, not be like His Spirit hidden within. We also deal with the law of cause and effect, which is valuable, useful; it took us to the moon. It has enriched our lives and destroyed our lives, our choice. The Spiritual Principle we deal with can transform our defects into assets. Unlike the law of cause and effect, we do not have to earn it or payback all our wrongs. By grace, Alcoholics Anonymous' way of life has transformed a great many defects into loving, useful assets. Prayer and meditation will show us the hidden connection between our head and our heart, if we choose to see through the eyes of faith. Let us be still and listen to the voice of Creation within, and connect with Him. Let us go within and listen to our hidden Spirit speaking to us in His first language, silence, of His Love, His Will to being done.

Sharing Today's Gift Will Keep The "Pay Forward" Door Open



Laughing All The Way!  
"Pay Forward" # 210

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

"Behold, I stand at the door and knock"

Yes; I Know, But?  
“Pay Forward” # 211

Today’s “Pay Forward” gift is – Yes; I Know, But? I know I did not create myself, nor do I maintain myself alone and unaided. I know the food I ate is being transformed into everything I need to live. I repeat that Truth daily, but I don’t act like I believe it 24/7. We need no reunion with our Creator, because He is in every act of life. We live, move and have our being within Him and He is within us. Our Father is our Center and the Circumference. We create our experience of freedom or bondage. It is our use of the Divine Creative Principle that is limited, not the Divine Creative Principle. Limitations have only the power we give it; our misuse of the Divine Creative Power. Limitation is merely an experience, not a principle. Why not use our imagination to enlarge that experience? I am letting go of my limitations; I enter an expanding concept of life. This Divine Creative Principle is saying yes to my yes and no to my no. I open my Spiritual heart, mind and soul to the greater good. I notice my greatest heroes: Jesus, Saint Teresa, Mahatma Gandhi, Dr. Bob, Bill W. and Father Keating, didn’t dwell on limitations. My heroes set such high standards it is impossible for me to live even a tiny degree of their service. Yes; I know, but. “The point is, that we are (I am) willing to grow along Spiritual lines.” Thy Love, Thy Will be done.

Sharing Today’s Gift Will Keep The “Pay Forward” Door Open



Living One Day At A Time  
“Pay Forward” # 212

Today’s “Pay Forward” gift is – living one day at a time.  
Look to this day,  
For it is life,  
The very life of life.  
In its brief course lie all  
The realities and verities of existence,  
The bliss of growth,  
The splendor of action,  
The glory of power –  
For yesterday is but a dream,  
And tomorrow is only a vision,  
But today, well lived,  
Makes every yesterday a dream of happiness  
And every tomorrow a vision of hope.  
Look well, therefore, to this day.

Sanskrit proverb  
By Kalidasa,  
Indian poet and playwright,  
Fourth Century A.D.

“Behold, I stand at the door and knock”

St Francis Has The Key  
"Pay Forward" # 213

Today's "Pay Forward" gift is – St Francis Has The Key. "We must be the change we wish to see" (Gandhi). St Francis shows us the way to serve, that will increase. I am borrowing St Francis' Prayer to state my Mission's Ten Elements. Father, make me a channel through which Your Love and Your Will flows freely - that where fear over-shadows love, that I may be the love I am; a beloved lover loving – that where there are wounded, that I may by claiming the individual Divine design awaken the natural healing; a healed healer healing – that where there is a lack of understanding, that I may call on the Omniscience teacher within; a taught teacher teaching – that where there is condemnation, that I may bring a spirit of forgiveness; a forgiven forgiver forgiving – that where there is powerlessness, that I may call on the Omnipotence to empower us; an empowered empower-er empowering – that where there's the dark night, that I may open the door and our Father will enlighten our darkness; an enlightened enlightener enlightening – that where there is lack, that I may call on our Infinite Source; an enriched enricher enriching – that where communication is failing, that I may call to the intuitive within; a communicated to communicator communicating – that where's the illusion is being made, that I may turn to our Creator; a co-created co-creator co-creating – that where there is a spiritually sleepwalker, that I may pray for awakening; an awakened awakener awakening. Thy Love, Thy Will be done.

Sharing Today's Gift Will Keep The "Pay Forward" Door Open



Owners Have Choices  
"Pay Forward" # 214

Today's "Pay Forward" gift is – Owners Have Choices. In this world, we have to make choices and when we don't directly choose that is a choice. If we blame others, we hand them our right to choose. This morning I choose how I will spend my limited time on my prep-work. My daily affirmations are important. My reading and writing are important. My prayer and meditation are important. My swimming is important. Keeping my office appointments on time is important. Singleness of purpose, free of conflicting interest is important. The effectiveness of my decision depends on my Source, not my made up "source." Can I simply trust that I am where I am, doing what I am doing, being with whom I am with for my Source's purpose? Yes. My intention is to do and to be our Father's Love and Will; that's important. My personal "reality," my created higher Self and our Father, make up our tri-partnership, all with the same intent. If my intended plan falls short the drug, "guilt and punishment" show up as a choice. Our Father shows me what is really important and let me choose that. Father Your Love and Will is always being done; I see that with the eyes of faith. I am given opportunities to find out what is really important, if I really want to know. Come let us choose to love one another. Thy Love, Thy Will be done.

"Behold, I stand at the door and knock"

Regrets A Paradox  
“Pay Forward” # 215

Today’s “Pay Forward” gift is – Regrets A Paradox. “We are going to know a new freedom and a new happiness. We will not regret the past nor wish to shut the door on it” Alcoholics Anonymous page 83. For a great many of us A.A. is where miracles happen, and promises come true. My regrets for the things I did have been tempered by time. By our Father’s grace, my major defects have been transformed into workable assets. Regrets are a paradox; what I did was wrong, harmful, yet those transformed defects give my life meaning. Would I have found my loving relationship with our Father, His Love, and His will for me, otherwise? My life has a good purpose because of my transformed defects. I need to ask myself what about my regrets for the wrongs I have not done, that I wanted to do. I don’t regret the regrets I have over some things, nor do I choose to shut the door on them. I cannot do anything to change the decisions I made in my past, but I can choose once again. My life holds many opportunities to make a tiny good difference. Let me be the best son and brother to all I can, for I shall not pass this way again. My heart’s desire has opened my eyes to see our father’s Presence, His Love and the ears to hear His Holy Voice within the invisible silence. “Come; love one another as I have loved you.” Thy Love, Thy Will be done.

Sharing Today’s Gift Will Keep The “Pay Forward” Door Open



In His Name, Love  
“Pay Forward” # 216

Today’s “Pay Forward” gift is – In His Name, Love. Alcoholics Anonymous’ Program gives us a set of great Spiritual tools. Most of the great Spiritual teachers come to the realization that God is Love. A.A. gives us the tools to express the love we are, which is an important characteristic of our Creator. By grace, we have the characteristics to live our purpose, in His Name. Let’s take love, one of our Father’s Characteristics and practice it in all affairs, just for today. I predict we will want to keep it going. Willingly, I restart my day by praying for all I need to share all the love I am. I am meditating on our Father’s unconditional Love and its meaning and its expressions. Today I am consciously consistently thinking about all the Six Loves [www.12stepworkbook.org](http://www.12stepworkbook.org) and how I can express them. Each action I take I ask myself “is this a loving thing to do?” If I believe it is; I am willing, and I joyfully do it. I am dwelling within on my loving emotions. If a not loving feeling pops up, I surrender it quickly and return to love. As I share my life with others, I extend the appropriate love first silently, then openly if called for. For many years, I sought out ways to practice the Presence of our Father in all my affairs; I’ve found no better way than love. Come let us love one another. Thy Love, Thy Will be done.

“Behold, I stand at the door and knock”

Another Bill Wilson Legacy  
“Pay Forward” # 217

Today’s “Pay Forward” gift is – Another Bill Wilson Legacy. Bill Wilson was still alive the first fourteen years of my sobriety. I had a chance to meet him two times, but I could not entertain the thought; his strong personality intimidated me, as did most important people. However, I am grateful our Father brought him into this world, to share with us. We have to believe in miracles, in Divine mercy when we realize what a good difference Bill and Dr. Bob, two outcasts, have made. I am grateful for our workshop at the prisons, where I felt like I made a little good difference. They were so hungry for information on how to apply the Twelve Steps and Twelve Traditions. None of the inmates or the other A.A. volunteers had worked our new 12 and 12 Workbook using the Twelve Steps and Twelve Traditions book Bill Wilson wrote, an important legacy of Bill. The workbook was understood well enough that they are able to work it on their own. The inmates agreed to work with another inmate and their Higher Power. [www.12stepworkbook.org](http://www.12stepworkbook.org) This opportunity allowed me to slay another one of my dragon. Would the workbook be effective for people with little or no A.A. experience? I say, yes at each beginning, I say, yes as the process moves on, and I say, yes at the end of a process with a grateful heart. Come let us love one another. Thy Love, Thy Will be done.

Sharing Today’s Gift Will Keep The “Pay Forward” Door Open



Oops!  
“Pay Forward” # 218

Today’s “Pay Forward” gift is – Oops! I sponsored someone for more than thirty-five years, then they dropped out of sight. When one of our group members contacted them, they were told that their feelings were hurt. I judged that wayward person as childish, ungrateful and vindictive. Oops! I was ungrateful for all those years I had someone to share our Program with. The sponsor often gets more out of sharing than the one they are sharing with, calling for more gratitude. I had to use the “F” word on both of us; forgive, forgive, forgive. They don’t have to accept my forgiveness or amends for it to work, but I have to accept it. I would not have the joy and fulfillment if I only sponsor those who agree with me or think I am special. There are two times to go to my A.A. meetings and to sponsor; when I feel like it and when I don’t. A common misunderstanding about sponsorship as well as prayer and meditation; we have to feel “rightness” or it isn’t effective. All I have of importance has come by grace. My works are conformation of my faith in His grace. “Search out another alcoholic and try again. You are sure to find someone desperate enough to accept with eagerness what you offer” (Alcoholics Anonymous page 96). Come let us love one another, as is. Thy Love, Thy Will be done.

“Behold, I stand at the door and knock”

Check List  
"Pay Forward" # 219

Today's "Pay Forward" gift is – Check List. I am on a joyous, happy and free path, as I practice A.A.'s Spiritual principles in all my affairs:

1. If I look for the best in each person, situation and thing [even me].
2. If I resolutely live in the present [Presence] learning from the past.
3. If I forgive everybody, and then forgive myself.
4. If I do A.A. and my day's work the best I can.
5. If I take every means to have a healthy body and harmonious surroundings.
6. If I endeavor to make my life a loving service to others.
7. If I wisely to spread my heart's desire, A.A.'s message.
8. If I refrain from personal criticism, or listen to gossip.
9. If I devote time daily to prayer and meditation.
10. If I read a little A.A. and Spiritual literature daily.
11. If I seek a spiritual understanding daily.
12. If I give the first thought on waking to our Father.
13. If I offer a prayer for the whole world daily, say, at noon.
14. If I practice A.A.'s Spiritual Principles in all our affairs.
15. If, I understand whatever I experience can be transform into an asset by our Father's grace. Thy Love, Thy Will Be done.

Sharing Today's Gift Will Keep The "Pay Forward" Door Open



Fear Driven  
"Pay Forward" # 220

Today's "Pay Forward" gift is – Fear Driven. I received an email notice that my domain name, 12stepworkbook.org needed to be renew, or else. My fear that I would lose something very important caused me to overreact too fast, without checking. Before I went to bed, I was doing my meditation, well I tried, but the chatter would not stop. I realized it was a scam. I could not go to sleep so I got up and canceled my credit card, too late. At least that will prevent them using my credit card more. I will have to file a protest to recover the loss, but with a scam, it is unlikely I will be successful. I am reminding myself there is always a purpose for any experience. I already see part of that purpose as an answer to a prayer. I have been experiencing lately little doubts and fears; termites. It came to me that I can use these little guys as a Warning System, reminding me I am giving my power away, instead of trusting our Father as my only Source. I affirm my heart's desire; I am devoted, dedicated and committed to be and to do our Father's Love and Will, known and unknown, 24/7. It is the 24/7, I am having a problem. I can see how these little doubts and fears serve a good purpose. I went to an A.A. meeting AS SOON AS POSSIBLE. Thy Love, Thy Will Be done.

"Behold, I stand at the door and knock"



Upgrading Shame To Guilt To Gratitude  
“Pay Forward” # 221

Today’s “Pay Forward” gift is – Upgrading Shame To Guilt To Gratitude. We are not bound by yesterday’s experience, unless we believe we are. I’m grateful for the gifts, coming from our Father limitless storehouse. Shame is a negative belief of whom I am. Guilt is for what I did wrong or a right I didn’t do. Gratitude comes by realizing our True Source; life is unearned. My long-term shame is upgraded to guilt. Cutting out the cause of my guilt opens me to our Father’ gratitude upgrade, never be too late to turn Home. I did a really bad thing, quickly falling back into guilt and shame, hitting a new sober low. I turn to our Father as a Prodigal Son, but my old guilt and shame blocked my path Home. My denial broke down, forcing me to face my old hidden dragons. These dragons forced me to turn Home. By our Father’s grace, I could see these dragons as warning signals; I didn’t trust our Father as my only Source. I understand, now is the time to turn to Him; it’s always now. Now I am letting my love and gratitude flow freely 24/7. I am reminded that I did not create myself nor do I live myself alone and unaided; it is You, Father within me, doing the works called life. Father here I am, use me up. Now, let us love one another even as He Loves us. Thy Love, Thy Will be done.

Sharing Today’s Gift Will Keep The “Pay Forward” Door Open



Inspired Reading  
“Pay Forward” # 222

Today’s “Pay Forward” gift is – Inspired Reading. Why pray and meditate? A bank robber was asked why he robbed banks. He replied, because that’s where the money is at. Why pray and meditate? That’s where the Power is. My Spiritual hero Father Thomas Keating said something like the following. Prayer and meditate is the world in which our personal "reality," self-made worlds come to an end; a new world appears within and around us, and the impossible becomes an everyday experience. However, the world that prayer and meditate reveals is barely noticeable to the ordinary course of events. My experience tells me that I must be present in His Presence to offset my powerlessness. Prayers and meditations allow me to stop the useless chatter, to look for the Solution with the eyes of faith and listen for my marching orders throughout the day. I am reminded the food I ate is being transformed into everything we call life, by an infinite intelligence beyond my understanding, but not my experience. I know we have an invisible silent means of support 24/7, in Whom we live, move and have our being. Shall we allow ourselves to accept His Love and His Will? Just for a few moments let us lay aside our burdens and false responsibilities, letting go of all fear and uncertainty. Nothing can be excluded from our Fathers’ omnipresence, no matter what our little personal "reality," tells us. Thy Love, Thy Will be done.

“Behold, I stand at the door and knock”

Intuitive Sled Dog  
"Pay Forward" # 223

Today's "Pay Forward" gift is – Intuitive Sled Dog. I was reading about the internal wisdom of lead sled dog. The lead sled dog knows its way and follows its intuitive guidance. It makes the wise decisions about crossing ice or finding a new path. After joining A.A. and living the Program for a while, I would get a little feeling in my stomach, or perhaps it was the lower part of my heart as a signal. It turns out the signal is telling, "don't say that or don't do that." I get the same warning signal when I am letting another person or thing to determine my worth. When I trusted that signal by following it I would realize its wisdom, sometimes right away, sometimes later, but it would be intuitively correct. After years of practice, my inner "lead sled dog" has become a reliable guide. "We will intuitively know how to handle situations, which used to baffle us" (Alcoholics Anonymous p84). I now believe our heart is our lead sled dog and know our Father's Will for us. Intuitively knowing is much deeper and reliable than a psychic experience, based on our personal "reality". The intuitive is a direct knowing, and the psychic reading is tuning in on the chatter of the personal "reality." The psychic reading is based on our real and imagined experience; stored in our personal "reality" storehouse. The intuitive is always true; coming from our Father within. Come let us love one another. Thy Love, Thy Will be done.

Sharing Today's Gift Will Keep The "Pay Forward" Door Open



Labor Pains  
"Pay Forward" # 224

Today's "Pay Forward" gift is – Labor Pains. Be careful what you ask for, for you will surely get it. With my A.A. birthday around the corner, I start out with a deep sense of love and gratitude. Here comes the old perfectionism the closer it gets, and I ponder why I am not further along my Spiritual Path. Within the last thirty days, I have experienced resentments I was in denial about. I have also experienced two negative patterns I thought were healed. "What the caterpillar calls the end of the world, the Master calls a butterfly" (Richard Bach). When I am confronted by a growth challenge, my thoughts often turn to the caterpillar and then the butterfly. The butterfly undergoes a tremendous struggle to emerge from the cocoon; to survive. If we avoid the struggle, we may be doing ourselves more harm than good. We may never give birth to our true self if we avoid the labor pains. I am grateful for my defects, which have been transformed by our Father into assets. Why not these? I am able to own these defects, and I choose to surrender them to our Father for His upgrading grace. My experience tells me these defects will continue to return, and the stakes are higher and more painful if I don't let, go and let God Transform them. I think I will let Him do His loving thing. Come let us be about our Father's Business. Thy Love, Thy Will be done.

"Behold, I stand at the door and knock"

Another Rebound  
“Pay Forward” # 225

Today’s “Pay Forward” gift is – Another Rebound. Here I am recovering from a rebound. When I have an expanding experience my mind tells me; this good experience will always be. The obsession to do some harm to me, when the good experience is complete, appears out of nowhere. It is the lower part of my personal “reality” calling me 'home.' The rebound started last night while watching a movie that exposed one of my worse defects. I thought I had turned it off before I went to bed, but I had not. After a little harm to me, I did a Radical Forgiveness and a Radical self-forgiveness exercise. During those exercises, I felt our Father loving mercy and all events come into my life for a purpose. I’ve needed healing in these areas revealed, violence to myself, harming myself for many years. My denial has broken down. Even though these defects are not excessive as they once were, it is time to let our Father heal, transform them into assets. My higher self knows I am better than I am demonstrating. I know I am more loving than I am expressing. For us to attract more of the blessing that our Father has to offer, we must appreciate what we already have. No matter the appearance I am grateful for all the gifts, grace and mercy I have already received. It is time I get out of the ditch, dust myself off and return to Love/love. Thy Love, Thy Will be done.

Sharing Today’s Gift Will Keep The “Pay Forward” Door Open



Birthday Inventory  
“Pay Forward” # 226

Today’s “Pay Forward” gift is – Birthday Inventory. When I am approaching my A.A. birthday, I’ve given my past too much attention, wasting time and energy I could use on what I tell myself I really want. I want my life to make a good difference. I want to love and worship our Father by loving all of His creators. I want to be and to do His Love and Will, known and unknown 24/7. I don’t want to deny or discount my wrong doings, but I can honestly say I wasted too much time and energy on the “drug” guilt and punishment. The older I get the more aware about the need to conserve my energy. I need to let go of all wrongdoing, my own or others as quickly as I can. I need to extend love, mercy and forgiveness to all, including me. Negative dwellings on wrongs build walls that block my love for our Father, others and myself. I am committed to my retirement from wall building, letting go of all my illusions of separation. I am committed, devoted and dedicated to conserving my time and energy, to be the loving son and loving brother I am intended to be. Let the light of my spirit of love overshadow all negative shadows. I say to all; come let me love you, heal you, teach you and forgive you, and mean it with all of my heart, mind and soul. Come let us love one another. Thy Love, Thy Will be done.

“Behold, I stand at the door and knock”

Restating Our Principles  
"Pay Forward" # 227

Today's "Pay Forward" gift is – Restating Our Principles. "Let us restate our Principle. We are surrounded by an Infinite Possibility...it can pass into expression through us only as we consciously allow It to do so. Therefore, we should have faith in It" (The Science of Mind, page 46). I have an abiding faith in our Father's loving grace; it began by seeing others living the program. As I practiced the Program, I let my faith turned into reality, increasing my faith in Spiritual principles. I had a driving need and desire for a working relationship with a Higher Power. On page 45 of our Big Book, we are told that its main object is to enable us to find a Power greater than ourselves, which will solve our problem. I set out on a radical journey, seeking our Father. I accepted the premise that I had to stay sober to stay on my serendipity Spiritual journey. I am judged by some A.A.'s and some Christians for not complying with their understanding of a traditional path, whatever that is. "...contempt prior to investigation" (Big Book page 568). My workbooks and workshops are based on my radical studies and dedicated service within A.A.'s Program and our A.A. literature. Visit our website, [www.12stepworkbook.org](http://www.12stepworkbook.org) . I live our Father's teaching daily that are embodied in our A.A. Program. Come let us love one another as we are loved. Thy Love, Thy Will be done.

Sharing Today's Gift Will Keep The "Pay Forward" Door Open



Spiritual Principles  
"Pay Forward" # 228

Today's "Pay Forward" gift is – Spiritual Principles. The most important statement made in the Twelve Steps and Twelve Traditions is found in the Foreword. "A.A.'s Twelve Steps are a group of principles, spiritual in their nature, which, if practiced as a way of life, can expel the obsession to drink and enable the sufferer to become happily and usefully whole." Our Father is not violating natural laws when He expresses a miracle through us. What we call a miracle is an expression of grace, using Spiritual Principles to rise above natural laws. We did not violate the law of gravity on our journey to the moon; we rose above it. When our Father transforms a defect into an asset, He is using Spiritual Principles, above and beyond our human ability; truly a miracle. Practicing Spiritual Principles, prayer and meditation, changes our lives by changing us, from within out into the manifested world. It places us on a different ground of being, in alignment with Spiritual Principles. It is placing us in the Hands of our Father. Giving us a confidence in a Power Greater than ourselves, within us, but not of us. Spiritual Principles are not just a belief; Spiritual substance will become material manifestation. This is not just a theory; it is a fact. Only Spiritual Principles can enlist our personal "reality" into our Father's full-service and join us with our created soul, awakening our True Self. Thy Love, Thy Will be done.

"Behold, I stand at the door and knock"

Enlightened Self-Interest  
"Pay Forward" # 229

Today's "Pay Forward" gift is – Enlightened Self-Interest. I feel so not right about thinking about loving myself. It is clear about the nature of our disease; alcoholism is rooted in selfish, self-centeredness. When I got to the doors of Alcoholics Anonymous, I had burned every relationship out. Self-centered meant survive. By living A.A.'s way of life myself-centeredness has been transformed into enlightened self-interest. I want to be sober, to give of myself, to make a good difference. I want to be warm and loving, kind and understanding, wise and intelligent because it is most fulfilling for me. I choose to enlist my personal "reality" into our Father's service and in union with my higher-self. Being active in A.A., I am not living a boring life, just the contrary. Before I can be a good friend to others, I have to build a friendship with me. I need to be the kind of friend to myself who can encourage myself during good and bad times. I need to stop tearing myself to pieces. Even if what I did was wrong, dangerous, or stupid, as my friend, I want it corrected as soon as possible out of enlightened self-interest. I am the only one who can really know my uniqueness, my given purpose. Being my friend, I can understand the commandment to "love your neighbor as you love yourself." I don't want it said, "poor" neighbor. Come; let us love one another even as we love ourselves. Thy Love, Thy Will be done.

