



“Do small things with great love” Mother Teresa.



Come, let us love one another by giving of ourselves

This is the Third Edition of "PAY FORWARD" - 365 New Daily Gifts To Share. Al Kohallek continues to be inspired by the "Pay Forward's" Plan Of Action; sharing the gift of ourselves, with those we love and those we don't. In the movie Pay It Forward; young Trevor responds to a school assignment with a plan to help three people who will, in turn, help three more, and so on, in an ever-widening circle. However, Trevor touches more people than he expected, including his abused mother, his physically and emotionally scarred teacher and a journalist who's investigating the plan. Trevor's plan sounds like, the pass it on principle of Alcoholics Anonymous' plan of action that a great many of us have experienced, beginning with our co-founders, Dr. Bob and Bill. We are suggesting for our prep-day to 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 we share "Today's Pay Forward" gift. Using "Today's Pay Forward" gift each day will increase its effectiveness and make a good difference. We will have a lot of fun sharing this and make a good difference, if you choose. Come. Let us "Pay Forward" together.

FOREWARD



Start Your Day With A "Pay Forward" Gift Passing It On Is Love's Awakening

This Third Edition of "Pay Forward" is a gift offering to celebrate my 62nd A.A. Birthday. I pray you find it useful. I'm so deeply grateful for our Father's loving mercy and grace, and for Alcoholics Anonymous' serendipity journey I've been given and for all those who share their life with me. I am devoted, dedicated and committed to be and to do our Father's Love and Will, known and unknown 24/7. I know there is an infinite intelligence within each of our Father's creatures that takes the food we eat and transform it into everything we call life. As long as we are alive that Divine Intelligence is Presence, no matter what we have done or not done. I fall far short of my heart's desire to live our Father's Love and Will daily. I fear others would not forgive me if they knew just how short that is. Knowing our Father's infinite Presence is within you and me why don't I act like it 24/7? It must be the extraordinary power of our habits of thoughts and feeling. By grace we are given the tools we need to rewrite and rewire our personal "reality" by practicing A.A.'s Spiritual Principles in all our affairs. My greatest Hero, our Father's beloved Son tells us to forgive one another if needed seven times seventy and it will be done. Thy Love, Thy Will be done.

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Come, let us love one another by giving of ourselves

This Year We Will Celebrate Our Father's Day 365 Times
"Pay Forward" #1

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

In His Image And Likeness
"Do small things with great love" Mother Teresa.



Living One Day At A Time
"Pay Forward" #2

Upon awakening I turn to You Father,
I am filled with love and gratitude.
I enjoy passing on the gifts I receive
Thy Love, Thy Will be done.

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 - Fourth Century A.D.

No Longer In Uncharted Waters
Come, let us love one another by giving of ourselves

“Pay Forward” #3

Today’s “Pay Forward” gift is - In His Image And Likeness. It is written that humans are created in our Creator’s Image and Likeness. Most of the great Spiritual teachers tell us that God, our creator is love, which means His off-springs, you and I are love. Alcoholics Anonymous gives us a great set of Spiritual love tools, an important characteristic of our Creator to live by. Paraphrasing Step Twelve; Having a Spiritual awakening as His Love, we’re blessed by practicing love in all our affairs. In our Father’s image and likeness we become beloved lovers loving. I started this day by praying for all I need to share all the love I am. I am meditating on our Father’s unconditional Love and its meaning and its expressions. I choose to consciously practice each of the six loves, this day. As we shift from one thing to another we ask, “What would Love do?” Then do it. I dwell within on loving emotions and actions, when a not loving 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; love is the most natural way. I tried for a great many years to make one-love-fit-all, which was problematic and at beat too limiting. Thy Love, Thy Will be done.
www.12stepworkbook.org Click Workshops to download a free Six Loves workshop.