Sharing Today's Gift Will Keep The "Pay Forward" Door Open



Service  
"Pay Forward" # 230

Today's "Pay Forward" gift is – Service. What is a deeply satisfying way of life? Service; Alcoholics Anonymous offers us as many opportunities for loving service as we are willing to accept. Most humans spend much of their time and energy seeking and not finding "real" satisfaction. Most of us have tried many fixes; alcohol, drugs, sex, food, relationships, material possessions, more information, the list is endless. When we have a Spiritual awakening, we may begin our serendipity journey, seeking and finding a loving fulfilling life of service. Our hunger for satisfying fixes is replaced with a Divine discontent. This comes to us by grace embodied in the realization that we are Spiritual Beings having a human experience, causing us to seek and find a Spiritual solution. As we express the love, we are by serving others our conscious experience expands. Our human efforts can never fulfill the infinite Presence within. We can see it with the eyes of faith unfolding its Spiritual nature. The giant oak is already in the acorn. The butterfly is waiting inside the cocoon for its new adventure. The Divine Loving Spiritual Design is already within each of us, waiting for our willingness. Loving service is a conformation of our acceptance. We don't need to accumulate more or try to earn grace it is waiting for our willingness. Serve others and we will get the eternal message about how to have a satisfying life. Come let us love one another. Thy Love, Thy Will be done.

"Behold, I stand at the door and knock"

Love Turns Work Into Rest  
“Pay Forward” # 231

Today’s “Pay Forward” gift is – Love Turns Work Into Rest. Yes, Father, love does turn work into rest. Each spiritual experience or awakening changes our relationships with other people, places, things and ourselves. We were given a purpose when we were created. Seeking and finding that purpose and living it is our reason for being. It is the only way to experience real joy, happiness and freedom. Our A.A. Program offers us the tools to chip away all that is not that purpose. My mission is service. I seek contemplative service coming from Spiritual Awakenings. I seek the intuitive wisdom our Program promises. I am really enjoying serving when I can see it's making a good difference. I experience it best when I have a deep love and compassion. I do loving things daily, but I don't always experience love and compassion. I am reminded that I do have a purpose. For me love and compassion are necessities, not luxuries. Without them, I am a dry giver at best. Come, I invite you to share at the highest level, giving of yourself where you have withheld, turning work into resting in our Father. Thy Love, Thy Will be done.

Sharing Today’s Gift Will Keep The “Pay Forward” Door Open



I Can Count On Our Father  
“Pay Forward”# 232

Today’s “Pay Forward” gift is - I Can Count On Our Father. “This much is certain, that once we make up our minds to seek God, He is already seeking us much more eagerly, and He is not going to let anything happen to prevent His purpose” (Thomas Keating). Prayer and meditation changed my life by changing me. It takes me on a journey within where I can find peace. When I do experience a conscious contact with our Father within, I intuitively know I am in harmony with His Love and His Will. I have confidence in myself when I have confidence in Him; I am sure I am in the right place, at the right time, and doing the right thing. I have an abiding faith in His grace, an intuitive knowing He will do for me what He intended that I cannot. Prayer and meditation are one of my primary problem-solving tools; I am taking a radical Spiritual training course. I know our Father created us all as individuals with a purpose, a mission. It follows that He is responsible for furnishing us with all we need to carry out His Love, His Will. I’m going to take time-out and ask Him to outfit my journey. It no longer takes much courage to say, Father, use me. Whatever He has in mind for you, and I is loving, because He is Love. Thy Love, Thy Will be done.

“Behold, I stand at the door and knock”

Massive Recall  
"Pay Forward" # 233

Today's "Pay Forward" gift is – Massive Recall. Auto-makers have massive safety recalls, to correct defects. By our Father's loving grace, He has ongoing massive recalls, to correct our defects. I have learned to cooperate with His recall and His replacement program. I can use our Alcoholics Anonymous' Steps and Traditions, accepting that I do have defective parts. When I am wrong, I can promptly admit it. I can deal with the exact nature of my wrongs by answering our Maker's loving Recall. I still have some fear if I told you all about me, I would not be loved or respected, so I avoid the whole truth and nothing but the truth. The nature of my wrong is fear and not trusting our Father as our True Source. At times, it is a loving thing to do to withhold facts from another person about something they cannot change. Here are a few replacement parts: love for hate, peace for conflict, forgiveness for bondage, abundance for lack, service for selfishness, sharing for withdrawing and on and on. By sharing the loving gifts given to us by grace, we are part of our Maker's recall and replacement program. We can share our love silently or openly as we are directed by our Boss. Come let us love one another even as our Father loves us. Thy Love, Thy Will be done.

Sharing Today's Gift Will Keep The "Pay Forward" Door Open



Co-Create My Day  
"Pay Forward" # 234

Today's "Pay Forward" gift is – Co-Create My Day. Everything I read for my prep-work is encouraging me to co-create my day, by focusing on building my personal "reality" under our Father's guidance. As a co-creator, I am to seek His individual Divine Design for me in my silence invisible prayer and meditate. I want to be His me as me. My prep-reading this morning is inspiring ways to think feel and act. Emmet Fox's reading; The Law of Growth; "What you think upon grows." Father Keating's reading, "I will guide you along the best pathway for your life. I will advise you and watch over you. " (Psalm 32:8). My 12 and 12 reading was Step Three; about Ed, the Godless' awakening. Our 24-Hour book's reading about each one of us is the builder of our personal "reality" with our Father as the architect. The Science of Mind's reading "The conscious mind of man is part of the Self-Givingness of the Mind of God." These are a few inspired reading and inspiring guidance, but you get the idea. It is good for me to have my guidance, and my questions repeated. I become more aware of what I truly need. I can rethink it, understanding what I am really asking for, and what I am to receive from our Father. I have to have my questions, and His guidance repeated often. Come let us seek and find His Divine Design. Thy Love, Thy Will be done.

"Behold, I stand at the door and knock"

Infinite Possibilities  
“Pay Forward” # 235

Today’s “Pay Forward” gift is – Infinite Possibilities. To practice A.A.’s principles in all our affairs is living in a world in which our Father, Creator can do anything. We can open ourselves to the Infinite and hence to infinite possibilities, intuitive faith tells me this. Then why not live like it 24/7? As my denial falls away I see that I still have a lot of our useless and sometimes harmful stuff. It is not so much absence of those thoughts and feeling needed but detaching from them. Alcoholics Anonymous is simple enough; we take ownership of our stuff and surrender it to our Father for healing and transformation into assets. It is the opening of our heart and mind to His healing love and tender mercy. We are given the tools for letting our private, self-made world come to an end as we know it. I open to the wonders of the universe, to the ongoing miracles in my ever day world. I am learning to listen to those inner signals that help me make the right choices. A.A. has shown me that no one can create anger and stress within me. Only I can do that by virtue of my world view. I am not denying a problem: I am affirming the Solution. Having infinite possibilities why not choose the good stuff. I believe that our Father loves us just the way we are, but loves us too much to leave us that way. Thy Love, Thy Will Be done.

Sharing Today’s Gift Will Keep The “Pay Forward” Door Open



Quality Not Quantity  
“Pay Forward”# 236

Today’s “Pay Forward” gift is – Quality Not Quantity. The quality of my sobriety rather than the number of years is what matters, sometimes. I am grateful that I have not drank alcohol for lots of years; for one thing, I am sure I can go through anything and not drink. The quality of my sobriety brings me the most fulfillments. A single moment of the divine union with our Father is the most valuable, because I intuitively know I am living His Love and His Will, at that moment. It only takes a holy instant for our Father to enrich us. Everything we do, say, think and feel has consequences beyond what we can see. By our Father’s grace, we can be a blessing, a miracle-worker, a beloved lover loving. The second part of Step Twelve “...we tried to carry this message to alcoholics,” is an act of love. In the image and likeness of our Father, we are love, and our purpose is to love. A.A. offers us a fine set of loving tools. I am responsible for practicing using these tools to developing my loving skills. I am held accountable for the way I use the divine energy I’m given. This divine energy flows into us and through us 24/7 at maximum strength; we only need to give it our consent. We have many channels, agents and angels, but only one Solution. No matter, what kind of problem we are facing we have the Solution, ready and able. Call to Him. Thy Love, Thy Will be done.

“Behold, I stand at the door and knock”



The Greatest Gift  
"Pay Forward" # 237

Today's "Pay Forward" gift is – The Greatest Gift. Our Father, I ask You; for the greatest gift of all, that I may be in conscious union with Your Will, Your Love, and the life You created. May I fulfill Your intended purpose for me 24/7? I forgive everyone for their perceived wrongs, and me as well. I believe that everything has a purpose, even if I meant it for wrong but our Father meant it for good. Those wrongs keep me in my place of humility, not humiliation or shame. I know I want mercy for all I have done or wanted to do but didn't. I know I must give away what I want, so I am merciful and loving to others. I accept the reality that I will never be better than any other created being. Our individual purpose may differ widely but that does not determine our worth, only our Father gives us equal value. Out of enlightened self-interest, I forgive us all. Guilt and shame can act as a dam that blocks the flow of my mission. I honor our Father's Presence within each of His Creatures, which includes me. "Don't call me good, it is the Father within doing the good works." It is easier out of enlightened self-interest to co-create the future I desire. Come let us be about our Father's Business, loving one another as He loves us. Thy Love, Thy Will be done.

Sharing Today's Gift Will Keep The "Pay Forward" Door Open



"Do You Believe?"  
"Pay Forward" # 238

Today's "Pay Forward" gift is – "Do You Believe?" I come to realize this little three-word question carries an important key to our fulfillment. When people came to Jesus for help, he would ask them, "Do You Believe?" If I were asked that question February 6, 1957, I would say I no, but I want to. I did know one thing; I didn't know anyone of importance that would have anything to do with me. I couldn't understand the importance of giving my consent to my doctor, Alcoholics Anonymous, much less our Father for help. "The only requirement for A.A. membership is a desire to stop drinking." Our decision to stop drinking was giving our consent to be helped. Of equal importance, we have to take responsibility for our decision. Free will seems weird at times. An alcoholic with no way out, giving his or her consent to others and most of all to our father, seems so arrogant coming from one who has no reasonable right to be. What about the alcoholic laying in the gutter looking up as a limousine passed by saying, "but by the grace of me goes, I?" I am encouraged by other's faith and willingness, but I still have to give my consent. Sober A.A. members have done so, overcoming difficulties by capitalizing on our defects transformed into workable assets. "Angels can fly because they take themselves lightly" (G.K. Chesterton). I believe, help my unbelief. Thy Love, Thy Will be done.

"Behold, I stand at the door and knock"

Silence Invisible Dwelling  
"Pay Forward" # 239

Sunday 01-08-17 – Three Hundred-five – my "Pay Forward" gift is – An A.A. High. An old-timer told me that I shouldn't be overzealous, becoming a crusader, reformer or evangelist early on, but I did. I caught on fire when I began to awaken to A.A.'s way of life. Instead of attraction, I went for the promotion, I went about trying to "sell" the Program to anyone who would listen. Telling them of all the wonderful benefits they would receive if they just joined us on this "Road of Happy Destiny." I was acting more like the drug dealer I saw in a movie. He knew his product was a "powerful fix," for a short-time. He gave free samples to get someone started. He knew the user would be back, with money in hand. I "knew" any alcoholic would be back to A.A. for more, if I could give them "free samples" a few promises they would have, if only they joined. Later, I found the suggested attraction rather than promotion to be the right way to make our A. A.'s "product" desirable, so "you don't want to miss it" thing. I began to walk my talk; others could see the change in me for the better, a lot better. It made my sharing the Program bite-size and easy to digest. Living the message; carrying the message out of a loving gratitude, we become the loving message. The newcomer has a chance to see proof that Alcoholics Anonymous works, "it really does." Thy Love, Thy Will be done. TYFCJHS

Sharing Today's Gift Will Keep The "Pay Forward" Door Open



First Love, Then Love Again  
"Pay Forward" # 240

Today's "Pay Forward" gift is – First love our Father, our Creator, with all your heart, mind and strength.

Then love all His creatures by giving of yourself. Let our love have no other desire but to fulfill itself. Love is sufficient unto love.

If the only prayer you say today is a sincere "Thank You" that would be enough.

Thy Love, Thy Will be done.

"Behold, I stand at the door and knock"

Re-Commitment  
"Pay Forward" # 241

Today's "Pay Forward" gift is – Re-Commitment. For my re-Commitment to be and to do our Father's Love and Will 24/7, I need for the past, the present and the future to be one unbroken stream, with one purpose. I need to own my past well enough to surrender it to our Father to be transformed into a useful asset. I need to consistently reaffirm my heart's desire, which is my future long-term goal. "I am devoted, dedicated and committed to be and to do Your Love and Will Father, known and unknown, 24/7." The only time I can do my Re-Commitment is now. Today, I start my radical training; a commitment to practice my heart's desire, in all my affairs. For the next 40 days I agree to consciously practice what I believe is our Father's Love and Will. If we accept the fact that we are inferior, we will never change. We will fail many times, but we are not failures. Our Father does not create an inferior product. We can let our failing motivate us to seek to change; that's what winners do. "Send forth Your light and Your truth, let them guide me; let them bring me...to the place where You are" Psalm 43:3. I long for the realization within and everywhere, a vivid, a real sense Your Present, Father. Thy Love, Thy Will be done.

Sharing Today's Gift Will Keep The "Pay Forward" Door Open



Doing Being His Love His Will  
"Pay Forward" # 242

Today's "Pay Forward" gift is – Doing - Being His Love - His Will. I affirm my heart's desire daily: I am devoted, dedicated, and committed to be, to do our Father's Love and Will, known and unknown, 24/7. I do experience my heart's desire from time-to-time, but not 24/7 for sure. I would sooner be brought closer to His Love and His Will if I unreservedly gave of myself to be used by Him 24/7. Our Father can use every being as a channel for Divine Love, His Will. This calls for the total surrender of our personal "reality" to the truth inside and outside ourselves. Those growing the most, and being use the most, may be unaware of their usefulness. "Ye shall know the truth, and the truth shall make you free"- John 8:32. This truth sets us free from our fearful self-centered illusions, consciously known and unknown. Living Alcoholics Anonymous consistently chips away what is blocking that truth. We can count the number of seeds in an apple. But who can say how many apples are in a seed? We can count the number of 12 Step calls we made in a given time. But who can say how many others received a blessing from that one act of kindness? Thy Love, Thy Will be done.

"Behold, I stand at the door and knock"

Dry-Polar  
"Pay Forward" # 243

Today's "Pay Forward" gift is – Dry-Polar. Where would dry alcoholics be without an A.A. Program? When one of our A.A. members was new to the Program she would say, "If you don't like the way I am here and now, wait about an hour, and I will be altogether different, maybe better or maybe worse." Bipolar commonly thought of as one who went through great mood swing, being mania one time and another time in a depression. With a sobering up alcoholic that time may be anytime. During my first few months of sobering up, after I came in the Program, I was bouncing off the walls. One could just look at me "wrong" and I felt like I had done something bad. On the other hand, anyone could say something nice about me, and I felt like a winner. I heard an Alcoholics Anonymous speaker said his sponsor told him when he was in a "dry-drunk" that he was a "dry-polar" and it's time to go to an A.A. meeting or see if we can be of service to someone else. What do you do when you are "dry-polar"? What suggestions do you offer one who has slipped into the "dry-polar rut? Thy Love, Thy Will be done.

Sharing Today's Gift Will Keep The "Pay Forward" Door Open



Time To Change  
"Pay Forward" # 244

Today's "Pay Forward" gift is – Time To Change. Everyone drawn to another has a purpose; their agenda may be conscious or unconsciously known? When that agenda is fulfilled or no longer important, change is called for. One coming to Alcoholics Anonymous has an agenda; their true agenda may be hidden in denial. At some point if their agenda is not change they are likely to depart. If they do return they are likely to have a new needier agenda. In retrospect, I realize that everyone I was drawn to come with an agenda. After a while, sometimes years later, there will be a parting, sometimes an understanding departure, sometimes not. When each of us completes our purpose, we most likely find a "reason" to leave or push each other away. We could simply say, "I'm not getting anything of value out of this" and move on or change our agenda, is an adult thing to do. Most alcoholics are too sensitive. We have to "justify" the move, perhaps with a "You have done me wrong" song. Questions: Are you aware of your agenda for your important relationships? Are you able to detach from a relationship that has run its course? Have you been able to upgrade an important relationships' agenda without leaving it? Thy Love, Thy Will be done.

"Behold, I stand at the door and knock"

Common Sense  
"Pay Forward" # 245

Today's "Pay Forward" gift is – Common Sense. When I was growing up, the most valued world view was common sense. None of my family had a higher education. My dad taught himself to read. I taught myself to read after coming into Alcoholics Anonymous. The message I heard was, "people with book learning were not to be trusted." "If one is to get along in this world they had better have common sense," was my growing up belief. At seventeen, I joined the Marine Corps; I soon found out what my family called common sense was no more than common consensus. Narrow-minded biased opinions, general agreements were passed on from generation to generation as time-honored common sense, which they were not. True wisdom does not come from fear; it comes from love. The only point where our Father's time, or eternity, intersects with my time is in the present moment, it's where common sense and intuitive wisdom join in conscious union. Divine union saves me from the attachments to the past and obsessions about the future. In the present moment I relax in the arms of our Father, at that moment, I sense oneness with everyone else who is experiencing grace. We are not happy because we are well. We are well because we are happy. Thy Love, Thy Will be done.

Sharing Today's Gift Will Keep The "Pay Forward" Door Open



Dig A Little Deeper  
"Pay Forward" # 246

Today's "Pay Forward" gift is – Dig A Little Deeper. As the Big Book puts it: "Deep down, in every man, woman and child is the fundamental idea of God. We can find the Great Reality, deep down, within us. And when we find it, it changes our whole attitude toward life." The Divine Presence has always been with us, within us, but we think it is absent. The program of Alcoholics Anonymous can help us chip away everything in the way of that discovery. Everything we eat and drink is transformed by this Presence deep within us into the energy and everything else we need to live. Faith is the messenger who bears our prayers to our Father. In the quietness of deep prayer, we are a new person, or rather; we are our created Self. Our A.A. Spiritual journey is designed to heal us, to make us whole. Finding the Great Reality deep within me has to cause my being eighty-six young to be more cheerful and hopeful than when I was at twenty-six. Stating, "I just have to be honest" is most often a negative statement, disguised as humility. Let us dig a little deeper and find the real humility, the omnipresence of our Father within us all. Thy Love, Thy Will be done.

"Behold, I stand at the door and knock"

Staying Teachable  
"Pay Forward" # 247

Today's "Pay Forward" gift is – Staying Teachable. If I choose to continue to awaken and grow, then I must remain teachable in an ever-changing world. As I view my past, I have to admit, I've had an Invisible Means of support all my life, drunk or sober. I did not create myself nor do I maintain myself. I do have a lot to say about what I experience because my personal "reality" filters everything and everyone. My personal "reality," which I made up, is telling me what I am experiencing, real or illusion. Our Father's Reality filters through my little personal "reality." He draws to me what I need to awaken to and learn. What I have attracted, and aware of, I can decide for it if I want it or against it if I do not. "We are free up to the point of choice and then the choice controls the chooser" (Mary Crowley). I re-center my consciousness in the Father within, expecting He will tell me or show me what I need to know here and now. This is the Infinite Power, Intelligence that created all of life and lives it as One Life, His and ours. It's important to be the individual we are. Why waste my time and energy on what has passed or what may or may not be? I trust my Invisible Means of Support, Who sees beyond this moment, the infinite wholeness; He created. By His grace, I am a taught teacher teaching. Thy Love, Thy Will be done.

Sharing Today's Gift Will Keep The "Pay Forward" Door Open



Do It Again And Again  
"Pay Forward" # 248

Today's "Pay Forward" gift is – Do It Again And Again. I am recommitting daily, throughout this day to practice my heart's desire; to seek and find our Father's Love and Will and do it. We're created in His loving image and likeness. This being the Reality of life then I, we should be able to be our True self, extending the love we are. I am willing to detach from all that is not love, is not His Will. I am willing to contribute all I can of my limited self to carry out His Love, His Will, by giving of myself. I am willing to forgive AS SOON AS POSSIBLE myself and all others when I fail to practice my heart's desire. A.A. is the place I know that we can give of ourselves 24/7 if we are willing, I am willing. Love is a healing power touching everything into wholeness because all love is an extension of our Father's Love, individualized. I believe it is OK to have great loving expectations, as long as I am looking to our Father as our True Source, not my little limited self. Now is the only time we really have, why waste it on not love, in other words, why not spend now on being our loving selves? Today I view all my encounters as an opportunity to extend love, to serve. May my thoughts and actions express my true place on earth. Thy Love, Thy Will Be Done.

"Behold, I stand at the door and knock"

Al Kohallek Goes Sponsoring  
"Pay Forward" # 249

Today's "Pay Forward" gift is – Al Kohallek Goes Sponsoring. Al wanted to be the best sponsor in all of Alcoholics Anonymous. He asked a lot of questions both in and out of meetings. He wanted everyone to know that he was a sponsor. He wanted to be a perfect sponsor the first time-out. How about doing a workshop or retreat on sponsoring, he pondered? Program people would find it interesting. Al's sponsor, Louis Pazeniton (Lou-is Paz-en-it-on) suggested before Al decided on a sponsorship workshop or retreat, he would read (study) a great Pamphlet Published by GSO IN 1976 – Questions and Answers on Sponsorship. Louis did a workshop using the pamphlet years ago; it was useful and fun. Louis suggested that Al asked himself what he wanted to give and receive from sponsorship. Sponsorship is both receiving and giving and giving and receiving: we couldn't do one without the other. The following is a few sponsoring ideas Al came up with:  
\*Helping one come to their own understanding of Alcoholics Anonymous. \*Someone we can trust. \*Someone to give us useful tools. \*Someone who does not judge us. \*Someone who could see the good in me before I could. \*One who is wise and understanding. \*One who has worked the Program and was walking their talk. \*One who has awakened – living a sober life; Spiritual, mental, physical, emotional, and social not just dry. Thy Love, Thy Will be done.

Sharing Today's Gift Will Keep The "Pay Forward" Door Open



Perception Corrections  
"Pay Forward" # 250

Today's "Pay Forward" gift is – Perception Corrections. Al Kohallek told his sponsor, Louis Pazeniton (Lou-is Paz-en-it-on), he was angry with himself for something he cannot change. He cannot forgive himself, now what? Al said I cannot handle the same simple problem with the same person I could have a short time ago. I find myself in this squirrel cage running around in circles unable to let it go. The more I rag on myself the worse it gets. It was to correct before, but now I cannot use the same tools on the same problem, with the same person, get it done. Louis replied I have experienced the same problem; I can surely empathize with you. Once I accepted I could not get the closer I wanted to use "Yesterday's Bread" I turned to our Father for the solution. I had an abiding faith in Him, knowing I could count on Him for whatever it would take to heal what I could not alone and unaided. This problem made me realize how important it is to live in the present. We change a tiny bit with each experience, every moment. We were two different people dealing with two different look-a-like problems. Little doubt my perception needed correction; enabling me to deal with the here and now. I choose not to let the world tempt me away from the love that is here and now. Thy Love, Thy Will be done.

"Behold, I stand at the door and knock"

Father Is It Me?  
"Pay Forward" # 251

Today's "Pay Forward" gift is – Father Is It Me?  
Father it is not You that needs to change,  
Father it is not You that needs to learn how to express love,  
Father it is not You that lacks Power,  
Father it is You that is ever Present,  
who made up Your absence,  
Father it is not You that needs understanding,  
Father it is not You Who needs to increase,  
Father it is not You that needs improvement,  
Father it is not You that needs to awakening,  
Father it is not You that lacks wisdom,  
Father it is not You that needs to be merciful,  
Father it is not You that needs to be forgiving,  
for I made the wrong judgment,  
Father it is not You that gave Your Power to illusions,  
Father it is not You that is out of alignment with time, space  
and matter,  
Father it is not You that made up demigods,  
Father it is not You that made up fear or things to fear,  
Father it is not You that lack trust and an abiding faith in Your  
grace,  
Father it is not You lacking goodness and love,  
Father if I am centered in You, in Your image and likeness, as  
You will, I can say it is me in You and You in me. IT IS me.  
Thy Love, Thy Will be done.

Sharing Today's Gift Will Keep The "Pay Forward" Door Open



Does The Past Equal the Future?  
"Pay Forward" # 252

Today's "Pay Forward" gift is – Does The Past Equal The  
Future? I know that I did not create myself nor do I maintain  
myself alone and unaided, so what is my responsibility? I often  
remind myself there is within all created beings an infinite  
intelligence that lives us. If I have all the brains and computer  
power at my command, I could not duplicate what is going on  
within each of us. The question is this; why don't I call on this  
infinite intelligence 24/7? I made up an illusion of separation  
from this infinite power to the point of powerlessness. Sense  
joining Alcoholics Anonymous, I've experienced, my Higher  
Power, Intelligence doing for me what I cannot do alone and  
unaided. Growing up I would do anything to keep others from  
knowing what I was thinking, doing or feeling. I believed no  
one cared for me or wanted to help me. I did not ask anyone  
for help because I "knew" what the answer would be, so I  
experienced a too limited made-up world of my own making.  
So, what is my life experience today? I find myself wanting to  
be with other people sharing our Program every chance I get.  
As I see it today this could only happen by the grace of God.  
This is so unlike anything I could have dreamed of, before  
coming into A.A., so the past has not equaled the future. "To  
keep a lamp burning we have to keep putting oil in it." (Mother  
Teresa Thy Love, Thy Will be done.

"Behold, I stand at the door and knock"



Limits Of Cause And Effect  
"Pay Forward" # 253

Today's "Pay Forward" gift is – Limits Of Cause And Effect. We are subject to the law of cause and effect but not bound by it. When I reached the door steps of Alcoholics Anonymous, I was sure the cause of my problems was other people, places and things. At some point, I had a total turn around. Then I was the cause of everything I was experiencing. Once again, I realized I believed and acted out a common characteristic of alcoholism, bouncing off one side to another. One of the miracles I experienced I am not bound by anyone or anything in my past. By the grace of our Father, I am free to choose once again. Like others living our A.A. program, my defects transformed into assets. Some of my major defects transformed by grace are: alcoholism, jealousy, violence, lack and limitations, guilt and punishment and blaming other people, placing and things. I am grateful for tender mercy instead of justice. "We did not weave the web of life – we are merely a strand in it. Whatever we do to the web; we do to ourselves" (Chief Seattle). Thy Love, Thy Will be done.

Sharing Today's Gift Will Keep The "Pay Forward" Door Open



Love Is A Healing Power  
"Pay Forward" # 254

Today's "Pay Forward" gift is – Love Is A Healing Power. My love, our love is a healing power touching everything into wholeness; for my love, our love is an extension of Creator's love. I got a 12 Step call from a "drifter"; someone unable to stay sober, my heart went out to him; he reminded me of another "drifter" I worked with many years ago. I tried everything I knew and everything others suggested; nothing worked. I asked our Father for help, with all my heart mind and soul, holding nothing back, alone and unaided I knew I was useless. What happen next changed the way of sharing with others. I entered his bedroom; he was holding a pistol to his head, saying he was going to "get it over." I found myself yelling at him, "Shoot yourself," calling him a lot of bad names; he handed me the pistol and sobered. I had never talked like that disrespectful to a cripple; he was a paraplegic. The next drifter that called me, I wasted no time; I let him have it, he hung up. The good results were not my meanness, but the grace of our Father. When I totally surrender to our Father, He took it from there. Now-a-days I start off with surrendering; I let go and let God. "There is no difficulty that enough love will not conquer; no disease that enough love will not heal; no door that enough love will not open..." (Emmet Fox). Thy Love, Thy Will be done.

"Behold, I stand at the door and knock"

Key Word – We  
“Pay Forward” # 255

Today’s “Pay Forward” gift is – Key Word – We. The word we are used 1659 times in our Big Book. The word, I is used 7214 times. To me A.A. is a “we” Program. The primary use of the word I is in the personal stories. We are mainly dealing within the first 164 pages. The following are my favorite use of we in the Big Book: (1.) “We of Alcoholics Anonymous are more than one hundred men and women who have recovered from a seemingly hopeless state of mind and body. To show other alcoholics precisely how we have recovered in the main purpose of this book” (xiii Foreword to the first edition 1939). (2.) “Many do not comprehend that the alcoholic is a very sick person. And besides, we are sure that our way of living has its advantages for all” (xiii Foreword to the first edition 1939). (3.) “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” (page 45 We Agnostics).

Make a list of your most important use of “we” in the Big Book and the Twelve Steps And Twelve Traditions. Thy Love, Thy Will be done.

Everyday Angels  
“Pay Forward” # 256

Today’s “Pay Forward” gift is – Everyday Angels. I really want to know who or what are everyday angels. Could angels be guardian spirits; guiding influence, maybe it’s God’s thoughts flowing to us? This morning during my prep time I was reading from Psalms 91, “For He shall give His angels charge over you, to keep you in all your ways. They shall bear you up in their hands, lest you dash your foot against a stone.” Well, I had dashed my toe against a chair last night because I did not turn the light on. I remembered a warning “Those “Those who walk in darkness will stumble against a rock [chair].” Was an angel warning me about walking around in the dark? A few months ago, I did not turn on the light; I stumbled in the darkness into the staircase just after I read that quote. I promised myself I would never walk in myself-imposed darkness again. However, I did it again last night. I am more concerned with the Self-imposed darkness beyond the physical darkness. I do love the idea that angels are ever present. I have experienced the statement on page 84 of the Big Book, “We will intuitively know how to handle situations, which used to baffle us.” Perhaps this grace is the angels causing us to intuitively know. I believe that is true. I say to myself, then act like it and turn the light on next time. Thy Love, Thy Will be done.

Sharing Today’s Gift Will Keep The “Pay Forward” Door Open



“Behold, I stand at the door and knock”

It Took Me  
"Pay Forward" # 257

Today's "Pay Forward" gift is – It Took Me. "A man takes a drink; the drink takes another, and the drink takes the man" (Sinclair Lewis). In my early A.A. days, I didn't believe it was the first drink that got me drunk. After seeing some of our members take the first drink and take off on another drunk, I became a believer. This can't take the first drink without grave risk for an alcoholic must be the nature of our disease. The dawning of a new day is an opportunity for me to use the nature of my disease as an asset. I can start my day by first drinking in the Presence of our Father, and co-create my day. When I seek through prayer and meditation to improve my conscious contact with our Father, when I first awaken, I find myself wanting more conscious contacts throughout the day. I am more likely to see through the eyes of faith our Father's Presence within, around and through everyone and everything. I do get high, but it is not on alcohol. As I experience the good results from my morning startup it makes me "drink" of it again. Yes - my thoughts help co-create my personal "reality," so I use my imagination to bring into my experience those things I really want. I let my imagination co-create a vision of love, peace and joy. Thy Love, Thy Will be done.

Sharing Today's Gift Will Keep The "Pay Forward" Door Open



One Of A Kind  
"Pay Forward" # 258

Today's "Pay Forward" gift is – One Of A Kind. One of the most interesting things about life is its variety, only one of each one of us. We may as well give up the idea that we could ever fully understand another be-ing. On the other hand, I have never fully understood myself. When we have finished listing another human be-ing attributes, we find we are talking about ourselves. If we visit the outdoors and list the attributes of some of the other creatures, the results will be the same; we find we are talking about ourselves. Let's list the ways we would like to share our love with others; the results will be the same; we are talking about the love we want for ourselves. Let's list the ways we would like to share our A.A. with others, and then accept it for ourselves. We are individualized created be-ings; one of a kind, yet we are one life. There is one life, that life is perfect; that life is our Father's Life; that life is our life; that life is my life now. Thy Love, Thy Will be done.

"Behold, I stand at the door and knock"

Spiritual Discernment  
"Pay Forward" # 259

Today's "Pay Forward" gift is - Spiritual Discernment. Can anyone experience Spiritual Discernment or do you have to be special? I was under the impression only a special or holy person could receive the gift of Spiritual Discernment. Perhaps it's a wise person with the judgment capacity equivalent to sainthood. Today I believe it is something special but not above and beyond the human condition. This morning I had a realization that Spiritual Discernment is not a judgment I make, but an intuitive awakening. When I am working with a new member, no matter what they have done or not done I have no need to forgive them. In fact, I have not judged them in a way that calls for guilt and punishment. Spiritual Discernment is beyond appearances and facts it is an intuitively knowing. My experience tells me the big Boss has a purpose for everyone and everything. I don't need to know what that purpose is. I just know it is, and I accept it as is. Alcoholics Anonymous, like creation is, in fact, a participant in human transformation. Take a look at Alcoholics Anonymous' promises (pages 83 – 84). Thy Love, Thy Will be done.

Sharing Today's Gift Will Keep The "Pay Forward" Door Open



Had To Be  
"Pay Forward" # 260

Today's "Pay Forward" gift is – Had to Be. "If humankind could have known God without the world, God would never have created the world" (Meister Eckhart). Bonaventure (1217-1274) wrote: "In the soul's journey to God, we must present to ourselves the whole material world as the first mirror through which we may pass over to the Supreme." We are here to learn the art of living beings the individual intended. The art of yielding to our Father's plan of action and accepting His Love, His will is our radical training. It has been said that living life is like playing a violin solo in public and learning to play the instrument as we go along. Alcoholics Anonymous is not only a rehearsal but a great adventure, an uncovering, a discovering, a radical training ground that joins us with our loving Father. We must be patient with our failures, let us keep on keeping on. A no-risk way of life is the biggest danger, there is. We are students and teachers at the same time not expected to produce a perfect work of art. Alternation between tranquillity and struggle is our teacher. Alcoholics Anonymous addresses the human condition exactly where it is, empowered by grace. Come; let us focus our attention on our Father's Loving intention. Today let us be grateful that our power to love is overcoming the love of power. Thy Love, Thy Will be done.

"Behold, I stand at the door and knock"

Much More Than This  
"Pay Forward" # 261

Today's "Pay Forward" gift is – Much More Than This. The same theme keeps coming up in my morning prep-work. We don't ask for too much we ask for too little. "The future belongs to those who believe in the beauty of their dreams" (Eleanor Roosevelt). "The Lord is able to give thee much more than this" (2 Chronicles 25:9). Yes, we are limited if we count only on our own abilities, but there is a Higher Power within each of us in which all things are possible. There is an infinite intelligence within each creature expressing life through us. This Presence never forgets us or stops loving us, as long as we are breathing, I don't know about after life. Living the best we can here and now bring us some fulfillment in this world. Is it possible that our Creator can be aware of such a tiny part of His Infinite Whole, as each created being is? I do believe in my dreams, my heart's desire. I am no longer afraid to dream a loving dream that I can make a good difference in this world. Perhaps I dream too small trying to save myself from disappointment. Have I made my Creator too small? Come let us dream the most wonderful, loving dream we can, knowing if it's ours to have because our Father will do it for us, through us, He gave us our dreams. Thy Love, Thy Will be done.

Sharing Today's Gift Will Keep The "Pay Forward" Door Open



Let Our Father Do It - Now  
"Pay Forward" # 262

Today's "Pay Forward" gift is – Let Our Father Do It - Now. Let's not try, let's let our Father do for us what we cannot do. Check it out; our Father Creates by letting, you know, like let there be light and the light was turned on. My heart's desire is to be and to do our Father's Love and Will, 24/7. I now let go and let Him do it through me. Now when I say, I am devoted, dedicated and committed to be, to do His Love and Will, known and unknown 24/7, I have no illusions how or Who's doing the works through me. I heard the saying, "Let go and let God," in Alcoholics Anonymous long ago, understanding its importance came much later. As my faith and trust in our Father grow, His apparent absence is replaced by His Presence. Little by little I said yes to His Loving Will and let It be done, through me as me. Emerson said that "God builds His temple [workshop] in the heart." I let go of my resistance to His Letting. I let go of my attachment to the past, willing to forgive all, even myself once again. I am willing to let the future come and go as He Wills. I let go of what I cannot do or change and let our Father work His miracles, here and now. Thank You. Thy Love, Thy Will be done.

"Behold, I stand at the door and knock"

Higher Purpose  
“Pay Forward” # 263

Today’s “Pay Forward” gift is – Higher Purpose. Taking a closer look at my heroes, both in and out of Alcoholics Anonymous, both dead and alive, I see some common characteristics. Their lives centered in and on a Higher Purpose, their heart’s desire, their mission, in other words, our Father’s Will. It was beyond their little self. They experienced an inner drive, as a calling, being used by kind of compelling forces or ideal. Many of us in Alcoholics Anonymous felt that inner drive. They may have started out as an atheist, agnostic or a devoted lover of a Higher Power, but all had an unseen, invisible means of support. They had a vision of a better way of doing, being or seeing something. Most were humbled by this inner driving force. Most of them were not ego driven. Their Higher Purpose guided and motivated them to accomplish the greatest deeds possible. It caused them to stay focused, committed, to take risks, to be independent of old ways, to do what it took to prepare, to persevere, to rebound after each setback, which gave them the courage to be creative. They had conviction and faith in what they were doing, and trusted something Higher than themselves. Over the next few days, I hope to share some expanded ideas on these characteristics; how I used them or most likely how they used me. Thy Love, Thy Will be done.

Sharing Today’s Gift Will Keep The “Pay Forward” Door Open



Selective Inattention  
“Pay Forward” # 264

Today’s “Pay Forward” gift is – Selective Inattention. Let me remember to turn to our Father at each beginning, and to invite my consciousness to remember Him during project for this day and thank Him at the end of the project or the day. He is my only Source; everyone and everything else are at best His agents or channels. Too often I focus on the project and not my Source. I take things apart to understand it and forget to put it back together as a whole. My selective attention turns to selective inattention. When I came to Alcoholics Anonymous, I did not have a conscious relationship with our Father. I realize now that awareness of Him is the first step in healing or changing. Sobriety was the foundation my new life was built on. Sobriety was my first selective attention. It wasn’t long before I realized that my selective inattention had to be addressed. I had to have a whole set of Spiritual tools; the fellowship, service work and above all else I had to seek and find a Higher Power. I did not have an inferiority complex, or an unrealistic feeling of being powerless and inferior; I just was. Selective inattention is ok, as long as I remember it is only part of the Whole. To practice these Spiritual principles in all my affairs, I’m learning to turn to our Father first and the rest will follow. Thy Love, Thy Will be done.

“Behold, I stand at the door and knock”

Preparedness  
"Pay Forward" # 265

Today's "Pay Forward" gift is – Preparedness. May I not lose sight of my need to prepare myself, daily? I call my daily prep-work, co-creating, which is in alignment with what I currently believe to be our Father's Will. Alone and unaided my personal "reality" makes up illusions. My heart remains open to the alcoholic who still suffers, which include all sober members. I learned the importance for daily prep-work from my A.A. heroes. They would do whatever it took to prepare for their Heart's Desire, our Father's Love, and His Will in-service. They would seek out the support, knowledge as needed. No detail was too small nor any service work too great; with our Big Boss, all things are possible. They freely used what others had already found. They willingly asked for what they needed to carry out the service opportunities given them. They often sought out service opportunities when none showed up. They worked the Twelve Steps and lived the Twelve Traditions as part of their daily-life. Their lives centered on service. They carried the Alcoholics Anonymous message, not the alcoholic or disease. It was said of them that they were a Big Book worth reading. They went about their daily-life with a healthy batch of inspiration and perspiration. These Alcoholics Anonymous members were my teachers, my mentors, my heroes, who showed me the way. Thy Love, Thy Will be done.

Sharing Today's Gift Will Keep The "Pay Forward" Door Open



Drink The Sober Drunkenness  
"Pay Forward" # 266

Today's "Pay Forward" gift is – Drink The Sober Drunkenness. At one time just plain drunkenness was a way of life. One of the first signs of sober drunkenness is a sense of joy, happiness and freedom, unlike plain old alcohol drunkenness. Once I realized Alcoholics Anonymous' way of life was bringing into my daily life what I was looking for in the bottle, I experienced a sober drunkenness. If we are not experiencing, joyous, happiness and freedom sober in Alcoholics Anonymous, you are not doing it right, or you have not been doing it long enough, so keep coming back. Perhaps, we are taking life too serious, even though alcoholism is a fatal illness; A.A. teaches us how to lighten up. Perhaps one is still a user of the "drug" guilt and punishment. If you find yourself in this condition, get to a meeting and or call your sponsor. Or even better see if you can help someone else, in other words, get out of yourself. When I remember that it is better to be willing to do our Father's Will, even if I'm not sure what that is my chance for that sober drunkenness is better. By the way, if you are on a pink-cloud just enjoys it as long as you can. If you find yourself saying and feeling it is a God "thing," it most likely is, enjoy. Thy Love, Thy Will be done.

"Behold, I stand at the door and knock"

Bears And Resentments  
"Pay Forward" # 267

Today's "Pay Forward" gift is – Bears And Resentments. What do resentments and bears have in common? There is an anecdote that carries a useful message for alcoholics. A party of hunters left their campfire unattended, with a kettle of water boiling on it. A bear came into the camp looking for food, when he saw the kettle lid dancing about, he promptly seized it. The boiling water scalded him badly; but instead of dropping the kettle, he proceeded to hug it tighter, this being the bear's idea of defense. Of course, the tighter he hugged it the more it burned him; and the more it burned him the tighter he hugged it: and so on in a vicious circle, to the undoing of the bear. This is a perfect example of how I experience hugging my resentments. Rehearsing the resentment over and again; and the more it hurts the more I add to it. The "bear" fact is I'm doing far more harm to me than the one I resent. I would be much better-off using the "F" word over and over again; FORGIVE – FORGIVE – FORGIVE. Thy Love, Thy Will be done.

Sharing Today's Gift Will Keep The "Pay Forward" Door Open



Free at last!  
"Pay Forward" # 268

Today's "Pay Forward" gift is – Independence. Martin Luther King said God's children...will be able to join hands and sing in the words of an old Negro spiritual, "Free at last! Free at last! Thank God Almighty, we are free at last!" Those words touch the heart of every alcoholic, wet or dry. When Bill Wilson was trying to come up with a name for the Big Book, he thought of "A Way Out". A great many us felt there was no way out of our alcoholic dilemma. As an active member of Alcoholics Anonymous, I am free at last, truly independent. Today, I am independent to the point of being free from the control of alcohol, people, places and things. By our Father's grace, I am a freethinker and not bound by the norm or stuck in old useless pattern. I am detached from public pressure. I am disappointed with the lack of acceptance or approval or support for my workbooks and workshops, but this will not stop me from sharing the gifts I am given. "There is a principle which is a bar against all information, which is proof against all arguments, and which cannot fail to keep a man in everlasting ignorance [dependent], that principle is contempt prior to investigation." When we are truly independent, our true Self, our true purpose is a magnet for good. Live for something, have a purpose, and that purpose keep in view. Thy Love, Thy Will be done.

"Behold, I stand at the door and knock"



Perseverance  
“Pay Forward” # 269

Today’s “Pay Forward” gift is – Perseverance. When asked to sign a Big Book for our newest member at an Alcoholics Anonymous conference, I turn to page 164 and write Keep on keeping on. That’s a good suggestion for us all, no matter what’s going on. To persevere is to maintain a purpose in spite of difficulty, obstacles and continue steadfastly; like a long-timer, with unbroken sobriety must do. Many of them wanted to give up for a brief time, but that inner drive would cause them to keep on. In fact, they are most likely increases their service work. They are living for a Higher purpose. Wisdom will remind them not to start drifting away from the fellowship. The A.A. drifter is like a helm-less vessel in stormy sea with no land in sight. “The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands at times of challenge and controversy” Martin Luther King. My mission is to practice the Spiritual principles of Alcoholics Anonymous in all my affairs that takes perseverance. I plant the seeds our Father gives me, into the ground He prepared for me; I tend to the growing plants, keeping the weeds out and when the harvest-time comes, I gather the fruit and share it with whomever is drawn to me. I am filled with love and gratitude for the abundance given. Thy Love, Thy Will be done.

Sharing Today’s Gift Will Keep The “Pay Forward” Door Open



Creativity  
“Pay Forward” # 270

Today’s “Pay Forward” gift is – Creativity. Creativity has really come into play when we are sharing Alcoholics Anonymous’ Step Twelve with a newcomer. We find the best approach is to invite our Father in at the very beginning; that’s before the first word is spoken. Yes, we know about keeping it simple, however. The blessing of having our Father aboard with His Know-How is not only keeping it simple, but often creative. When we partner up with our Father for any area, the creative trait is most likely. We are likely to be flexible, imaginative, with the ability to work around problems, to find fresh solutions. We are likely to come up with a plan of action, and the willingness to carry it out, by His grace of course. With His guidance, we can take something that is already known and apply it in a new and better way or just a simple new look. When our Father assigns us a project, He supplies us with all we need, and often it is creative, for sure loving and most often simple when He directs it. All we have to decide is what to do with the creativity given us. Let us cast aside our doubts and fears and accept the gift of creativity; Paying forward our loving talents in our Father’s service. Thy Love, Thy Will be done.