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“Pay Forward” #4

Today’s “Pay Forward” gift is – No Longer In Uncharted Waters. Father I am as you created me, Your son and a loving brother to all. I have come to the realization that my affirmation this morning is absolutely true. I am willing to continue my radical training being a faithful son and a loving brother to all I share with. When I fail to demonstrate what it means to be a faithful son and loving brother, like the Prodigal Son I turn back Home AS SOON AS POSSIBLE. My too sensitive nature is slowly being transformed from the negative, to expressions of loving service. My defect of selfish and self-centeredness is becoming more of and enlighten self-centeredness, I enjoy being a loving brother, and acting like our Father’s son. By practicing A.A.’s Spiritual principle I am no longer in uncharted water, thanks to those who has gone before me. As children of our Father we are no longer bound by the material limitations. Willingness to do and to be His Will and His Love is perfect freedom. When my dad was on his deathbed he said; his regrets were for the things he didn’t do. My question is what have I left undone? Accept what is revealed to me and do it, AS SOON AS POSSIBLE. My love interrupts the past and opens the loving future to share. I choose to give of myself here and now, I will not pass this way again. Thy Will, Thy Love be done.

Come, let us love one another by giving of ourselves

Regrets – Paradoxes
“Pay Forward” #5

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

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My Guidance System’s Tolerance Alignment
“Pay Forward” #6

Today’s “Pay Forward” gift is – My Guidance System’s Tolerance Alignment. The narrowing of our tolerance in our guidance system is a sign of growth. In the beginning of my serendipity journey, my tolerance was indeed a broad road. I had been living a “life” of an angry, fearful alcoholic. Any thought of correction was equal to punishment. Now, my narrowing guidance system will not tolerate even a little unkindness or the dwelling on any kind of negative stuff. I realize that all I have of any value has been given to me by grace. Even if I tried to take credit, my new standard will not allow it. I had to come to terms with myself, by coming up with a working understanding of humility: having a growing understanding of my relationship with our Father, others and myself. I am guided (sometimes forced) to be obedient to our Father’s will, when my will and His will seem to be at odds. My narrowed down tolerance is saying, “don’t go there, or dwell there.” On top of that I am reminded of my commitment to do His Will consciously known or unknown. My guidance system is just doing its job, reminding me of my shifting motives. Regardless of what it looks or sounds like, I am grateful for the ongoing alignment, it is a sure sign that I am growing, becoming more kind, loving and useful, Truly an answer to my prayers. Thy Love, Thy Will be done.

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Being A Junior Partner
"Pay Forward" #7

Today's "Pay Forward" gift is – Being A Junior Partner. I am reminded of my partnership with our Father - I accept that I am way down the line as a junior [His son] partner - and it is clear age does not matter to Him - I have a tiny place in His Operation - which is grounded in the mission He has assigned me - my Spiritual maturity and possibility a little upgrade as His junior partner depends on my demonstrating each of the ten elements of my mission. His will needs to be done; of course this can only come about through His grace, so I intend to stay in conscious consistent contact with the Home Office. It is my understanding that we are freely furnished with an abundance of everything we could need - even the state-of-the-art High-tech equipment [with support], and a great labor pool [all junior partners] to draw from. I am in radical training and I know I will not be punished for my mistakes, unless I punish someone else for their mistakes. Our Senior Partner has assigned each one of us a unique part to play that only we can fill, that's real job security, no chance of being replaced. No one is in competition with another. There is more than enough of everything for each of us. Our Senior Partner will reveal to each of us what He would have us do. I am so deeply grateful. Thy Love, Thy Will be done.