“Behold, I stand at the door and knock”

Courage  
"Pay Forward" # 271

Today's "Pay Forward" gift is – Courage. If we use our courage to embrace our fears, we will find whatever we fear will change its nature. It's a real problem, calling for a solution or acceptance, or it's another illusion, which will never happen. Our courage in sobriety comes by trusting our Father, from our commitment to our Heart's Desire, His Will and to Alcoholics Anonymous. Courage shows up in one form or another in every characteristic of our true mission, our reason for being. To have courage one must have faith and trust in something or someone greater than themselves. "Every blade of grass has its angel who bends over it and whispers, 'Grow, grow'" The Talmud. Take a moment to listen to the whispers of encouragement that beckon you to be all our Fathers brought you here to be, to do. The guardian angel assigned to protect and guide us is omnipresent. Have the courage to stop our chatter, to look for our Father's presence and listen for His message. "God grant me the serenity to accept the things I cannot change," I accept that I cannot change our Father, nor do I want to. "Courage to change the things I can," I can take responsibility for my decisions and actions, and surrender them to our Father, to be transformed into assets. "And the wisdom to know the difference," accept the intuitively knowing promise. Thy Love, Thy Will be done.

Sharing Today's Gift Will Keep The "Pay Forward" Door Open



Resilience  
"Pay Forward" # 272

Today's "Pay Forward" gift is – Resilience. My teachers, mentors, and heroes all had one thing in common; they all could bounce back. On their ups and downs, they were on their way up. Somehow every step turned out to be a step forward; every failure a learning experience. Edison said, "Result, I have gotten a lot of results; I know 50,000 things that won't work." I can sure identify with Edison. I have learned no defeat is final, not even in the thirteenth hour, much less the eleventh hour. Our Father's good works are timeless. Resilience knows nothing of being bounded up or locked out. The thoughts and feeling that fill our minds ultimately appear as "reality." I am learning to embrace my failure, with gratitude, as an important messenger, although unpleasant, they are a freedom tool. St Augustine said that "the pure mind is a holy temple for God." To realize that our Father is in us, with us, and for us, is the first step toward understanding that we are His temple that takes resilience. Why deny our Father's omnipresence? It neither serves me, nor anyone else, for me to beat-up on me. I am reminded of the "drug" guilt and punishment, so embedded in our world, giving the illusion it will change us. Resilience lets us pass over the "drug," and set us back on the road Home, to our Father. Thy Love, Thy Will be done.

"Behold, I stand at the door and knock"

Risk Taking  
"Pay Forward" # 273

Today's "Pay Forward" gift is – Risk Taking. Risk-taking is another name for change. I cannot remember a time when I did not resist change at first sight. In all the years, I've been a sober member of Alcoholics Anonymous, I have not had one bad change. As the benefits expand and grow by practicing A.A.'s Spiritual principles, I am learning how to be a risk taker. Trusting in our Father, I am more willing to exchange security for something new and unknown. I risked everything and everyone when I was drinking. Now, I am willing to risk what I thought was most important for an opportunity to be and to do our Father's Love and His Will. I believe what I've told A.A. newcomers "Try the program for 40 days, and if it doesn't work for you, we will refund all of your misery and suffering." No one can force us to be happy, if we had rather whine and complain that's our business. So far, no one has asked for a refund. If you are having a difficult time where you are, take a risk and let our Father take over. Risk takers have not told me how to be a risk taker; they took risk and let me watch them do it. What we need more of is Spiritual conviction followed by risk taking. Thy Love, Thy Will be done.

Sharing Today's Gift Will Keep The "Pay Forward" Door Open



Commitment  
"Pay Forward" # 274

Today's "Pay Forward" gift is – Commitment. I have a deep gratitude to my teachers, mentors, and heroes for their total commitment to their mission, showing me the way. To stay committed to my own mission, I need to refrain from interfering with other's journey. I am committed to serve others in a loving, constructive, and spiritual way, when invited to do so, but not as a busybody. "He, who minds his neighbor's business, neglects his own." As an active member of Alcoholics Anonymous, it is my pleasure and duty to carry the message to the alcoholic who still suffers, but not carry the alcoholic. My commitment to carry my mission opens me to trust our Father as my only Source. I can count on His guidance to suggest what is to be done, with Him, myself and others. Instead of being a busybody I will do well to be busy following His loving guidance. Committing to practice A.A.'s Spiritual principles in all our affairs cause us to be miracle-ready. Through faith, hope, and love we hear the ultimate message; to love and serve one another. Having received the Step Twelve's promise of awakening we are like the blind man receiving his sight, out of a deep sense of gratitude, he followed his Healer. The awakening of the Spiritual senses is a commitment call from our Father, our Healer within, and to see with the eyes of faith. Thy Love, Thy Will be done.

"Behold, I stand at the door and knock"

Curiosity  
“Pay Forward” # 275

Today’s “Pay Forward” gift is – Curiosity. My teachers, mentors, and heroes had a deep hunger to know something for beyond what most would settle for. Those who were dedicated to follow a Spiritual journey could not settle for someone else’s experience; they wanted and needed a personal relationship with our Father. They practice prayer and meditation daily, seeking to improve their conscious contact with our Father. Their wisdom and understanding flowed from their intuitive mind and heart. Those who took a mental path would not settle for worn-out clichés or untested opinion or overused expression from those who were deafened by hum of their own voice. Once they realized the physical as a Divine Designed vehicle for our Spiritual journey, their curiosity about the physical body and world increased. Their curiosity about all forms of love grew, realizing our Creator is love, then so are we. Their curiosity about the workings of all relationships, beginning with our relationship with our Father, gave them a newfound hope. Their demanding curiosity at some point required them to follow our Father’s Divine Guidance wherever it took them. They experienced a great joy in new ideas and ideals, no matter from what branch of knowledge, intuitively knowing our Father is the first cause. I missed so much as an active alcoholic. Once I experienced a Spiritual awakening as the result of working A. A.’s Steps I had a wonderful curiosity opening. “It’s a God thing.” Thy Love, Thy Will be done.

Sharing Today’s Gift Will Keep The “Pay Forward” Door Open



Metaphysical Healing  
“Pay Forward” # 276

Today’s “Pay Forward” gift is – Metaphysical Healing. Metaphysics is the law before physics; physical laws. Metaphysics is a Spiritual Law. Spiritual Laws are beyond the laws of cause and effect; more like quantum physics. Alcoholics Anonymous uses the laws of cause and effect; daily practicing A.A.’s three legacies: recovery, unity and service, a loving, powerful way of life. The results we often experience by practicing A.A.’s Spiritual principles are in alignment with quantum physics and Spiritual Laws. For example our worse defects are transformed into workable assets; we can help another alcoholic find recovery from a hopeless state of mind and body. Transformation is a Spiritual experience or quantum leap, in other words; we are no longer bound by our past; it becomes a loving useful tool to help others. Alcoholics Anonymous, like a doctor; It removes obstructions and creates an environment where the natural healing takes place. When a person desires to be healed [Tradition Three], doctors and medicines can help foster healing, but it is the Father within doing the works. When my computer is not acting right, I turn off the power, when I restart it, my default programs' reboot and all is well once again. Spiritual healing is like that. I turn off the outer power in prayer and meditation, connecting with my Divine Design, my Spiritual default program; I return to Love, to our Father’s Will and all is well once again. No appointment in needed. Thy Love, Thy Will be done.

“Behold, I stand at the door and knock”

Beyond Forgiveness  
"Pay Forward" # 277

Today's "Pay Forward" gift is – Beyond Forgiveness. I am forgiven in A.A., so I must pass that gift of grace to others to keep it. I could then say I am a Forgiven Forgiver Forgiving, an element of my A.A. mission. I have to say that this use of the "F" word, Forgive is better than one of the other "F" words we may hear. I encourage those I sponsor to use this "F" word, Forgiveness often. One of the most important realizations I have come to understand as an active member of A.A. is that we can and do go beyond forgiveness. Most Alcoholics Anonymous members do not judge newcomers in a way where one needs forgiveness; a demonstration of unconditional love. When you first came to the Program did you feel not judged in a way that called for forgiveness? Guilt: the negative gift that keeps on giving. I knew more about guilt than forgiveness, when came to Alcoholics Anonymous. Guilt can lead to a change in our behavior or not. One can spend their lives behind bars and never feel guilty about what they were convicted of, or use the guilt to grow. I saw both sides of the coin, taking A.A. meetings into prisons. Those who took responsibility for their wrongdoing could also accept forgiveness and grow. Those who could not or would not take responsibility for their actions and choices were doing hard-time. Thy Love, Thy Will be done.

Sharing Today's Gift Will Keep The "Pay Forward" Door Open



When I Do A Wrong  
"Pay Forward" # 278

Today's "Pay Forward" gift is – When I Do A Wrong. What happens when I do a wrong or miss the mark? What is wrong for me may not be so for others? We are individuals, only one of a kind. When it comes the universal sins or crimes most know the difference between right and wrong. When it comes to our personal "reality" I have to consider my experience real or illusion. The way I am using wrongs here comes from my personal "reality" or common consensus judgment. I believed from early childhood that if I gave someone my word, even if that someone was me, I had to keep it. "A person that gives their word and does not keep is the lowest of the lowest and should never be trusted again." I gave my word as if it were a promise, if I could not keep it, then came the most common "drug" guilt and punishment. I first got down on myself, after a while I thought I had forgiven myself. The next thing I know I had come down hard on another person who was innocent of any wrongdoing at the moment. Later, it became clear that I had projected my stuff on to this other person. I had not forgiven myself, and I had stuffed it. Most likely, I will project this defect, perfectionism on to another, if I stuff my wrongdoing. I have included this defect into my Step Ten Early-Warning System. Thy Love, Thy Will be done.

"Behold, I stand at the door and knock"

Hidden Power Of Moodiness  
“Pay Forward” # 279

Today’s “Pay Forward” gift is – Hidden Power Of Moodiness. When I’m doing a new workshop the theme, I am working on pops-up everywhere I go and in everything I do, or maybe I am just more conscious of it. The workshop on moodiness awakened every known and unknown expression or way I have experienced moodiness. One purpose moodiness serves for me was hiding my procrastination. The way I used moodiness to cover up procrastination was like this, if I were angry or withdrawing from someone or something, I would put off any helpful service, punishing them. I had no idea that I was procrastinating. When my moodiness had passed I was well into not doing something, even if it were best for me. “Procrastination is the thief of time” (Proverbs). Putting off robs us the opportunity to accomplish something worthwhile, in this example moodiness is the thief. I have never known an alcoholic, wet or dry that was not moody. One displeasing word or look can change the mood from a happy time to a negative event. Elsewhere I have written about the beginning and ending of a relationship that I needed changed. If I believed you believed I was special, or a person of value, we had a deal. If I believed you no longer believed I was special or of value, it was the beginning of the end. If that wasn’t the extreme example of moodiness, what is? Thy Love, Thy Will be done.

Sharing Today’s Gift Will Keep The “Pay Forward” Door Open



The Core Of Perfectionism  
“Pay Forward” # 280

Today’s “Pay Forward” gift is – The Core Of Perfectionism. If we fail even at the smallest way, we forget all the good we have done and focus only on the failure, that’s a sign of perfectionism. At the slightest rejection, we forget all the love we have shared and obsess on this one breach of love. This process is designed to identify the core of perfectionism. We judge by such high standards that no one could live up to them; this will ensure failure. We suggest that you use the following process as part of your inventory, or you can use it as a stand-alone. You are to write two extreme, movie type lists. 1. The wildest imaginary failures. 2. List examples of what it “takes” to be ideally successful in the area you are working the Program on. Let your imagination go wild, movie time stuff. What are the rules, rituals and generalizations for becoming successful? If you know someone who is 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?” This includes things you just heard about, from any source, real or imaginary. It is very likely that you have judged yourself and or others using these impossible standards. Within these simple actions, you are likely to find the core of perfectionism. Thy Love, Thy Will be done.

“Behold, I stand at the door and knock”

Alcoholism And Cancer  
"Pay Forward" # 281

Today's "Pay Forward" gift is – Alcoholism And Cancer. The cancer cell is a description of the alcoholic. The alcoholic [cancer cell] has gone insane. The alcoholic [cancer cell] forgotten that it's here to collaborate with others [cells]. The alcoholic [cancer cell] like all of our Father's creations exists to serve the healthy functioning of His Will which he or she [cancer cell] is part. The alcoholic has separated from the whole [organ] to which nature [our Father] has assigned it, gathering others [cells] as sick as it is to build its own kingdom a world apart. This false kingdom, this alcoholism [malignant tumor], seeks to preserve itself by growing more of its selfish, self-centered self. Thus, it threatens not only its circle of influence [host] but also him or herself [itself]. This is not simply a description of the cancer cell within the body. It is a description of the untreated alcoholic in its Spiritual, mental, physical, emotional and social malignancy. The untreated alcoholic has separated themselves from the rest of life, bearing no sense of responsibility or love for anyone but themselves. They may desperately want to be love and to love, but the disease owns them. There is a solution; Alcoholics Anonymous. Millions of recovering and recovered alcoholics around the world will attest. "It works; it really does." Thy Love, Thy Will be done.

Sharing Today's Gift Will Keep The "Pay Forward" Door Open



Judging Our Higher Power  
"Pay Forward" # 282

Today's "Pay Forward" gift is – Judging Our Higher Power. What about the times when I have no conscious contact with my Higher Power? Not being conscious of our Father's Presence mean He is absent? I pray not. I only need to remind myself the food I ate is being transformed into everything my body needs to express life. However, I sure think, feel and act different when I am conscious of His Presence, I experience a deep sense of love and gratitude. I am not in danger of stopping my belief in a Higher Power. I pray and meditate daily and read books that inspire me during my daily prep-work. Throughout the day I have to remind myself of His Presence. If He was not Present 24/7, we would not have a life to live. I am not in danger of coming to believe dreadful things about Him; I know better than that. I intuitively know our Father is love. Of course, He cares for His creation. I cannot believe that He is punishing me or anyone else. It is foolish to think our loving Father would cast me or anyone of His creatures into everlasting darkness. The central reason that I want to forgive every authority figure is that I will project my belief on to the greatest Authority, our Father. I need to dismantle my illusions of our Father's absence or distance. Alcoholics Anonymous has given me the tools I need for a life of loving service. Thy Love, Thy Will be done.

"Behold, I stand at the door and knock"

Accepting Miracles  
"Pay Forward" # 283

Today's "Pay Forward" gift is – Accepting Miracles. Everyday Alcoholics Anonymous offers us an opportunity to be part of a miracle, if we are open to receive it. Everyone offers us the miracle of love, if we are willing to be both a giver and receiver, they are one. Every moment offers us a chance to start over, letting go of the past, if we are willing to trust our Father, even a tiny bit. If we are willing to look about us with the eyes of faith, we are likely to see a beautiful Presence. By our Father's grace, we can co-create. May we be in conscious union with the infinite loving genius within? Let us be a working partner with our Father. Let us surrender our need to use other people, places, things in an attempt to make us whole. "A.A.'s Twelve Steps [and Twelve Traditions] are a group of principles, spiritual in their nature, which, if practiced as a way of life, can expel the obsession to drink and enable the sufferer to become happily and usefully whole" Twelve Steps and Twelve Traditions - Foreword. Most humans have wasted a great deal of their lives trying to become whole. We have a miracle program in which we can awaken to that wholeness we hunger and thirst for, which will heal our fragmented lives. Thy Love, Thy Will be done.

Sharing Today's Gift Will Keep The "Pay Forward" Door Open



Don't Miss The Special Gift  
"Pay Forward" # 284

Today's "Pay Forward" gift is – Don't Miss The Special Gift. If you are looking only to the special to be special, you may miss most of the Special. "Do the small things with great love" (Mother Teresa). As long as I can remember I wanted my life to make a good difference. I had no special gifts or skills, and a reading disability, which limited my opportunities. The only jobs I could find after I finished high school were manual labor. I thought if I joined the Marine Corp, I could become a hero; at seventeen years old, I enlisted. I served in the Korean War, but I never felt like a hero or special. I was drinking daily, when I came back from Korea. I couldn't get along with anyone; I was angry a lot, and I didn't know it was fear. I found out that angry and fear were Siamese twins, after joining Alcoholics Anonymous. I was at the end of my rope when I came to Alcoholics Anonymous. Something within me awakened at my first A.A. meeting, I felt special. We can make a good difference every day, if we are willing to share what we have been freely given. We can be part of daily miracles. I say to all who need A.A., "Come and let us love you, teach you, heal you and forgive you." We can make a good difference when no one else can, that's a very special gift, don't miss it. Thy Love, Thy Will Be done.

"Behold, I stand at the door and knock"



Our Whole-Making Instinct  
“Pay Forward” # 285

Today’s “Pay Forward” gift is – Our Whole-Making Instinct – “Moments of holiness happen when we experience moments of wholeness within ourselves” – Anonymous. In the Foreword of Alcoholics Anonymous’ TWELVE STEPS AND TWELVE TRADITIONS, tells us if we practice the Steps as a way of life, will, “...enable the sufferer to become happy and usefully whole.” My life was fragmented and broken on arriving at the door steps of alcoholics Anonymous. The promise of wholeness was great news for me. I heard buzzwords like being authentic and integrity; I didn’t have a clue what the meaning was, but it sounded good. My personal “reality” became defensive any time change was called for, and change was surely needed. I witnessed people practicing the Steps; their lives were no long fragmented like mine. Alcoholics Anonymous’ three essential; honesty, willingness and open-mindedness became an important part of my daily life, when I became teachable. I soon realized the whole-making instinct was only a threat to my illusion of separateness; a blessing for me. A long-timer suggested I give Alcoholics Anonymous a fair try, if I didn’t like the results, my anger, fear and uselessness would be fully refunded. I am so grateful I stayed on the “full-term.” The root of the word integrity means the quality of being complete or unbroken, or wholeness, today I am a man of integrity. My whole-making instinct is an important part of my Guidance System. Thy Love, Thy Will be done.

Sharing Today’s Gift Will Keep The “Pay Forward” Door Open



How Useful Are Mistakes?  
“Pay Forward” # 286

Today’s “Pay Forward” gift is – How Useful Are Mistakes? How much can we learn from our failures? Our Success? We have heard it said by elders that failure builds character. Overvaluing failure as a great teacher could give us an abundance of negative character. How many times does an alcoholic need to fail in staying sober? We get good at failing and success if we practice often. Alcoholics Anonymous offers us a choice to practice, failing or success. By showing us what does not work, failing is useful, but it will become a defect if it becomes a habit. I did not learn by failing to stay sober. In fact, I did not believe I could stay sober until I did for a while. When I had some success at not drinking I became a believer. Success taught me more in a short time than all my failures. Now I know what works, so I can choose to do it again. Each time I succeed I get better at whatever I am working on. Spiritual, mental, physical, emotional and social evolution does not dwell on failures; its focus is on expanding success, which is what works. What failure(s) were you stuck in? Once you found how it worked, did you returned to the failure or what worked? “It takes a lot of courage to release the familiar and seemingly secure, to embrace the new. There is more security in the adventurous and exciting, for in movement, there is life, and in change, there is power” Alan Cohen. Thy Love, Thy Will be done.

“Behold, I stand at the door and knock”

Planning My Day  
"Pay Forward" # 287

Today's "Pay Forward" gift is – Planning My Day. My morning plans start before I open my eyes. This experience often proves useful on my serendipity journey. I give my alms; I pray and meditate, I fast from what is not, and I feast on what is. I forgive all; my eye is single and full of light. I lay up treasures in Heaven, within my secret, silence, invisible place. I worship our Father in spirit (consciousness) and truth (Reality). I serve You Father and Yours all I can by sharing the Program. Then I get out of bed. Was I awake or was I sleeping? These are wonderful ideas and ideals, right, then why don't I live them consciously and consistently? I know our true nature is love, so why don't I love everyone? I know an Invisible Means; a Higher Power created us all, and preserves each of us. Why don't I quickly turn within to that Higher Power for everything I need? I know my Higher Self and those who love me want me to love more than I am. I am loving, praying, meditating, giving, forgiving, worshipping our Father the best I can today. Now I remember our Program says, "We are not saints. The point is that we are willing to grow along spiritual lines. The principles we have set down are guides to progress. We claim spiritual progress rather than spiritual perfection" (Alcoholics Anonymous page 60). Maybe I will become a saint next week. Thy Love, Thy Will be done.

Sharing Today's Gift Will Keep The "Pay Forward" Door Open



New Generation Of AA  
"Pay Forward" # 288

Today's "Pay Forward" gift is – New Generation Of A.A.. How can we do a better job communicating with the New Generation of Alcoholics Anonymous? The Chair, Alcoholics Anonymous General Service Board wrote in the 2010 International Convention's special edition of the Grapevine, about three basic issues to address. One issue facing Alcoholics Anonymous; how do we communicate more effectively with the New Generation coming to our doors? How do we develop an effective, innovative approach for our new generation of alcoholics, without compromising our Program? We have relied on the printed word for more than eighty-two years. This new generation does not as a whole care much for wordy books. The shift is already underway with the electronic communications worldwide. We are exploring the ways we can cut down on the printed word. Of course, it is better to go direct to the long form using our two textbooks Alcoholics Anonymous and the Twelve Steps and Twelve Traditions, but a new approach is called for. I went to the International and Texas Conference of Young People in Alcoholics Anonymous; I was filled with love and gratitude knowing the future of Alcoholics Anonymous by our Father's grace is in good hands. It's clear our young people in A.A. are deeply dedicated. Thy Love, Thy Will be done.

"Behold, I stand at the door and knock"

Spirituality or Religion?  
"Pay Forward" # 289

Today's "Pay Forward" gift is – Spirituality or Religion? The Chair, Alcoholics Anonymous General Service Board wrote in the 2010 International Convention's special edition of the Grapevine, about three basic issues to address. One issue facing Alcoholics Anonymous is clearing up the distinction between spirituality and religion. Recent court cases claimed it is unconstitutional for the courts to referred people to Alcoholics Anonymous, claiming Alcoholics Anonymous is "a religion," because the word God is used in our program. The courts cannot force anyone to attend a religion. The distinction between Spirituality and Religion is simple to me. Alcoholics Anonymous does not have a theology, dogma, or authorities, unlike religion. Our Program is suggestive only, no rules or authorities to deal with. I am deeply grateful for this way of life, and at times overzealous sharing it. Years ago, I gave the impression that it was my way or the highway. No wonder a newcomer viewed Alcoholics Anonymous having its own brand of theology, dogma, and authorities? What's your understanding of the distinction between spirituality and religion? It is important that each one of us takes responsibility for the decisions and actions we take. If I say I want to the stop drinking, and I want what you have, then I am taking responsibility for my decisions and my actions. If someone else tells me, I have to stop drinking, and I have to work the program the way that person tells me, I will resist. Thy Love, Thy Will be done.

Sharing Today's Gift Will Keep The "Pay Forward" Door Open



Omni-Office Hours  
"Pay Forward" # 290

Today's "Pay Forward" gift is – Omni-Office Hours. My greatest Heroes had no office hours; they were always available, like our Father. They were always ready to love, to serve, to heal, to comfort, to inspire. They did not have to have an Air-conditioned office with the latest equipment; they did not need a computer with spell check. To follow in their shadows I need to turn to our Father wholeheartedly and expect Him to act. I've had an irregular heartbeat rhythm most of my life; that is a great metaphor for my irregular love. I want to live the two great commandments; to love our Father with all my heart, mind, soul and all my strength, and love everyone else, including myself as my Hero, Jesus loved us. Alcoholics Anonymous offers us an opportunity to love others, just as they are, somewhat unconditionally. We can overlook all the newcomer did and not done and share the program. Accepting them as is and if there is going to be any change (rebirth) we let our Father do it. That's as close to unconditionally loving as I can do at this time. Perhaps when Jesus said, "You are not far from the kingdom of God" He was reminding us the kingdom of God is a short heart's journey within. Mother Teresa, another of my heroes, had no office hours; showing us how to unconditionally love and serve others under all conditions. Thy Love, Thy Will be done.

"Behold, I stand at the door and knock"

Good Morning Father  
"Pay Forward" # 291

Today's "Pay Forward" gift is – Good Morning Father. I am building into my personal "reality," what I want, instead of what I don't want. Good morning Father, I am grateful, You chose to express Yourself through me, as me. I am a tiny part of Your Whole as we all are. I see through the eyes of faith that You; Father are the same Presence, Power, and Intelligence within me and within each of Your creatures. By Your loving grace, I intuitively know Your will for me, sometimes. Your will is no longer a mystery to me because I am, we are expressing You in this world; You created. I look to You, Father for all I need to carry out my mission with love, even when I am in a dry place. I am seeking and finding the good within each of us, which is proof of Your Loving Presence. I say Your sacred Name, Father as a reminder, at each beginning, that it is You within doing the works we call life. I love my mission You gave me. I willingly share each of my mission elements with whomever You draw me to. I am grateful that I can make a tiny good difference in this moment, this day which You made. I am aware of that most wonderful mystical union with Your will, Father. Thy Love, Thy Will be done.

Sharing Today's Gift Will Keep The "Pay Forward" Door Open



The Gentle Hero/Heroine  
"Pay Forward" # 292

Today' "Pay Forward" gift is – The Gentle Hero/Heroine. There are two main hero/heroine themes. Number one is that person who shares his or her special gifts and talents unconditionally. When the Higher Self is in union with the upgraded personal "reality" the gifts of grace are shared; both giving and receiving unconditionally love. The healing one experience compels then to share it with those who still suffer. They share the teaching they are taught. They are forgiving to the extent they were forgiven. They are empowered beyond their made-up world. They share the enlightenment the Divine Wisdom intuitively flows through them. They enrich others with the God-given abundance. They lovingly communicate in a way deeper than words. They awaken to their Higher Power within doing the works called life. They don't intentionally harm others or themselves. They expand by giving away what they want the most. They share the same Divine Path as the greatest Spiritual teachers. "The works I do you will do greater works" This great hero; Jesus showed us the True Hero/Heroine's Path to the Kingdom within; revealing the Higher Self, that individual soul our Father created. Mother Teresa was a great heroine, demonstrating devotion, a love and service unmatched. Great numbers of these Spiritual heroes/heroines are found in Alcoholics Anonymous, bring healing, love and compassion that are deeper than words. As the results of living Alcoholics Anonymous, our Father's Divine Design brings out our True Self as everyday heroes/heroines. Thy Love, Thy Will be done.

"Behold, I stand at the door and knock"

The Most Common Hero/Heroine  
“Pay Forward” # 293

Today’s “Pay Forward” gift is –The Most Common Hero/Heroine. Yesterday’s “Pay Forward” was The Gentle Hero/Heroine, today we focus on the most common. We do not want to leave the impression the most common Hero/Heroine doesn’t love, because they do. However, that love can drive them into harmful acts, in the name of love. This Hero/Heroine theme is most often portrayed in movies, producers of greater pain and suffering, than the bad guys. This Hero/Heroine is the one who punished the wrongdoers, the bullies, those who prey on the weak; powerless to defend themselves. These Heroes/Heroines freely use the most common “drug” guilt and punishment. They receive great praise and honor for doing for us what we would like to have done but could not or would not. Most of us vicariously lived our violence through these Heroes/Heroines. Most noted are: Batman, Superman, Wonder Woman, Catwoman and Spiderman, and the likes. We were introduced to the “drug” guilt and punishment growing up. Those who cared for us passed on what they were taught. When I was about six years old I wanted to be Batman. My sister made a cape for me. I jumped of the roof, I didn’t fly. This Hero/Heroine is deeply embedded within us; to change will take the transforming grace of our Higher Power. Now, we have a choice to make. Thy Love, Thy Will be done.

Sharing Today’s Gift Will Keep The “Pay Forward” Door Open



Heartfelt Words  
“Pay Forward” # 294

Today’s “Pay Forward” gift is – Heartfelt Words. Alcoholics Anonymous long-timers tried to get me to relax to no avail. “Easy does it,” but do it, is one of the signs on our A.A. meeting room wall. I’m a worker, so to relax means being lazy. I hadn’t learned that hard work defeats itself, when it comes to the spiritual and mental. It is just the opposite on the physical plane; the harder you press or hammer the sooner the work is done. Any attempt at the spiritual or mental pressure blocks us. The moment we try to force or hurry spiritually or mentally, we stop or delay our creative power. OK, I’ll take a deep breath and relax. Sometimes we really need to listen. Think of the things said about our hearts. I’m downhearted; my heart is broken, and the pain was heartfelt. My heart cries for you, sighs for you, and dies for you. I haven’t thought of that song in years; I would sing it, but I don’t remember the rest of the words, plus I don’t sing well. No wonder I have an irregular heartbeat skipping a beat now and then. Words can be a call to action, but we need to take the action. When our words fail us, we can go to our Spiritual medicine cabinet; an Alcoholics Anonymous meeting or a sponsor. We could seek and find an untreated alcoholic and give them a little heartfelt program. Thy, Love, Thy Will be done.

“Behold, I stand at the door and knock”

The Right Size Group  
"Pay Forward" # 295

Today's "Pay Forward" gift is – The Right Size Group. What is the most effective size for your Alcoholics Anonymous group? In our world today, we hear statements like, "That was a great meeting filling the whole room." "That group must have the best Alcoholics Anonymous message because there were over five hundred this week." Is bigger always better? What is it about growth in sizes that gives a meeting credibility or makes it more desirable, or does it? Is an expansion the goal? What's the attraction is it carrying the message or is just entertaining or both? Isn't it the growth going on inside each of us more important than building numbers? How do we measure the value of an Alcoholics Anonymous group or meeting? I go to some groups, which have ten or twelve shows up; some of these are study groups. Some focus on how to practice these principles in all our affairs. I found it best to grow slow and change the format anytime it gets useless. "Does my meeting cause me to take a look at my Program, encouraging me to grow? Are we carrying our message? As a rule of thumb when something gets too popular it will have little depth. Big speaker meetings have a special feel, but are likely a mix of a common message, tempered with entertainment. These are special once in a while and serve a useful service as an open-meeting. Taking a group inventory using the Twelve Traditions can be an eye-opener. Thy Love, Thy Will be done.

Sharing Today's Gift Will Keep The "Pay Forward" Door Open



Disempower Pride  
"Pay Forward" # 296

Today's "Pay Forward" gift is – Disempower Pride. "Action is the magic word." My pride does not like it when I make a mistake or fail. I want to be a winner every time I do or not do something. I need to redefine the words winning and failing. Failing turns me back Home, like the Prodigal Son. That makes me a winner; finding something that doesn't work I can return to my real Source for what does work. Like the Prodigal Son, returning Home builds on my Father, son relationship. This life is a school and a playground. This life is both a place to learn how to get Home and a place to be our Father's intended Self. Let us report to our Boss the first thing each morning; seeking and finding what He has in Mind for us. I will not let my pride let my so-called failures, and mistakes block my serendipity journey Home. My trust and faith in our Boss give me the courage to take a risk. Alcohol let me avoid failures, which was a greater failure. Our Program works in a way that turns everything into an opportunity to live move and have our being in a pool of grace. Come let us love one another and our Boss, now that's real success. Thy Love, Thy Will be done.

"Behold, I stand at the door and knock"

We Are The Difference We Want To Make  
"Pay Forward" # 297

Today's "Pay Forward" gift is – We Are The Difference We Want To Make. Each of us has a mission, a purpose that gives our life meaning. Each of us was created as an individual, that's proof enough that we have a purpose. Our greatest value is being ourselves, as created. We can and do make a difference. We don't have to find a cure for alcoholism; we already have a solution. Grace gives us our value and purpose at birth. We are likely to be restless, irritable, and discontent, not being our Created Self. I am part of something important, Alcoholics Anonymous; a great way to serve, to make a good difference, any time I choose. I notice the difference when I'm not living A.A.'s Spiritual principles a day, and if I'm "dry" for a week, others will notice. Let's not waste another moment, let us be our higher Self and our personal "reality" self. Let's not wait around until someone else makes the difference we want to share. No one on earth can bring into this world what we can. Take up our life's mission, purpose beginning here and now. Let go of the past and embrace the Presence in this present moment; eternity is not one year after another, it is one now after another. It's not the passing of time that changes things; it's what takes place during the passing of time. Now, I choose to "Pay Forward" my gift to the world, myself. Thy Love, Thy Will be done.

Sharing Today's Gift Will Keep The "Pay Forward" Door Open



Awakening Metaphor  
"Pay Forward" # 298

Today's "Pay Forward" gift is – Awakening Metaphor. Our normal day begins with awakening; a rebirth. We go through our day as if it is a mini-life time. After a day of living a mini-life time we go to sleep; it is as if we die to our old self, a days-worth of conscious experience is filed. We have a mini-rebirth; we arise as a new being so to speak. We have said it and or heard, "Let me sleep on, and I will give you my answer tomorrow," we are intuitively aware that we will have a better understand in our "new-life." Symbolically we treat the new-year as a new-birth; making a lot of promises about our new-life. Alcoholics Anonymous gives us the opportunity and the tools to die to our old missing-the-mark self and awaken as our true self. The old creation that is passing away is the world of the false self, our personal "reality" world view. As we dismantle the false self, the new-self-arises with the awakening of the true self or the new creation. Alcoholics Anonymous can help us go through the passing (dying) of our false self, our personal "reality" world view and the rebirth of our God intended Self. Symbolically that is one death and one rebirth one day at a time. Instead of a New Year's resolution let it be a One-Day's resolution, Thy Love, Thy Will be done.

"Behold, I stand at the door and knock"

Speaking With Authority  
"Pay Forward" # 299

Today's "Pay Forward" gift is – Speaking With Authority. When I arrived at the doors of Alcoholics Anonymous, my verbal skills were poor to say the least. My first reaction was jealous when someone expresses themselves well. Effective communicators inspired me and that set me on a path of learning. I am deeply grateful I took that path. Alcoholics Anonymous differs from other organizations; anyone with a recovery experience speaks with authority. Some members with little or no formal education often speak with authority, as they share their experience, strength and hope. They speak from their heart and experience; I can relate to; that's true authority. Every A.A. member has a useful personal story to share. Every time we experience healing we will do well to pass on that experience. Tradition Five has this same principle of sharing "Each group has one primary purpose - to carry *its message* to the alcoholic who still suffers." Each group has a special message to share; that is the reason we join a home group, its way of sharing our primary message. Every A.A. member has a personal way to carry his or her individual program experience to others who still suffer. What one of your healing experiences you feel best sharing? What is your home group's message? Thy Love, Thy Will be done.

Sharing Today's Gift Will Keep The "Pay Forward" Door Open



Giving Multiplies  
"Pay Forward" #300

Today's "Pay Forward" gift is – Giving Multiplies. In this competitive world, there is an illusion that we are the loser if we give something away; the opposite is true. At times, I've resisted letting others in on my "best stuff." I was in a very competitive business. I closely guarded my most valued ideas; I was secretive almost paranoid. The manufacturer I had a franchise with wanted me to share everything I knew about my business, with the other distributors. I feared that I would be giving away my competitive advantage. I learned in Alcoholics Anonymous that I could not keep what I would not give away. I finally agreed to share honestly and openly with my fellow distributors. My willingness to share openly, I found I received much more than I gave. I realize I cheated myself by holding back from anyone. After receiving a great insight about this way of life, I did not at first want to share it with some, because he or she would get credit for it. Taking credit I found meant that I had to take the blame also. It's best to give all credit to The Boss were it originated first anyway. This decision to give all I receive freely has opened me up to a greater abundance. I've written twenty workbooks and workshops [www.12stepworkbook.org](http://www.12stepworkbook.org) always free for the taking. I have gained far more than I've given. "Pay Forward" is a good example. Thy Love, Thy Will be done.

"Behold, I stand at the door and knock"



Fresh Pair Of Eyes  
"Pay Forward" # 301

Today's "Pay Forward" gift is – Fresh Pair Of Eyes. I had an iPhone challenge I could not fix alone and unaided. I wasted about three hours trying to change my iPhone wallpaper. Yes, I called on Google to no avail. A friend took care of my first wallpapering; he made it look so simple. Of course, I could not go to sleep with this "important" challenge on my mind. I needed a fresh pair of eyes, but I knew I would have to wait; it was too late to call my iPhone expert. I told my wife, how I had wasted three hours on my project, and could not stop obsessing over it. She is not into computers or iPhones; I thought. I was looking for a little sympathy. It took her less than a minute to solve my "problem." Then came the question, had I turn to our Father first? No, but I should have. I have a decision to make; shall I forgive myself and go to bed? Shall I read a "how to" iPhone book? Shall I focus on a really important challenge; I have some? I could pack up and go to an A.A. meeting or call someone I could help. I am worn out obsessing over the decision, and it getting late. I'm going to do what I should have to start with, surrender it all to our Father and do my nightly prayer and meditation. Thy Love, Thy Will be done.

No Résumé Required  
"Pay Forward" # 302

Today's "Pay Forward" gift is – No Résumé Required. I am grateful I did not have to present a Résumé to sign on with Alcoholics Anonymous. I bet the creativity of alcoholics would come to the surface if we had to present a résumé to join. Some of us have a lively imagination. Bars are "good" places to share that imaginary resume; however, I did not like hanging out at bars, and I had no social skills to speak of. My verbal skills were very limited, and I could not compete with their creative imagination. Maybe that was one of the reasons I did not like hanging out in bars, of course being a loner helped. If I could communicate better I could have told of great events I dreamed of performing, while drinking, which never made it passed daydreaming. If I had to look and sound good before being accepted into Alcoholics Anonymous, perhaps the "inner-circle" with the secret handshake, I had to express my exaggerated "good deeds." Alcoholics Anonymous was different from other organizations. A.A. members are more likely to say, "Come as you are we've been waiting for you." When working with a newcomer I listen for a one-line résumé. "I can't stay stopped drinking, but I want to." We can have in life whatever we are Divine Designed to be; we need no résumé for that, we only need to let our Father do for us what He intended for us. Thy Love, Thy Will be done.

Sharing Today's Gift Will Keep The "Pay Forward" Door Open



"Behold, I stand at the door and knock"

The Servant's Entrance  
"Pay Forward" # 303

Today's "Pay Forward" gift is – Go In At The Servant's Entrance. It seemed that gifted people go through life with great ease, everything goes their way. My reaction to gifted people was anger, jealousy, with an attack of self-pity; they had everything I wanted without having to do anything to earn it. Then Alcoholics Anonymous came my way. At first, it was easy to stay sober, maybe dry, maybe I overacted coming to the Alcoholics Anonymous. I caught the disease of alcoholism in about six months, until then I would say I was an alcoholic but had my doubts. Hanging out with sober A.A.'s and not drinking and doing service work at an entry-level, awakened me. I realized I did not know how to live or get along with others. I wanted more than anything, peace of mind; some of our members had it. Each one of these said that they had a conscious contact with their Higher Power. I went on a quest for a Higher Power. Learning new ways to think, act and feel were exciting but did not fill that emptiness. When I combined my quest with service, I began to get much better results. To fully realize my quest, I had to enter at the servant's entrance. I extended love, forgiveness, compassion, understanding, sharing the gifts I was so freely given. The possibility of peace, purpose and a meaningful life became a reality. I continue to take the servant's entrance, my shortcut. Thy Love, Thy Will be done.

Sharing Today's Gift Will Keep The "Pay Forward" Door Open



Once A Violent Person!  
"Pay Forward" # 304

Today's "Pay Forward" gift is – Once A Violent Person! Once a violent person always a violent person! I had a history of violence before, and after I arrived at Alcoholics Anonymous. Sometime after I joined Alcoholics Anonymous, I stuffed or controlled outburst of violence. Violence is a negative energy and to stuff energy, is to compress it, and when built up enough it will explode. After working the Forty-Day Workbook the first time [www.12stepworkbook.org](http://www.12stepworkbook.org), I feared one day something would set me off, and I would seriously harm someone or myself; suicide and homicide are interchangeable. I had an intuitive realization of one of the most important A.A's principles; once an alcoholic always an alcoholic. I accepted that truism early in the Program. A Spiritual principle means it will apply to other areas; once a violent person, always a violent person. The reason I drank was because I am an alcoholic, not because something or someone went right or wrong. The same principle works for violence; I reacted violently because I am a violent person, not because something or someone went wrong. Once I accepted this principle and put into practice, I lost my fear that I may harm someone or himself. Years of fear and worry dropped from my shoulders, and I experienced a new freedom that was deeper than words. Thy Love, Thy Will be done.

"Behold, I stand at the door and knock"

An A.A. High  
“Pay Forward” # 305

Today’s “Pay Forward” gift is – An A.A. High. An old-timer told me that I shouldn’t be overzealous, becoming a crusader, reformer or evangelist early on, but I did. I caught on fire when I began to awaken to A.A.’s way of life. Instead of attraction, I went for the promotion; I went about trying to “sell” the Program to anyone who would listen. Telling them of all the wonderful benefits they would receive if they just joined us on this “Road of Happy Destiny.” I was acting more like the drug dealer I saw in a movie. He knew his product was a “powerful fix,” for a short-time. He gave free samples to get someone started. He knew the user would be back, with money in hand. I “knew” any alcoholic would be back to A.A. for more, if I could give them “free samples” a few promises they would have, if only they joined. Later, I found the suggested attraction rather than promotion to be the right way to make our A. A.’s “product” desirable, so “you don’t want to miss it” thing. I began to walk my talk; others could see the change in me for the better, a lot better. It made my sharing the Program bite-size and easy to digest. Living the message; carrying the message out of a loving gratitude, we become the loving message. The newcomer has a chance to see proof that Alcoholics Anonymous works, “it really does.” Thy Love, Thy Will be done.

Sharing Today’s Gift Will Keep The “Pay Forward” Door Open



Unlike A Cocktail Party  
“Pay Forward” # 306

Today’s “Pay Forward” gift is – Unlike A Cocktail Party. I’m happy our Alcoholics Anonymous meetings are not like a cocktail party. Unlike a cocktail party where conversation is dull and shallow small talk; weather, sports or TV shows, A.A. has real depth. I have a little interest in small talk, which I’m good at it. In Alcoholics Anonymous, I can go to a new group, and share information of interest we have in common, with people I never meet. To me, there are no strangers in Alcoholics Anonymous. Most of the time I go away feeling I shared something of value. In most A.A. gatherings, I don’t have to avoid conflict or drama, because “our common welfare should come first.” Our sobriety is more important than useless debates. In other types of gatherings, I don’t feel that I can be open and honest. At times, I go to a meeting where some are like my computer; with lots of rules and no mercy. Here I go again; excessively aware of myself, a stronghold of self-centeredness. Being judgmental, I hold back, not to offend someone, so I cheat them and me. In effect, I would be in a dry-drunk, no wonder it feels like I am in a cocktail party or bar when I do that. Oops, time to go to a meeting. Thy Love, Thy Will be done.

“Behold, I stand at the door and knock”

Adjusting Our Guidance System  
"Pay Forward" # 307

Today's "Pay Forward" gift is – Adjusting Our Guidance System. We have a Spiritual, mental, physical, emotional, and social guidance system, which performs 24/7, and it does not stay stagnant. As I awaken and grow in Alcoholics Anonymous' way of life; my guidance system becomes more sensitive. An aircraft on its journey is only on the direct beam about ten percent of the time; it will drift too far in one direction or another. When it reaches its predetermined tolerance setting, it automatically corrects its course. Freewill is the difference between the mechanical instrument and me. When I am too far-off in any direction, I have a choice, to correct or continue off course. My Higher Power offers upgrades and corrections continually. When I chose to commit to the Alcoholics Anonymous that choice included the willingness to accept our Father's upgrades and corrections. Awakening and growing creates ongoing opportunities for upgrades and corrections. Automatically my guidance system's tolerance becomes less and less tolerant. In other words, I could not wander around off course for long or too far. Most of the time I am grateful for the automatic adjustment, at times I bump against the new tolerance wall, causing pain once again; a sign that I have a choice to make. The path ahead maybe unattractive, but it is better than the path back, time to trust our Father's Loving Guidance. Thy Love, Thy Will be done.

Sharing Today's Gift Will Keep The "Pay Forward" Door Open



Treated Like An Adult  
"Pay Forward" # 308

Today's "Pay Forward" gift is – Treated Like An Adult. I was emotionally childish when I came to Alcoholics Anonymous, but treated like an adult. I accepted the idea that Alcoholics Anonymous was a new way of life, the equivalent of rebirth. I am grateful that no one treated me like an irresponsible child. I would have to take responsibility for my decisions and actions. I needed an open-mind and to be teachable. It was suggested that I talk with my sponsor before making a major change; every change seemed major. After all I had entered a new way of life, being sober, which I had not been good at. Learning how to live a sober life meant that I was going to make mistakes, but not take it so seriously even if my life depended on it. "Take it easy," seem like a contradiction. "Action is the magic word," but it does not mean that all my actions would magically turn successful. I thought my sponsor was intuitive, knowing what my next move would be, allowed to make growing up mistakes. I was beginning to see some of my hidden motivation, my needs and demands that were percolating inside me, that could block my sobriety if left to fester. My mistakes expected and judged not as an irresponsible child but as an adult learning how to live sober, with love and respect, that I did not deserve, no wonder I am so grateful. Thy Love, Thy Will be done.

"Behold, I stand at the door and knock"

Rebounding Upward  
“Pay Forward” # 309

Today’s “Pay Forward” gift is – Rebounding Upward. My first reaction to change for many years was resistance. Rebounds are a problem when I forget their coming; denial is a form of resistance. I had a big weekend filled with love, gratitude, joy and happiness. A setup for a rebound but I was put on notice by loved ones. I surrender my high before the rebound, it was not a surprise, when the rebound came it was powerless. A rebound coming after a great experience is the ebb and flow of life; a good kind of pressure. I am choosing to be like a diamond. A diamond is just a piece of charcoal that handled the stress brought on by pressure exceptionally well. I am looking to our Father to do the diamond cutting and polishing. Yesterday when I had the opportunity to share at a meeting, I was disappointed in what I shared, as I often am. It came to me this morning in my rebounding “upward” this: if our Father wanted it different, it would have been. I surrender perfectionism over to Him asking for His Love; His Will be done, willing to accept His reality not mine alone and unaided. It is my little self-centered personal “reality” wanting to look better than I could at the time, causing the disappointment. I pray to be the me our Father created as me. Come let us be about His Business and love one another as is. Thy Love, Thy Will be done.

Sharing Today’s Gift Will Keep The “Pay Forward” Door Open



Replace It Or Fix It?  
“Pay Forward” # 310

Today’s “Pay Forward” gift is – Replace It Or Fix It? Dealing with emotional reaction! I believe the cause of my emotional reaction, good or bad, is my belief about the event. If I believe an event is fearful, I react with flight or fight readiness. At other times, I’ve embraced the same event as a loving opportunity. There’s a wide range of useful information to draw on to replace or fix our emotions. My solution Alcoholic Anonymous taught me is to seek and find a Power Greater than myself. I’ve experienced this Higher Power transforming my defective personal “reality” (habits of thoughts and feelings) into useful assets. If I choose I can own my part and surrender it to my Higher Power, asking that His will be done. Is it my choice, to replace the emotion with a short-term fix or with a long-term solution? I choose to go for the good stuff today. What happens to me is not the problem; it’s what happens within me. I choose not to let my anger or fear become a live-in; I am willing to forgive all, even me. Thy Love, Thy Will be done.

“Behold, I stand at the door and knock”

The Eskimo Way  
"Pay Forward" # 311

Today's "Pay Forward" gift is – The Eskimo Way. There is an Eskimo tribe in the Arctic Coastal region that is known for their unique ivory art carvings. They take a piece of ivory and turn it over and over, again and again chanting, "I know you are in here, come out, show yourself." When they get an image in their mind's eye, they carve that image onto the ivory. Today the most important goal in my life is to realize and embrace the Father our Creator within each of us doing the works called life. The Infinite Intelligence that takes the food we eat and the water we drink and transform it into flesh and bones, thoughts and feelings, in other words, whatever it takes to sustain life. This Eskimo Artist inspires me to practice the same process. I chant, "Father; I know You are within me, reveal Yourself or Your Love, and Your Will." I turn it over and over, again and again in my mind until I realize His Presence and an idea of His Loving Will for me here and now. This awakening is where our self-made private personal "reality" comes to an end. A new world appears within, and around us and the impossible becomes an everyday experience. An awakening Spiritual experience is happening all over the world, daily in Alcoholics Anonymous. Thy Love, Thy Will be done.

Sharing Today's Gift Will Keep The "Pay Forward" Door Open



Critics  
"Pay Forward" # 312

Today's "Pay Forward" gift is – Critics. "It is not the critic who counts, not the man who points out how the strong man stumbled, or where the doer of deeds could have done better. The credit belongs to the man who is actually in the arena" (Theodore Roosevelt). Practicing A.A.'s Spiritual principles, we are the person in the arena of life. Let our love outlive the unloving critics, including the critics within. Critics are powerless in the presence of love. Love cast our all fear. Sometimes we are too hard on someone we love. When are too hard on others or ourselves, we are using the "drug" guilt and punishment. When faced with something wrong that needs correcting let us first turn to our Father within, seeking His guidance. Let us not delay silently or openly extending the solution given us. If the guidance we receive is to offer a suggestion, do it with love. Don't remind the person what's wrong with them, just extend love. If we don't have a loving solution, let our Father do for us what we cannot. Being critical doesn't change others or ourselves, but love does. Be willing to love our critics and those we are critical of. Choose to silently pray for what would be the most fulfilling for that critic, that is our perfect gift to give and receive. Let love lead us to serve, to forgive and to teach - Thy Love, Thy Will be done.

"Behold, I stand at the door and knock"

Waste of Time  
"Pay Forward" # 313

Today's "Pay Forward" gift is – Waste of Time. Am I to continue to "swat at gnats and swallow camels?" Am I to continue to waste my time and energy on useless and unimportant "stuff"? So much of the "stuff" going on in the world I have no control over, yet I get into useless arguments and end with a resentment over. I believe that all arguments and resentments are useless, a waste of time and energy. My dad shared an important insight with me; no matter what is going on in the outside world if I have a loving place to go, I am OK. Alcoholics Anonymous was my first loving place that I experienced that OK-ness. No matter what was going on outside A.A. I could turn to A.A. my home away from home, and I feel OK. I am the co-author of my personal "reality" experience in union with our Father within. I must take responsibility for that partnership. I choose not to use this gift to make up the illusion that our Father is powerless to realign me with His Will, His Divine Design. I cannot do anything bad enough to prevent His grace, nor can I do anything good enough to earn it. I am prepared by grace and I am preparing to share myself, just as I am. I am reminded in our Father's Hands, there is no wasted time. He has assigned a purpose for everyone, everything. Thy Love, Thy Will be done.

Sharing Today's Gift Will Keep The "Pay Forward" Door Open



No Double Standards  
"Pay Forward" # 314

Today's "Pay Forward" gift is – No Double Standards. "You give but little when you give of your possessions. It is when you give of yourself that you truly give." [Kahlil Gibran] I love that writing; it has been a benchmark for me for many years. Learning how to practice that principle by living it is a lifetime job, calling for Divine guidance; our Loving Source is without limits. Am I giving away what I want or am I giving what I no longer want; like clearing up a little clutter? Do I measure what I give? Am I giving away what I really desire? If I desire nothing, I'll give nothing; so far, that has not been the case. I always want love, sometimes well disguised. In giving the love and understanding I want will take off my mask. We can always give silently until we feel safe. Alcoholics Anonymous teaches us to give away what we want to keep, or what we want to grow and expand. A primary principle of giving is this; if I give love, and understanding to others, I will believe that others will give me love, and understanding. If I forgive another for a wrong, I will believe that others will forgive me my wrongs. Others may or may not, but I believe they will because I did it. There are no double standards, other than the illusions, we make up. Thy Love, Thy Will be done.

"Behold, I stand at the door and knock"

Vision  
"Pay Forward" # 315

Today's "Pay Forward" gift is – Vision. The only thing worse than being blind is having sight but no vision" Helen Keller. Before A.A., I knew the price of everything and value of nothing. "Having had a Spiritual awakening as the results of these Steps..." I have; we have the vision of our Father's way. I am willing to let go of my not knowing, trusting in our Father's loving guidance. The grace of that enlightenment broadened and deepened my vision. Letting go of my clutter, opened my vision of faith, and saw as His grace. With my eyes wide open I choose to walk the Path I am given, meeting a few like-minded fellows along the way. I have chosen a path less traveled. I should say a path I agreed on, that our Father chose for me. I will not try to fit in with those who are on a path contrary to mine. I am seeking to discern more clearly the path that is mine to walk. Father helps me stay on the path, You have given me; serving all I can along the way. Don't let me stay in temptation for long because I may fall back into a ditch and delay my journey. May I stop and listen to Your Holy Voice directing every step along the way, Your Way. Everywhere I look let me see proof of Your Presence. Thy Love, Thy Will be done.

Sharing Today's Gift Will Keep The "Pay Forward" Door Open



Touching The Heart  
"Pay Forward" # 316

Today's "Pay Forward" gift is – Touching The Heart. I agree that everything has a purpose. I hate to think that my failing in any area has a purpose. That seems like I approve of it or want it. Failing and success is part of my early-warning system. The failing tells me about what I don't want, and the success tells me something about what I do want. I want to be the individual our Father created me, and I fall far short. I want to love and serve others. I want to experience my heart touching others, and I fall far short. How do I measure others and myself? I do not want to measure a person's value or purpose by their outer appearance or temporary action or non-action, but sometimes I do. I want to see the proof of our Father's Presence within each created being. If they are breathing that's proof enough, but at times I forget that. There is only One Life, that life is perfect; that life is God's life; that life is my life; that life is all of life, which is proof of His Omnipresence. I see that with the eyes of faith. Let our heart touch another in unison. One alcoholic sharing recovery with another is a good example of one heart touching another. Come let us be about our Father's Business. Thy Love, Thy Will be done.

"Behold, I stand at the door and knock"



Changing World View  
"Pay Forward" # 317

Today's "Pay Forward" gift is – Changing World View. I want to be part of changing our world view. I believe Alcoholics Anonymous is changing the world view both inside A.A., and outside. Real sobriety is far beyond dryness. As our defects are transformed into assets, it affects all those around us. When we have a Spiritual awakening, we are likely to lose our fear of our Higher Power. Letting go of the belief, we can control others and ourselves with the "drug" guilt and punishment. The realization flows freely that our Higher Power is Love. Our fulfillment is likely to be centered in loving service. Practicing A.A.'s Spiritual Principles in all our affairs, we are demonstrating to the world our transformed life. It is self-evident that great numbers of people still believe in a violent, angry, vindictive and punishing god. Alcoholics Anonymous has freed many of us for loving service. Offering the mercy we received, freely we were given freely we give. Selfish and self-centeredness is transformed into enlightened self-interest. It is important to give what we want to grow and expand, it's a great investment. We are supplied with all we need to be part of changing the world. Thy Love, Thy Will be done.

Sharing Today's Gift Will Keep The "Pay Forward" Door Open



Something To Meditate On  
"Pay Forward" # 318

Today's "Pay Forward" gift is – Something To Meditate On. When I need a conscious contact with my Higher Power, my Higher Self and or my personal "reality" I meditate on, I think about and feel out for the Omnipresence within me, Step Eleven. I realize that I did not create myself nor do I preserve myself, spiritually, mentally, physically, emotionally or social. We are an unfolding Love Principle, waiting to express its Self. I have the silent invisible means of support that created me as an individual with a purpose and supplies me with all I need to carry out His will. I am overtaken with gratitude when I remember that our Father created each one of us from the least complex to the most complex. There is no order of difficulty for our Father. Each atom, cell, organ, and universe are individualized. I could meditate on Mother Teresa's suggestion, "Do small things with great love." I could meditate on the following individualized created parts; my atoms, my cells, my organs and my universe, well maybe not. "Only in prayer [meditation] do we achieve that complete and harmonious assembly of body, mind, and spirit, which gives the frail human reed its unshakable strength" (Alexis Carrel). I could turn to the silence within and wait on my awakening to our Father's Omnipresence, in this present moment. Thy Love, Thy Will be done.

"Behold, I stand at the door and knock"

Trusting The Boss  
"Pay Forward" # 319

Today's "Pay Forward" gift is – Trusting the Boss. I was hoping for an inspiring affirmation this morning but nothing popped up, so I must entrust it to the Boss once again. What makes up an inspiring affirmation? It would have to flow from an intuitive wisdom. An intuitive wisdom is a combination of the right love, gift, or action, divine intelligence, perfect timing and be spontaneous, not predetermined. Oops, that can come only by grace. It is wise of me to entrust our Father for His Love and Will be done. My personal "reality" told me the "perfect" thing to do, say and feel at times; most likely, it's a fix. Too often my personal "reality" plan of action is too limited. I love my mission, my given purpose for this life, which I believe has ten service elements. I believe these elements are common among those who live the A.A. Program and perhaps other Spiritual Programs. The ten elements are; loving, healing, teaching, forgiving, empowering, enlightening, enriching, communicating, co-creating and awakening together. Faith in our Boss does not mean I'm denying a problem; it means I am affirming the Solution. Where I put my faith directly influences what happens next. I think I will meditate on that for a while. Come let us serve and love one another, maybe a little inspiration will come to us. Thy Love, Thy Will be done.

Sharing Today's Gift Will Keep The "Pay Forward" Door Open



Two Themes  
"Pay Forward" # 320

Today's "Pay Forward" gift is – Two Themes. Two themes come to me this morning; first, I need to make a firm commitment to do our Father's will at each beginning. The second; to consistently experience the intuitive wisdom. I had intuitive wisdom flowing freely, consistently, and I misused it to build up my little personal "reality" and to show off. As the result of my doing a really bad thing, an act of violence, I lost my conscious contact with our Father. I used the "drug" guilt and punishment as payment for my wrongdoing. I could not forgive myself for a long time. I needed to accept something I cannot change. I asked our Father to transform my defect into a working asset, and He did. What matters today that I want to dwell on is His Presence and doing His Love, and His Will consciously known or unknown 24/7, trusting Him for everything I need. Each time I make a commitment to Him; I must mean it, not just say the "right" words. I have old wounds, mostly self-inflicted; the origin of the rest is questionable. I have made a new commitment to be in our Father's care the rest of this life. I agree to stop the self-inflicting and do a little self-love to honor our Father's good works. I am now willing to see both my success and failures as part of my schooling. Oops, got to go, the bell rang. Thy Love, Thy Will be done.

"Behold, I stand at the door and knock"

Alert To Others Needs  
"Pay Forward" # 321

Today's "Pay Forward" gift is – Alert To Others Needs. "Life is a journey, and where your finish line has yet to be determined" Anonymous. Most of us coming to Alcoholics Anonymous did not have a clue about the journey we were on, much less the finish line. I choose to be more alert to others needs, so my service may be more affective. I first center my consciousness on You Father. I am becoming fluent in our first language, silence. At each beginning I say (if I remember) Your Sacred Name, Father, that centers my consciousness in my Source, our Father. Then I offer my gift in silence. I wait for chance to offer that gift openly, if called for, to whomever I am guided to. If open sharing is not called for I will report that being to the Boss, He is the Source of all gifts. In His Hands our willingness and the silent delivery is enough, more than enough. The main purpose for the gift is to demonstrate my caring for others "Faith without works is dead." I believe that all of us have a need for someone to care for us. Why not me to do the honors? If I require a return on my gift, I destroy its deeper meaning. I choose to give my love and compassion as a gift, silently and or openly. I am reminded that generosity, in fact; any expression of love for others is an act of enlightened self-interest. Come let us love one another. Thy Love, Thy Will be done.

Sharing Today's Gift Will Keep The "Pay Forward" Door Open



Oops Rebound  
"Pay Forward" # 322

Today's "Pay Forward" gift is – Oops Rebound. When I am sharing the program, speaking, and writing or one-on-one, I emphasize the importance of understanding rebounds. After having a peak experience a natural rebound will happen. The rebound is our personal "reality" calling us "home." I became "restless, irritable and discontented," plus impatient and moody after a week's vacation. Yesterday I was sharing with our speaker of the week; they did a great job. However, the next day they were putting themselves down because it was not "perfect." It was clear to both of us; they were having a rebound. A person at last night's meeting had just finished a workshop on the Steps. The workshop opened a new level of understanding of the program, a peak experience. The next day they were disappointed, and felt depressed. They remembered what was shared in the workshop about rebounds, realizing they were having one; they surrendered to their Higher Power, and their growth flowed once again. This morning I read in the 24-Hour A Day book a little denial breaker. "We are good at telling people how a thing should be done." Oops, I tell a lot of people about how rebounds work, but forgot to tell myself. If we turned everything over our Father at the highest point of our peak experience when the natural rebound begins it will not be a surprise, and we are unlikely to crash, we can continue with our growth cycle. Thy Love, Thy Will be done.

"Behold, I stand at the door and knock"

Where Was I Coming From  
"Pay Forward" # 323

Today's "Pay Forward" gift is – Where Was I Coming From. We understand and experience much of this life in accordance with where we are mental and emotional coming from. A friend asked me, if I had my life to do over again, what would I do different? My answer was; I would ask more of our Father, more of Alcoholics Anonymous, and more of myself, sooner. My state of mind and emotion at the time, the question was asked was a deep loving gratitude; I was celebrating my sobriety birthday. I would ask more of our Father's loving Presence, His Love and His Will, plus an ongoing awakening and growing relationship with Him. I would ask more of Alcoholics Anonymous' recovery, unity and service and the ability to practice the Spiritual principles in all my affairs. I would ask more of myself by doing and being the individual our Father created me as. I would have responded very different if asked the same question before Alcoholics Anonymous, or at different times in my sobriety. In other words, the answer would depend on where I was coming from at given moment. How would you reply, if you were asked today, "What would you do different, if you had your life to do over again?" Thy Love, Thy Will be done.

Sharing Today's Gift Will Keep The "Pay Forward" Door Open



Awaken the Hero  
"Pay Forward" # 324

Today's "Pay Forward" gift is – Awaken the Hero. What awakens the hero within each of us? Does it take a great act? Is the hero or heroine hidden within? Are we vicariously experiencing our heart's desire with sports, movies, TV or purposeful life well lived? We see daily in Alcoholics Anonymous expressions of compassion, love and service which foster the meaning of life, of love. Do we discount those because they did not make the news? Are we fearful that others will find out that we want to be a hero? It takes courage to carry out commitments to our family, A.A. or job with no reward in sight? Perhaps the difference between vicariously experiencing a hero's way with no follow-up action, looking for another fix. Action is the magic word giving us a growing or awakening experience. My greatest Hero's commandment is to love one another. When we let go of our fear of love and our selfishness, we extend our love, which changes us for the better. He also said that we were to love our enemies, that take a hero's effort to do, but the willingness to doing it changes our character. To Practice Alcoholics Anonymous Spiritual principles in all our affairs is a hero's journey. Let us awaken to the hero within that Divine Design, our created Self. Everything that happens is a hero's opportunity to grow, to love one another. Thy Love, Thy Will be done.

"Behold, I stand at the door and knock"

Mission Impossible!  
"Pay Forward" # 325

Today's "Pay Forward" gift is – Mission Impossible! Sometimes I feel like I am doing my mission alone and unaided. At other times, I intuitively know that my mission is bringing me along a path with our Father within doing the works that I believe is my mission. I affirm each day; I am devoted, dedicated, and committed to be and to do Your Love and Will Father, known and unknown 24/7. It is the 24/7; I find impossible. Jesus looked at them and said, "With man [me] this is impossible, but with God, all things are possible" Matthew 19:26. Before Alcoholics Anonymous, my whole life was impossible, I didn't want to continue to live. My Alcoholics Anonymous friends told me how to, "Take up your bed and walk." I began my serendipity journey where miracles happen, and promises are kept, February 6, 1957. What was impossible is now a way of life. Today I realize both my life, and many of my fellow Alcoholics Anonymous members are proof of our Father's Presence and Action. I am grateful for whomever and whatever comes for me to serve. I am sure each one brings me a gift, and I have a gift for them to share. Even though I may not understand what those gifts are for years, or I may never understand, I see the gifts with the eyes of faith. As a Prodigal son, I returned Home to our loving Father and our Father's servants/children, who welcome me to work with them side-by-side. Thy Love, Thy Will be done.

Sharing Today's Gift Will Keep The "Pay Forward" Door Open



FLU Season [Forever Loving Us]  
"Pay Forward" # 326

Today's "Pay Forward" gift is – FLU Season [Forever Loving Us]. Alcoholics are known for their selfishness and self-centeredness. Following a few simple suggestions, we find our self-centeredness transformed into enlightened Self-interest. We give of ourselves because it is best for us. We find ourselves unconditionally loving a newcomer, not concerned with their past. We just want them to keep coming back and pray they get sober and learn to embrace our simple Alcoholics Anonymous, that's unconditional love. I was told by a family member, "Now that you're sober stop wasting your time hanging out with alcoholics and do something productive." I'm grateful that I did not obey their suggestion. I practiced the Steps and Traditions in all areas, out of enlightened self-interest. My greatest Hero said, "We are to love one another as He loved us." That is without conditions; no matter what we have done or not done we are loved. This morning I read that we are in FLU Season [Forever Loving Us]. For this alcoholic FLU Season in year-around. I will not wait until I am perfect at unconditional love, today I will get my FLU shot [Forever Loving Us], and be as loving as I can be. Thy Love, Thy Will be done.

"Behold, I stand at the door and knock"

Thanks For Giving  
"Pay Forward" # 327

Today's "Pay Forward" gift is – Thanks For Giving. I want to say to all I share with; Thanks For Giving and Receiving. I want to say to our Father; Thanks For Giving. I want to say to my personal "reality"; thanks for receiving and giving. I can think about loving. I can do loving things. I can imagine sharing love. I can talk about love. I can hold love up as an ideal, but until I experience love, which is deeper than words, I don't really feel it. When I do experience that Love from our Father, I truly know His Loving Nature, if only for a moment. I believe all of His Creators long for His Love, and that is the Mystical Union we yearn for. When I experience It even for an instant, I know I am in harmony with His Love and His Will. I want others to know me as I am; a loving brother. I cannot disguise myself by covering up our True Nature, which is His Love, coming into this world through each of His creatures. Let us take the time to know ourselves, then let us share the love we are. Let us remind ourselves that it is the Father within each of us doing the works we call life, love. It is His responsibility to supply us with all we need to express His Will, His Love. Our love is on the increase each time we share our A.A. Program. Thy Love, Thy Will be done.

Sharing Today's Gift Will Keep The "Pay Forward" Door Open



Spread Love  
"Pay Forward" # 328

Today's "Pay Forward" gift is – Spread Love. My morning prep readings inspire me. I took the suggestion from the Big Book: "Be quick to see where religious people are right. Make use of what they offer." Alcoholics Anonymous page 87 - Not only am I open to this wonderful wisdom, but I seek it out. I love Mother Teresa's sharing: "Spread love everywhere you go let no one ever come to you without leaving happier." That's a great goal to demonstrate 24/7. Fox's reading: "Step-by-Step" - "The scientific attitudes is to see the stepping-stone as a stepping-stone, bless it, and give thanks for it and to continue praying for the next step." The next opportunity to spread love I may add. Then: "A thousand unseen hands reach down to help you from their peace-crowned heights. And all the forces of the firmament shall fortify your strength." Ralph Waldo Trine. Then: "...as we face our defects as we meditate, in the stillness, they are evacuated by grace." Father Keating. Then: "God...called you out of darkness into His wonderful light..." 1 Peter 2:9-10. Then: "Never let the fear of striking out get in your way" Babe Ruth. Never let your fear of love block your spreading love. I am not asking our Father to change my circumstances but who I am within them. I start my day being part of these gifts, preparing me to share the love I am. Will you join me? Thy Love, Thy Will be done.

"Behold, I stand at the door and knock"

Miracles Abounding  
"Pay Forward" # 329

Today's "Pay Forward" gift is – Miracles Abounding. O where – O where have our miracles gone? We only need to open our heart's eyes of faith to witness a life filled with the grace of miracles. Miracle mindedness will help us open to everyday miracles. Having the eyes of faith insures our experiencing miracles. Realizing the Infinite Power, Love and Wisdom that created each of us with a purpose is always Present, that's a miracle. What we call life; breathing, moving through this world in this body having our being and Being, now that's a miracle. At times, we make life, which is a miracle, seem too hard and too special. I have a burning desire for my life to make a good difference. I realize I am the one that is making it seem difficult. Hidden under that illusion is the belief that it is up to me, alone and unaided. Now I believe that it is a loving outpouring of our Father Grace, unearned. Because miracles are special, at some level I believe they have to be difficult. When I open my heart's eyes of faith in His grace, I see miracles as Omnipresent. My life, all of life is miracles abounding. I can and I do often make that journey difficult. Our Father, our Higher Power will always say, "Here I Am." If we don't see miracles daily, we are not going to enough A.A. meetings, where miracles are abounding. Thy Love, Thy Will be done.

Sharing Today's Gift Will Keep The "Pay Forward" Door Open



If I Die Before I Wake  
"Pay Forward" # 330

Today's "Pay Forward" gift is – If I Die Before I Wake. I was Spiritually sleeping, until I experienced a Step Twelve awakening. I remember the saying: "If I die before I wake I pray the Lord my soul to take." Fully awake or not, we are not done until our Father has expressed Himself as, He intents through each of us. We may as well relax and enjoy the journey. It's spring-cleaning time (year-around clutter busting time) in preparation for my new rebirth or transformation. Being free of clutter also regenerates some of the energy I wasted. Alcoholics Anonymous gives us the tools to dismantle the clutter. "Behold, I make all things new." Revelation 21:5 - In Your Presence, Father we are healed. "We already live in a Perfect Universe, but it needs to be mentally seen and spiritually experienced before it can become a part of our everyday life" The Science of Mind page 274. In other words, we need to "...practice these principles in all our affairs." Step Twelve. "It is easy to sit up and take notice; what is difficult is getting up and taking action " (Al Batt). I choose once again to take a stand, to do our Father's will, consciously known or unknown. All we need for this Spiritual journey is freely given. My love is a healing power touching everything into wholeness; my love is an extension of Your Love Father. Thy Love, Thy Will be do

"Behold, I stand at the door and knock"

Our Father's Worth and Value  
"Pay Forward" # 331

Today's "Pay Forward" gift is – Our Father's Worth and Value. I woke up early this morning and could not go back to sleep. I had a stream of thoughts about our Father's worth and value and how it contrasts with my worth and value. I realize my worth, and value is not in contrast but a tiny part of His Wholeness. I cannot understand the infinite with this finite mind. I can accept by faith in His Loving Nature; He expresses through each of us. I cannot cause His worth or value to increase or decrease. I react to the way I judge His worth and value. No wonder I need to be restored to sanity, if I ever had any. I realize I cannot cause His unconditional love to be more or less, but I act like, by viewing it as conditional. I cannot please or displease You Father, nor earn or not earn Your grace. I say that I know, believe in Your Omnipresence yet I make up illusions of Your being absent. I say that I know, believe that You are Omnipotence and yet experience powerlessness, sometimes I act as if life is up to me to do whatever, alone and unaided. I say that I know, I believe that You are the all-Knowing Presence within doing the works we call life and yet act and react unwisely. I think I will spend the rest of today kissing up to You. Please use me up. Thy Love, Thy Will be done.

Sharing Today's Gift Will Keep The "Pay Forward" Door Open



No Prize  
"Pay Forward" # 332

Today's "Pay Forward" gift is – No Prize. When I was growing up, I felt sorry for myself, I knew I would never be number-one at anything. Trying to be someone or something other than myself was not working. As my dad's partner once said, "you know your son, is no prize," that was understated. Now, I know it is enough to be the individual our Father created me to be. I realize it is a great joy to be second (second as a metaphor not a placement) behind my Big Brother, my Hero Jesus. "No man needs to prepare to meet his God; he is meeting Him every day...in the silence of his own soul" The Science of Mind page 388. At each beginning let me be still within the silence of my soul with an alert receptivity. Speak to me Father in a way I can currently hear to understand and follow. I am reminded of our capacity for the transcendent, which is precisely what distinguishes us most from the rest of visible creation. It is what makes us most human. That second place is a seat of honor, not shame; we are an expression of the First Cause. Today I trust with an abiding faith in His grace. Let us respond to love silently, if not openly. Our love is a healing power; our love is an extension of our Father's love. Alcoholics Anonymous is teaching me, showing me how to share the love I am. Thy Love, Thy Will be done.

"Behold, I stand at the door and knock"



Dark Nights – Senses & Spirit  
“Pay Forward” # 333

Today’s “Pay Forward” gift is – Dark Nights. For years, I have lived a radical way of life, centered in-service. I provide workbooks and workshops using the Big Book and The Twelve Steps and Twelve Traditions both in person and the Internet. I will never meet most of those who download my works from my website, [www.12stepworkbook.org](http://www.12stepworkbook.org), but I feel like it is making a difference. I show up every day for service; I believe is our Father's will for me. I am dedication, devotion and committed to be, to do our Father’s Love and Will conscious and consistent; I fall far short. For years, I have experienced what is called the Dark Night of the Senses were everything in this human condition fails to bring fulfillment. I have experienced the Dark Night of the Spirit; everything I understand as Spiritual falls far short. I often correct and forgive, my decisions and actions. I seek to have a pure heart, conscious storehouse within, by rewiring and rewriting my personal "reality" with an endlessly upgrading of my service, but I fall short. I remind myself that these Dark Nights are an important part of a Spiritual transformation, which I have experienced before. Once again, I am reminded if anything of real value is to happen it must come from the gifts of mercy and grace. The Dark Nights are proof that I keep getting in the way and need to let, go and stop fighting, letting our Father do His Love and His Will. Thy Love, Thy Will be done.

Sharing Today’s Gift Will Keep The “Pay Forward” Door Open



What Would I Do Different?  
“Pay Forward” # 334

Today’s “Pay Forward” gift is – What I would do Different? Sixty years ago, I was dying to my old self, and having labor pains of a natural rebirth. Unknown to me it was a natural Spiritual transformation, without preparation, foreknowledge or medication. The death of everything I thought life was closing in on me. I didn’t have a Spiritual Hospice, because I did not have a relationship with a Higher Power. The natural Spiritual transformation is simple, everything we trust in, stops working. The dying that day would be welcome, I was done. My family doctor set up a rebirth delivery room to detox in, and sent me a competent “Alcoholics Anonymous Doc.” My serendipity journey began. My quest took me Home to our Father, today the most important relationship I have. If I had known my true Source for everything was our Father, I would have surrendered to Him sooner, trusting Him for everything, that’s my first different. A little click group of loving – dedicated Alcoholics Anonymous workers took me in, introducing me to service work. If I had known serving others was the pathway to my fulfillment, I would have been asking A.A. to use me more. Now, I am responsibility for my decision and action; I would want to accept my part sooner; that would be different. I would ask more of our Father, more of Alcoholics Anonymous, and more of myself, sooner. I do everything different. Thy Love, Thy Will be done.

“Behold, I stand at the door and knock”

The Mystic Path  
"Pay Forward" # 335

Today's "Pay Forward" gift is – The Mystic Path. My secret heart's desire for many years has been to be a mystic. If others knew what my heart's desire really is, I fear I would let their judgment interfere with my mission path? Many are living the mystic way of life to some degree, calling it by other names. I read this morning "A mystic is not a mysterious person, but is one who has a deep, inner sense of life and of his [or her] unity with the [Divine] Whole" The Science of Mind page 327. The Spiritual awakening is the beginning of the mystical path. After awakening I sought and found deeper levels of life; a more inclusive union with the Divine Whole. My most beloved heroes and heroines are mystics. Having had a Spiritual awakening as the results working Alcoholics Anonymous' Steps and Traditions, I enter a wonderful mystic path. Our love, our life, our service and our heart's desire are upgraded each time we rework A.A.'s program. Remember, it is our Father within doing the works. When we enter the mystic way of life it is not strange and mysterious but a joyful and fulfilling way of loving one another; serving one another. We experience a deepening relationship with the greatest mystery of our Father's Will. "We will intuitively know how to handle situations, which used to battle us" The 12 Step Promises. Thy Love, Thy Will be done.

Sharing Today's Gift Will Keep The "Pay Forward" Door Open



Focus  
"Pay Forward" # 336

Today's "Pay Forward" gift is – Focus. My intention is to focus my attention on Your Intention Father. In the early days of my Alcoholics Anonymous journey, it was strongly suggested that I focused on just not taking a drink no matter what. It was also strongly suggested that I go to meetings and or hang out with sober members of our group, daily. I was taken in by a little click-group of single-minded Alcoholics Anonymous members. At times, they were so caught up in their mission, helping others they would forget to take care of their most basic needs. They could stay focused on their Heart's Desire no matter what. In fact, some of them were in extreme difficulty, yet they would keep on keeping on. Some wanted to give up for a brief time, but that inner drive would cause them to keep on. This handful of dedicated A.A.'s became my heroes. I learned how to focus and discipline myself in the Marine Corps to stay alive, but alcoholism took its place. My new founded group of A.A. heroes reawakened that survival kit; once again, I wanted to live. Out of enlighten self-interest I could stay focus as needed. I am so grateful for my Alcoholics Anonymous' heroes and our Boss. Thy Love, Thy Will be done.

"Behold, I stand at the door and knock"

“Wasted Quest”  
“Pay Forward” # 337

Today’s “Pay Forward” gift is – “Wasted Quest.” I’ve wasted a lot of time and energy trying to be someone or something I’m not. Too many times I have been envious or jealous of someone doing or being or having something I don’t even want or care for. *“At times, he regarded the wounded soldiers in an envious way.... He wished that he, too, had a wound, a red badge of courage”* Stephen Crane. No wonder Alcoholics Anonymous’ Steps two is so important to me, *“Came to believe that a Power greater than ourselves could restore us to sanity.”* I’ve tried many times to understand this “Wasted Quest” alone and unaided with the mind that made up the useless journey, to no avail, once A.A. to the rescue. Once I agreed to stop trying to understand and fix the problem and let, go and let our Father take over, I intuitively knew what to do. I needed to own and surrender every-thing over to our Father, “and to practice these principles in all our affairs.” The solution was simple once I applied A.A.’s tools. It wasn’t what others were being, doing or having; it was the honor, respect and value received; I wanted. The “Wasted Quest” was taking me down a road, away from what I long for; to be and to do my true Self/self. Our Spiritual journey was mapped out when we were created. Alcoholics Anonymous has set the feet of millions on their road Home. Thy Love, Thy Will be done.

Faith And Trust  
“Pay Forward” # 338

Today’s “Pay Forward” gift is – Faith and Trust. I had a deep faith and trust that I could never amount to anything of value. I had a committed faith in negativity; the sky was falling. A wholehearted Alcoholics Anonymous click-group that took me in, each had a strong faith in something or someone, but not in a traditional form. It was clear to me that their faith and trust were in some form of a Higher Power or Higher Purpose; they turned out to be my teachers, my mentors, my heroes. They had one quality I wanted and needed; peace of mind. They had an underlying trust in something Higher than themselves and in what they were trying to do, to be and see. I lack faith in what exists within me when I lack faith in Whom exists within me. As the results of practicing the Twelve Steps and Twelve Traditions I had the Spiritual awakening the Alcoholics Anonymous promised me. I realized it is our Father within doing the works, called life. Today I have an abiding faith in His mercy and grace. I am devoted, dedicated and committed to be and to do His Love and His Will, known and unknown, 24/7. I humbly receive His greatest gift, His purpose for me and all it takes to live it and share it. I am not here to fix the world, rather to pass on the love given me. Thy Love, Thy Will be done.

Sharing Today’s Gift Will Keep The “Pay Forward” Door Open



“Behold, I stand at the door and knock”

Obsolete Stuff  
"Pay Forward" # 339

Today's "Pay Forward" gift is – Obsolete Stuff. I still hold on to obsolete stuff. I was a distributor in business; my main role was to supply our dealers with product, parts and training they need. I encouraged our dealers to keep their parts department upgraded, getting rid of obsolete, damaged and unsalable goods. The problem was I did not follow my own advice. I told myself it was good business to keep these obsolete parts, after all our dealers may one day need them; they never did. Our new building gave us some extra space, so storage would not be a problem. I did not want to charge these parts off as a financial loss, which would have been tax write off. I realized when I was doing the Step Four the wisdom in taking a fact-finding and a fact-facing inventory (Alcoholics Anonymous page 64). I held on to some of his worse habits of thoughts and feelings. I filled my mind with these obsolete, damaging, useless beliefs, taking up space, time and energy. Even though some of them were not harmful, I had held on to these valueless childhood beliefs, far too long, a bad investment indeed. By practicing this wise principle in all my affairs, I found myself clearing up the distributor's warehouse, my closets, garage and my mind. Let, go and let God, takes on a much broader meaning. Thy Love, Thy Will be done.

Contemplation Meditation  
"Pay Forward" # 340

Today's "Pay Forward" gift is – Contemplation Meditation. Contemplation, I believe is the highest form of meditation. It is a great Step Eleven meditation. I believe that contemplation, in principle, is like Alcoholics Anonymous, we only have to have a desire to do it. I use Centering Prayer to open the doors of contemplation. It's simple; I sit in a comfortable position; I close my eyes and say yes, to my Higher Power's Presence and yes to His Action or His Will. It is His responsibility to do the rest. When thoughts or feelings, good or bad show up I gently say the word I've chosen, Father to reenter my consciousness. Saying, yes Father, expressing my consent and intent, I am not focusing on my attention. I remember the old railroad crossing sign, Stop, Look and Listen. STOP, I stop dwelling on my useless chatter. LOOK, I look through the eyes of faith, for the Presence and Action of my Higher Power. LISTEN, I listen with the ears of faith, for His Holy Voice. I am learning how to communicate in His first language, silence. I have an honest desire, and a willingness to practice Centering Prayer, at least two times a day, for 20 minutes. After all, my part is to stay out-of-the-way, letting the Boss do the works. Thy Love, Thy Will be done.

Sharing Today's Gift Will Keep The "Pay Forward" Door Open



"Behold, I stand at the door and knock"

How Deep Will You Dig?  
"Pay Forward" # 341

Today's "Pay Forward" gift is – How Deep Will You Dig? Are you willing to go to any length to reach the way of life you have only dreamed of? "Rarely have we seen a person fail who has thoroughly followed our path" (Alcoholics Anonymous P 58). What a great promise! When I heard the story about the search for diamonds in South Africa, it reminded me of Alcoholics Anonymous. At first, people found a few diamonds in the yellow clay, and delighted with their good fortune. When I first came to A.A., I was delighted that I did not have to drink or get locked up. Also A.A. people wanted me, just as I was, to come back, no one had asked me to come for a long time. What surprised me most, I wanted to come back. I was willing to settle for the "yellow clay." Upon digging deeper in South Africa, they reached the blue clay, to their amazement found as many diamonds in a day as they previously found in a year. Willing to keep digging deeper and deeper, practicing A.A.'s Spiritual principles in all my affairs, I was greatly enriched. I have found ever expanding richer strata far beyond the "blue clay." Our Alcoholics Anonymous is based on Spiritual Principles, allows us to go as deep as we are willing to keep digging, applying and applying our program, empowered by grace. Thy Love, Thy Will be done.

Sharing Today's Gift Will Keep The "Pay Forward" Door Open



Can It Be?  
"Pay Forward" # 342

Today's "Pay Forward" gift is – Can It Be? Can it be that we can be the salt of the earth...and a light of the world? Is it possible that someone like me can be the salt of the earth and a light of the world? Well, I believe that all things are possible with our Higher Power. These two principles are realized in our Twelve Steps and clearly defined in Step Twelve. What salt symbolizes or what its nature is? Let's look at two, which are common to most: 1. Salt is a preservative. In Step Twelve, we carry the message to others, and we practice the A.A. Spiritual principles in all our affairs. These two actions preserve A.A. and our way of life. 2. Salt is seasoning, which adds zest or flavor. When we live A.A.'s way of life, it does give our everyday life zest and flavor. What does light symbolize? 1. Light – is perceived by the normal unaided human eye. Living A.A.'s way of life we're able to perceive normal or better than normal. 2. Light – Living A.A.'s way of life, many of us experience the Source of Light, enlightenment. 3. Light – our Program provides awakening, information, illumination, and clarification. Can we be the salt of the earth? (YES). Can we be a light of the world? (YES). Living A.A.'s way of life, we are the salt of the earth, and we are a light of the world. Thy Love, Thy Will be done.

"Behold, I stand at the door and knock"

My Chances Are Better  
“Pay Forward” # 343

Today’s “Pay Forward” gift is – My Chances Are Better. Can we improve our growth rate? Our book, Alcoholics Anonymous says, yes to our growth. I had no clue how to experience a genuine relationship with our Higher Power, others or myself. I know from experience; we can make our chances better by following a few simple suggestions. I agree with the statement on page 45 of the Big Book – “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.” Many of us have had a Spiritual awakening. For this awakening to expand and grow, we must share it and live it. The outer expressions of our Higher Selves are seen and heard with our human eyes and ears, but we cannot see and hear the Spiritual, Higher Self, the Cause; the unseen is the first Cause of the seen. This Higher Self is called by many names, once we realize the Truth of this; we can start practicing its Presence. As we look with the Spiritual eyes of faith at others, we can intuitively experience that Presence within them and increase our chances of seeing our own Higher Self within. As we do this, the outer appearances begin at once to improve. A truism is this – the more often I look for the Higher Self in others, the sooner I will find my Higher Self. Thy Love, Thy Will be done.

Sharing Today’s Gift Will Keep The “Pay Forward” Door Open



Forgiving My Higher Power  
“Pay Forward” # 344

Today’s “Pay Forward” gift is – Forgiving My Higher Power. I have to forgive every authority I’ve ever had, including my Higher Power. This idea of having to forgive my Higher Power did not sit well with me. After working the Twelve Steps I had a good working relationship with our Father, praying and meditation daily. I could see how each authority played part of my evolving understanding of the boss and the real Boss. My dad was one of my most important relationships as an authority, but I didn’t act like it. My older brother had a great personality; people were drawn to him. I had a chip on my shoulder, pushing others away. I was an embarrassment to my family. This made it easy for my dad to do much more for my brother, including spending much more time with him. My dad tried to get along with me; however, whatever he did it was never enough. As far as I was concerned all authorities were unfair; freely giving great gifts to those who kissed up to them, while withholding the good stuff from people like me. I had a habit of judging all authorities as unfair; the underdog didn’t have a chance. Our Higher Power, our Father is the ultimate authority. Until I did the Steps on authorities, I didn’t have a clue that I projected my negative beliefs on to our Father, nor that I needed to forgive Him. Thy Love, Thy Will be done.

“Behold, I stand at the door and knock”

A.A. on Display  
"Pay Forward" # 345

Today's "Pay Forward" gift is – A.A. on Display. Emerson said: "What you are shouts so loudly that I cannot hear what you say." "You may be the only Big Book someone may ever see." I thought that statement was a stretch, but now I believe it as a simple statement of truth. I heard at a meeting, "I don't want to be an A.A. member with six months of living the Program and repeat that six months for twenty years. I wouldn't want for people to think that a 20-year member of Alcoholics Anonymous with only six months of growth was all Alcoholics Anonymous has to offer. We express our inner state in our outer conditions, and the intangible influence that we radiate. The character built on the Spiritual Principles of our Program cannot be hidden; the whole world can see. Living A.A.'s Spiritual Principles speak in our Creator's first language, silence and yes, our A.A. Program is based on attraction. If you have a bumper sticker on your car that reads "Friend of Bill W. or Dr. Bob" please restrain yourself from doing a little road raging. Let's put our best "Book" forward. Thy Love, Thy Will be done.

Sharing Today's Gift Will Keep The "Pay Forward" Door Open



An A.A. Adult  
"Pay Forward" # 346

Today's "Pay Forward" gift is – An A.A. Adult. Coming-of-age in A.A. is a wonderful goal. Old-timers told me when we start drinking on a consistent basis we stopped growing emotionally. The reasons are simple: faced with something new or was not good at, emotionally charged, instead of learning how to - I drank. Faced with a mental problem, instead of studying or seek a solution – I drank. When I could not develop a workable or loving relationship – I drank. In physical pain or strain – I drank. When I needed a Spiritual solution, when no human power worked, I did not have Spiritual life, or understanding of a Higher Power – I drank. I joined a group of A.A. members who loved the Program. They practiced the A.A. Principles in all their affairs. It was clear that some of them were living the A.A. Program to the fullest. They took me in and taught me how to apply the Program in all my affairs. I come to realize that our Program is a Spiritual awakening and training way of life. I had growing pains and ups and downs on my way up. I did have a Spiritual awakening; I carried the message, and I began a lifelong practice of applying these principles in all my comings and goings. I became an adult, dependent on my Higher Power and taking responsibility for my actions and decision. I am deeply grateful for all I have received, awakened to, and learned. Thy Love, Thy Will be done.

"Behold, I stand at the door and knock"

Demonstrate It  
“Pay Forward” # 347

Today’s “Pay Forward” gift is – Demonstrate It. It’s just a theory until we do it. “Now that I know it is bad for me; I will never do it again.” That’s the universal theme song of this alcoholic. When I have six months in Alcoholics Anonymous, I was beginning to awaken. I was reflecting on the fact that I had not drank any alcohol for six months. I was alone, talking to myself and said – “I’m telling you I have not drank in six whole months – no really - I have not drank alcohol in six months.” That may sound insane, but it was as if I just realized that fact. I was truly surprised. I would get angry when my then wife did not believe that I had changed, not only about my drinking but my violence and a few other defects. Why should she? I didn’t believe myself. I played the universal theme song many times; I should have recorded it. Now that I know it is costing me everything I will never, never do “it” again. I won’t even think about it. I would be so sure that I had changed, then I would fall in the old rut. Within a few hours or a day or two I would be doing “it” again. It is important to live the change long enough for the idea, theory to become a way of life. Thy Love, Thy Will be done.

Outlining  
“Pay Forward” # 348

Today’s “Pay Forward” gift is – Outlining. At times, I am sure that I am praying for our Father’s Will and deep down; in my heart, I know it is the perfect gift to ask for, but no gift is forthcoming. At times, I am so sure I am praying for the perfect gift, that I go into to detail, showing our Father that I am in union with His will. I am patient for a spell, and then my faith begins to weaken. Being sure I was asking for the right gift and knowing that our Father is my only Source, and then; He is withholding it from me. I begin to feel guilty for something I must have done and this is payback. The longer my prayer goes unanswered the more negative I get. I forgot to include my disclaimer; if it is your will for me, thanks you, if it is not your will, then, please don’t give it to me. However, this time I know what I was asking for must be His will. I let it go, and more or less forgave our Father. Once I let it go, I realized that my prayer was answered before I finished asking. I received demonstrations, but I couldn’t accept them because I’m looking for my made-up design, that’s called outlining. Telling our Father how to run His Business, I missed His gifts, which were better than the gift I asked for. Thy Love, Thy Will be done.

Sharing Today’s Gift Will Keep The “Pay Forward” Door Open



“Behold, I stand at the door and knock”



The Unicorn Or Jackass  
"Pay Forward" # 349

Today's "Pay Forward" gift is – The Unicorn Or Jackass. My theme for today is asking; what is it about my saying no to my mission, our Father's will for me 24/7? What is it about my saying no to love myself? Everywhere I look; I see yes-es and nos. I want the freedom to ride the unicorn and to remain grateful that I can also ride the mule and jackass. "...The Lord has need of them." The unicorn as a metaphor lets my love soars in conscious union with our Father; I feel alive. The unicorn takes me to places where I am surrounded by love, friendship, companionship, health, happiness, success. "Beloved, let us love one another, because love is of God; everyone who loves is begotten by God and knows God. Whoever is without love does not know God, for God is love." Most of the time I ride the jackass or a mule, a metaphor for practicing the common love elements, love workers. All of us can practice these common expressions of love daily if we choose, patience, kindness, generosity, humility, courtesy, unselfishness, good temper, good sense of humor, sincere and innocence. The unicorn is a metaphor for the contemplation meditation, opening us to a Divine union with our Father within. An Intuitive love, unconditional love is the way of the Unicorn. Thy Love, Thy Will be done.

Sharing Today's Gift Will Keep The "Pay Forward" Door Open



Let Our Father Do It  
"Pay Forward" # 350

Today's "Pay Forward" gift is – Let Our Father Do It. My morning prep work is filled with suggestions that have the same message; to let our Father have His way with me. "Be still, and know that I am God." "I step back and let God lead the way." "God has no office hours." "Our scientific power has outran our spiritual power. We have guided missiles and misguided men." "Let go let God." Are we like a lifeguard sleeping on-the-job while those in the turbulent sea of life while people around us are going down for the count? Can I be a life-guider? We are co-creators in His service, in His image and likeness. We plant the seeds [thoughts and feelings] we want to grow and bear fruit. I choose to plant the seeds our Father gives me, into the ground. He has prepared for me. "The fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control" (Galatians 5:22). These are the seeds already planted within each of us. The oak tree is within the acorn. Yes, I believe that God has no office hours, but I do. I pray that my work is not in vain because of my limited office hours. I am in radical training seeking and finding proof of Your Presence within us all. All of that may send me back to bed. I'd better let our Father take over, I need to take a break. Thy Love, Thy Will be done.

"Behold, I stand at the door and knock"

Pigeon  
"Pay Forward" # 351

Today's "Pay Forward" gift is – Pigeon. It was a common practice for a sponsor to introduce the newcomer as their baby or pigeon, my sponsor chose to call me their baby. I did not care for that title at first; I took it as a put down. Later, I understood that I had entered a new way of life, it was as if I were reborn, spiritually regenerated. When I was growing up, I had lots of pigeons, I caught some in the open. I would set out birdseed, when the pigeon was eating I would approach them very slow, straightforward, not making in quick moves. Once I had the pigeon firmly in hand I would turn it upside down, and they would settle down. Approaching a newcomer I do so very slow; I am straightforward with a simple message. I take my time; I am not in a hurry. Once I have their attention, interest, I firmly hold their attention by telling my story. Once they settle down, I turn their world view about alcohol upside down. I may say something like; I cannot take a drink of alcohol safely; I could not stay stopped. I gently tell them about the solution I found in Alcoholics Anonymous. I tell them a little about my Spiritual awakening as the result working the Steps. When my visit is over, I let them go, if they are willing, I will visit again, praying that they will become a Homing pigeon. Thy Love, Thy Will be done.

Sharing Today's Gift Will Keep The "Pay Forward" Door Open



Divine Thermostat  
"Pay Forward" # 352

Today's "Pay Forward" gift is – Divine Thermostat. We have a built in thermostat; a pathway to correction. I've had a real breakthrough about the "drug" guilt and punishment. I am reminded that everything in the Hands of our Higher Power has a good, loving, useful purpose. I was taught by my caretakers, "for my own good" using guilt and punishment as a hickory stick. I was made to feel guilt and punished for what their personal "reality" caused them to believe to be a "crime." Most often a withholding of love until I got back into their alignment was part of the punishment. I call guilt and punishment a "drug" it gives us an illusion the problem is corrected. Like alcohol, it acts as a fix not a solution. A Spiritual path awakens me to the reality that guilt and punishment used correctly are not a drug. It is a Divine Thermostat for realigning us with our Higher Power's Will, a loving call for correction. Far from being a punishment or a withholding of love, it's an expression of love. Our Higher Power has given His angels charge of us to help us get out of any ditch we may fall into. Following His loving guidance, I realize that what I've believed in most of my life was the misuse of guilt and punishment. This Divine Thermostat is a: Spiritual, mental, physical, emotional and social guidance system. This loving device will help guide us Home. Thy Love, Thy Will is done.

"Behold, I stand at the door and knock"

Hidden Commitments  
“Pay Forward” # 353

Today’s “Pay Forward” gift is – Hidden Commitments. Come out; come out where ever you are my useless and harmful habits. If I am not totally committed to my mission, my purpose 24/7 then I must have other commitments, aware of or not. I consciously know that I want to know and do our Father's Love and His Will, then why don't I live it 24/7? I believe it is the extraordinary power of habits. A habit is a commitment no matter what we call it. I am I willing to make a new commitment to replace the old useless or harmful habits. That’s easier said than done. I have an abiding faith in Your grace Father and Your Divine Light, and I know that darkness has no power of its own. It is only the absence of light. I am - we are made in the image and likeness of our Higher Power. The Divine Light within me can shine away the darkness if I let Him. I choose to let Him. In Him, there is no darkness or habit that can withstand His loving light. I pray it is our Father and His Holy Voice that inspires me and not my personal "reality" in disguise. I am awakening and wanting to practice my loving mission, more than ever, fulfilling me at all levels of loving service for this, I am truly grateful. Thy Love, Thy Will be done.

Sharing Today’s Gift Will Keep The “Pay Forward” Door Open



Moodiness To The Rescue  
“Pay Forward” # 354

Today’s “Pay Forward” gift is – Moodiness To The Rescue. When I run out of assets to list I turn to my defects. I am doing the workshop on radical forgiveness, and I could not think of anyone I need to forgive other than myself, ok self-stand-by. I ask the Boss for help, and He gave me the perfect subject to work on – moodiness. [www.12stepworkbook.org/workshops](http://www.12stepworkbook.org/workshops) I am reminded that resentment comes from a word which means to re-feel. When I am moody, I do re-feel the problem until corrected. The one I resented was the one I blamed for causing my moodiness. It is unlikely that I would know who that person is until it happens. That person could be anyone, for sure it could be the ones I love the most. It would be almost anyone who causes me to change something or do something I was not intending to do. Accepting my part in this moodiness defect, opens new healing opportunities. Now that I own the defective moodiness pattern, I can surrender it to my Boss. I could stop blaming and explaining my defect on others. Ownership of this defect helps me build a more effective early-warning system. I am encouraged to embrace my moodiness defect and surrender it to the Boss, opening me up for the grace of a new transformation, changing my defect into an asset. For this, I am grateful. Thy Love, Thy Will be done.

“Behold, I stand at the door and knock”

Love Is A Healing Power  
“Pay Forward” # 355

Today’s “Pay Forward” gift is – Love Is A Healing Power. “You give but little when you give of your possessions. It is when you give of yourself that you truly give” The Prophet by Kahlil Gibran. Alcoholics Anonymous is a great example of that truth. I become a self-centered user; using others as objects. I could not give or receive the love, I long for. In my case, I pushed everyone out of my life one-way or another. The Higher Power that created all of life created it in a way that we have to have others. Life at any level cannot live, move or have its being separate from others; we may like it or not, but we have to share to live. Sharing is an expression of love, our true nature. By practicing the Spiritual Principles embedded in Alcoholics Anonymous, I became an enlightened sharer, a beloved lover loving. I had to pass on the love and wisdom to others to keep it. It turned out to be a great joy and fulfilling giving away what I had received so freely. Sharing, which is love, a healing power touching everything into wholeness, for our love is an extension of Your Love, Father. My fragmented life, by grace is becoming whole giving back some of all I am receiving. My life is ever expanding and becoming the best love story I’ve ever had. I have come to believe that we were all created by Love, through Love, to love. Thy Love, Thy Will be done.

Sharing Today’s Gift Will Keep The “Pay Forward” Door Open



Productivity?  
“Pay Forward” # 356

Today’s “Pay Forward” gift is – Productivity? My friend Sam’s boss told him that he confused activity with productivity. Being a workaholic I can identify with that statement. I believed if I stayed busy, I would have an all-around successful life. In other words, I could earn success; I carried that illusion into Alcoholics Anonymous. Having any degree of success, I took credit, when I failed I used my old “drug” guilt and punishment. I believed if I punished myself enough for whatever, would correct its self or go away, instead that only compounded the problem. I now realize that just staying busy did not equal success. There is a solution – “Lack of power that was our dilemma. We had to find a power by which we could live, and it had to be a Power greater than ourselves. Obviously. But where and how were we to find this Power? Well, that’s exactly what this book (Alcoholics Anonymous p 45) is about. Its main object is to enable you to find a Power greater than yourself, which will solve your problem.” Even though I retried for active business long ago, I had nightmares about being a non-producer for years. After working the Steps, I could accept that my Higher Power was - is my only true Source. The “law of lack and limitation” no longer blocks me off from the sunlight of the Spirit. Alcoholics Anonymous came to my rescue once again. Thy Love, Thy Will be done.

“Behold, I stand at the door and knock”

Depression – Unwelcome Guest  
“Pay Forward” # 357

Today’s “Pay Forward” gift is – Depression – Unwelcome Guest. I was hanging out with an unwelcome guest, that I had not invited – depression. This depression does not call for medication or hospitalizing; it's the garden verity type most alcoholics experience, living sober. I read a way to break depression or dismiss this unwelcome guest. I had wasted so much time and energy on; it was depressing to know I had. The “solution” = “If you physically do what is contrary for a depressed person, you cannot stay depressed.” I imagined myself as depressed person (that was easy). Withdrawn, head down, eyes fixed on the floor; shoulders bent over, talking and walking slow if at all, I need not go on with this list, most of us are well aware of the depressed person’s demeanor. I had a mirror on my front office wall, as I went past it, I smiled; I felt foolish and more depressed. I marched (depressed do not march) down the hallway into the restroom, like a drum major. At the time, I had the only office on the second floor. The rest room had a fifteen-foot mirror. I decided to act silly by jumping up and down, making faces, and yelling. I remembered when the downstairs restrooms were too busy people would come to the second-floor restroom. If someone walks in on me doing this, they would call the State Mental Hospital. I sincerely began to laugh at myself; the depression was gone. Thy Love, Thy Will be done.

Sharing Today’s Gift Will Keep The “Pay Forward” Door Open



Switching Additions  
“Pay Forward” # 358

Today’s “Pay Forward” gift is – Switching Additions. I had experienced the switching additions before coming into Alcoholics Anonymous. I went from an alcoholic to a dry workaholic. I worked the Steps first on my primary disease; alcoholism and I did have an awakening. I also used the A.A.’s program on my smoking, coffee addictions. When I had a coffee or soda “slip” it set up a craving for more caffeine. Dr. Pepper became the caffeine “drug” of my choice. I shared my Dr. Pepper addiction story with my close friends. After that I could no longer drink a Dr. Pepper openly, without their or my criticism. I did what I had done when drinking alcohol, I hid it. I was hiding in my office restroom drinking a Dr. Pepper while one I sponsored was waiting. I realized how ridiculous my hiding was and laughed at myself, thinking it was over. I went in to share with my pigeon; in a short time, he was very upset. He asked me why I was being so hard on him. He was doing a great job working the Program. Before I could get the words out of my mouth, I knew I was projecting my Dr. Pepper slip-guilt onto him. Two important lessons; it is better that I quickly forgive my wrongs, the other is I am likely to project my guilt on to others if I don’t forgive myself. Out of enlightened self-interest, I work our program on all defects and addictions. Thy Love, Thy Will be done.

“Behold, I stand at the door and knock”

My Affirmation  
"Pay Forward" # 359

Today's "Pay Forward" gift is - My Affirmation. On awakening I turn to You Father; I am filled with love and gratitude. I am devoted, dedicated, committed to do, to be Your Love, Your Will, consciously known or unknown, 24/7. I'm rewriting and rewiring my personal "reality" with the Spiritual, mental, physical, emotional, social equivalents of Your Will, Father on my serendipity journey Home to You. I listen to Your Holy Voice directing me in a way I can currently hear, understand and follow. I see Your Presence with my eyes of faith. Father I am as you created me, Your son and a loving brother to all. It is You, Father within me doing the works, called life. Father I do love You, and my Hero Jesus and all my Spiritual teachers. I am taught by your inspired words and my daily events. I want You, and I need You and Yours. By Your grace, I am loved, healed, taught, forgiven, empowered, enlightened, enriched, communicated to, co-created with and awakened. Openly or silently I say, come let me encourage you to love more, to heal, to teach, to forgive, to accept your empowerment, your enlightenment and your enrichment. Let us communicate, co-create and expand our awakening to the Infinite Power and Divine Love within, supplying us all we need. Father this is the day, You have made, let us rejoice in it and share the love we are. Thank You. Thy Love, Thy Will be done.

Sharing Today's Gift Will Keep The "Pay Forward" Door Open



A Serendipity Journey Prep  
"Pay Forward" # 360

Today's "Pay Forward" gift is – A Serendipity Journey Prep. Serendipity = the faculty of making fortunate discoveries by accident. Every day is a serendipity journey so let's prepare for it and let our Higher Power prepare us. On awakening we may begin our preparation for our daily serendipity journey; we can prepare for in principle. Life indeed is a serendipity journey; we will do well to keep an open mind. At any moment, something can change our life. No matter, where we are our Father is with us. He is supplying us with all we need for a great trip (His will – His Love). He is to supply us with everything we need to be the individual, He created. He is responsibly to see that we're equipped for the journey, He sends us on. The more we pass on, share the more we increase our capacity to receive. Our capacity for transcending our personal "reality" is precisely what distinguishes us from the rest of creation as we know it. The capacity for transcendence is what makes us most human. The children of our Father Who created us in His image and likeness; God is love then so are we. Remember if only for this Holy instant the proof of His Presence and Action is our expression of life, given us by His Holy Grace. Thy Love, Thy Will be done.

"Behold, I stand at the door and knock"

The Hidden Dark Side  
"Pay Forward" # 361

Today's "Pay Forward" gift is – The Hidden Dark Side. I'm trying to understand my dark violent image within my personal "reality." I have invested much of my time and energy seeking a solution for my dark side, yet I know little about it. Most of the time my dark side is in hiding from my conscious mind. Unless it is in conflict with my Created Self, I don't pick it up. I want and need to know and do our Father's loving will but this dark side blocks that union. Perhaps I should say I want and need to do His Love, and His will, consciously known or unknown. I have also invested a great deal into the dark side of my personal "reality." It is becoming clear why I have been unable to let the dark side go. I have used it as a protection; a myth that wrongdoers, the bullies would realize that I would punish them if they got out of line. Hoping that would keep them away fearing that I would return to violence and punish them. My using fear of punishment to control others into being good is a far cry from what I want, which is loving, wisdom, to be useful and Spirit driven being. The way is now open; I pray, to live, to share my heart's desire as a loving servant. The transformation I seek is done only by our Father's grace; I cannot earn it or cause it alone and unaided. Thy Love, Thy Will be done.

Sharing Today's Gift Will Keep The "Pay Forward" Door Open



Old Wounds  
"Pay Forward" # 362

Today's "Pay Forward" gift is – Old Wounds. Some old wounds never die they just hide away. Old wounds - the old skin has to shed before the new one can come. There are many reasons these old wounds don't heal, and we continue to hold on to them as if they have great value. Perhaps the old scars protect us, or make the place of that wound stronger. For whatever the reason, it is still holding on to the past and not living in the present in the Presence. We cannot be whole with an open wound. We often need others to help the healing and the Divine Doctor within. If we ask Him for help with all our heart mind and soul, He will not turn us down. The outer expression of the healing may come at once or may not reveal itself until it has served its purpose. Some of our open wounds are buried alive in our unconsciousness, but the Divine Healer within can and will make us whole if we let Him. Alcoholics Anonymous is a wonderful healing place; it is a healing power touching everything into wholeness. Thy Love, Thy Will be done.

"Behold, I stand at the door and knock"

Dragon Slayers  
"Pay Forward" # 363

Today's "Pay Forward" gift is – Dragon Slayers. Good news our Father isn't bound by the dragons we make up. More good news this morning, our Father isn't bound by my ideas, but I am blessed by His ideas. For anything to become simple, I have to experience it, otherwise it's just mental energy flowing about. I spent too much time worrying about the darkness of dragons running around in my personal "reality." In the Presence of the Divine Light darkness has no reality. The Knights of old went out to kill the dragon and could not find one, so they made one up. When I go out to fight my enemies, my dragons and cannot find one I can make one up, and it seems real. When I don't experience the love I want, I don't have to slay a dragon to earn it, I can extend my love, and then I can believe others must love me, the "Dragon Slayer." Demanding that others love me, respect and serve me, doesn't work. Today I am using my energy to give away all I want and leaving the not wanted to the Knights of old to slay the dragons, and rescue the maiden. I always wanted to be a real hero, who doesn't have to make up dragons to slay. Alcoholics Anonymous gives us all we need to love to serve others; that's the real hero's way. Thy Love, Thy Will be done.

Sharing Today's Gift Will Keep The "Pay Forward" Door Open



AN OLDTIMER'S PRAYER  
"Pay Forward" # 364

Today's "Pay Forward" gift is – An Old-Timer's Prayer. Dear Father: Keep me from thinking I must share in every meeting, no matter what the topic is. Keep my mind free from the recital of endless details and give me wings to get across the point. Remind me to guard confidences and to keep still when I feel it is necessary to speak up for someone's own good. Release me from the need to straighten out everybody else's thinking and program. God I ask for the grace to listen to newcomers. Please help me to remember the patience with which others listened to me when I was new. Please seal my lips to giving advice, and help me to remember to share only my experience, strength, and hope. Remind me that my purpose is to fit myself to be of maximum service to You and to the people around me. Help me to remain teachable. Teach me (again) the lesson that occasionally, it is possible that I may be wrong. Remind me, please, of the freedom that I gain when I can promptly admit I am wrong and make amends when necessary. Please keep me from being a bleeding deacon and help me to walk the path towards being an elder statesman or stateswoman. Help me to walk with faith and acceptance, to see good things in unexpected places and talents in unexpected people, and give me the grace to tell them so. Thy Love, Thy Will be done.

"Behold, I stand at the door and knock"



Humanity And Divinity  
"Pay Forward" # 365

Today's "Pay Forward" gift is – Humanity and Divinity. Humanity and Divinity will be identical when we recognize Divinity in humanity. We must learn not to judge anyone by their personal "reality," that's their false self. I realize that our Father is enthroned at the center of every being. I need the eyes of faith and compassion for such a wonderful, loving vision; an outpouring of Divine giving. Today I extend the hand of compassion to everyone I meet in my mind and in the world. I am willing to let, go and let God have His Love and His Will done. Today, I willingly let my inward vision penetrate every apparent obstruction. By Your grace Father, I cast out every attempt to cover up Your omnipresence, and every ignorant misuse of Your Loving Will. For this special day, I withdraw the veil that hides my real self, and in so doing, unveils the Reality in others. Today I love as never before. I draw close to the Spirit of our Father, the Spirit in everything and everyone. I extend my love and service to all who are suffering and all who are well. I carry the Divine message of Alcoholics Anonymous out into the world. Come; let us make this a special "Pay Forward" day unconditional love and service. Thy Love, Thy Will Be done.

Sharing Today's Gift Will Keep The "Pay Forward" Door Open



*The Promises*

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

Are these extravagant promises? We think not. They are being fulfilled among us – sometimes quickly, sometimes slowly. They will always materialize if we work for them. Alcoholics Anonymous pages 83-84

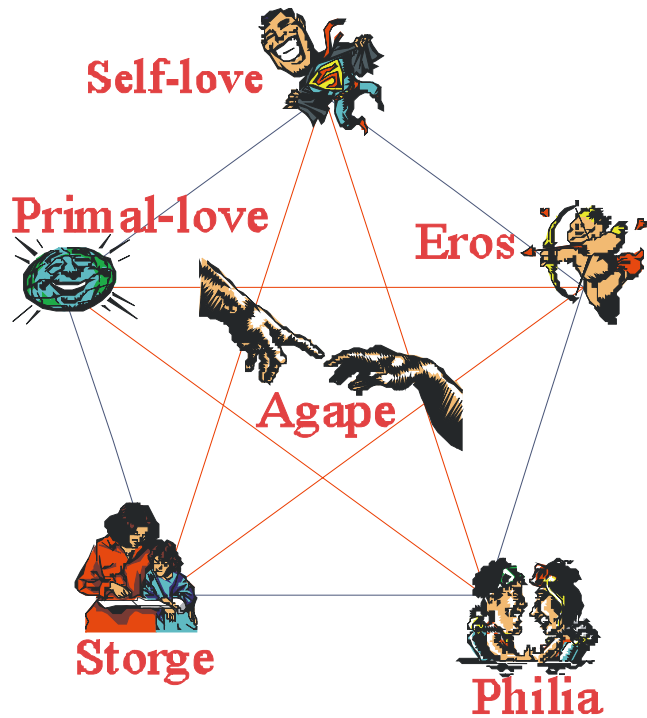
Abandon yourself to God as you understand God. Admit your faults to Him and to your fellows. Clear away the wreckage of your past. Give freely of what you find and join us. We shall be with you in the Fellowship of the Spirit, and you will surely meet some of us as you trudge the Road of Happy Destiny.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

"Behold, I stand at the door and knock"

Now is a good time  
to return to the beginning and use  
“Pay Forward”  
To Share The Love You Are

## *Six Loves*

### *Al Kohallek Goes On A Love Feast*



Sharing Today's Gift Will Keep The “Pay Forward” Door Open



We are given the tools and opportunities to make a good  
difference every day – Come let us love one another  
Thy Love, Thy Will be done

Additional Tools - Free Downloads – Visit  
[www.12stepworkbook.org](http://www.12stepworkbook.org)

#### Workbooks

“Pay Forward”  
Six Loves  
Al Kohallek Goes Stepping – 5<sup>th</sup> edition  
Now – 12 Step Workbook  
Al Kohallek 12 Tradition Study  
Al Kohallek Taking Another 12 & 12 Journey  
Al Kohallek Learning To Communicate Using The Traditions  
The Green Eyed Monster – Jealousy  
The Hero/Heroine Journey  
Three Spiritual Gifts On Five Pathways  
With Ten Mission Elements  
Where Do You Stand

#### Workshops

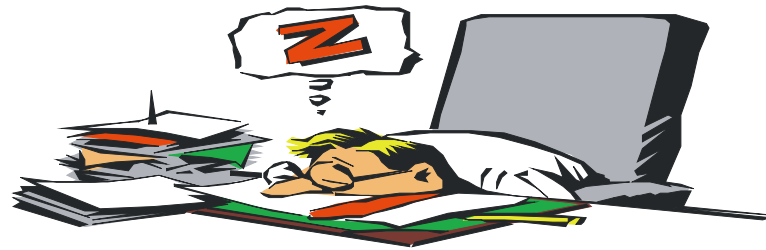
Moody Addition  
Sex & Love Addition  
The Promises Inventory  
Emotional Recovery  
Spiritual Transformation  
Forgiveness  
Finding And Claiming Your Heart's Desire  
And Others

“Behold, I stand at the door and knock”

***Looking for a re-birth?***



***Or perhaps an awakening?***



***Then start at the beginning and  
work your way all the way to the end.***

Sharing Today's Gift Will Keep The "Pay Forward" Door Open



"Behold, I stand at the door and knock"