Homeless Termites
"Pay Forward" #8

Today's "Pay Forward" gift is –Homeless Termites. Our Father's greatness is a gift of grace that I should humbly receive, yet, at times I let these little guys undermine the very foundation of my relationship with our Loving Father. No wonder I need the A.A. spiritual principles to restore me to sanity, as if I ever had any. I hate the idea of my making anyone homeless. However, this little day-in-day-out stuff I'm calling termites, need to go. They are real present danger. These little guys can cause foundation problems to our relationships. Termites destroy more property than all the fires, floods, wind, and hail, and so it is with any area of our human condition. Because of the possible high cost the "big" problems force us to address then or run away. With the "little" stuff we don't have to do anything or they are not important enough to matter. One way or another, we often stuff these little guys. One termite doesn't matter, but when they build up in large numbers, watch out. It is best to deal with all problems AS SOON AS POSSIBLE. Each of us has latent gifts to claim and share, but these little termites undermine our confidence. Failing in some little thing I lack faith in what exists within me because I lack faith in Who exists within me. I am reminded that the food I ate today me being transformed into everything we call life. Am I trying to make Him Homeless? Thy Love, Thy Will be done.

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40 Day Divine Treatment Center
"Pay Forward" #9

Today's "Pay Forward" gift is – 40 Day Divine Treatment Center. I need to detox from my oldest addiction; the "drug" guilt and punishment. I am committed to a Divine Therapy; a radical 40-day recovery program within. Let us remember that our Father created each of us to express a tiny part of His Holy Wholeness. You and I have a real purpose. Our Creator maintains us from within; we call it life, and will do so until our mission is completed. About 30% of the time I know that's true, sometimes I want to believe it, but the largest percentage of time I don't even think about it. Yesterday I found myself in an old ditch, wasting time and energy partaking in my "drug" of choice, guilt and punishment. I would not judge another for the same "crime" calling for forgiveness. Oops, I just remembered when I commit to change my characteristic, that's all I think about. My detoxing from this "drug" seems "omnipresent." I call on my "Avenging Hero" to punish me," that's not the solution. The love I needed was withheld by me. Also I should be better than this by now is blocking my true Healer, our Loving Father within who has to do for me what I cannot alone and unaided. Love and service is great unblocking helper. Once again I am calling for tender mercy and forgiveness, as I return to Love dwelling. "I pray that I may wear the world like a loose garment" 24Hours a Day. Thy Love, Thy Will be done.

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Inspiring – But Not Today
"Pay Forward" #10

Today's "Pay Forward" gift is – Inspiring – But Not Today. It was very laborious for me to read a book in my early years in Alcoholics Anonymous, so I want every word I read to count. My sponsor suggested that I use what I could and set the rest on a shelf, one day it may become useful. When we heard about something Bill Wilson A.A.'s co-founder did we were likely to view it as very important. I was just learning to read when I heard that Bill was reading a set of books, Thinking and Destiny by H.W. Percival. I studied those two volumes for about a year. One of our members borrowed them, at the time I told her I had gone as far as I could, and not to be in a hurry to return them. Sixteen years later I remembered something I had read. I called the borrower and she said, I setting here looking at them come and gets them. My sponsor had proven correct once again. I have a guiding principle I practice daily – Everything and everyone I come in contact has a purpose, a gift for me. If I don't pay attention, I may miss it. Head knowledge often comes first in our development, and then a deeper understanding of spiritual principles follows, until our understanding ripens into wisdom. However that understanding doesn't become ours until we put it into practice. Thy Love, Thy Will be done.

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Contacting Our Higher-Self
“Pay Forward” #11

Today’s “Pay Forward” gift is – Contacting Our Higher-Self. I know it is our Father who created each of us, realizing that’s our Higher-Self, not our personal “reality”, we made that up. Knowing that, why don’t I live like it 24/7? I need only need to for His help and mean it and I’m given to tools to work with. One of these tools is total ownership of my personal “reality” I made up and to total surrendering it to our Father and accept and honor my Higher-Self. Another one of these tools is the use of affirmations and then using them. It is You, Father within me doing the works that we call life. There is one life that life is perfect that life is our Father’s Life, that life is all life, that life is my life. Meditate on the Truth, that of our Father’s Will and His Love is freely given to our Higher-Self, to live, move and have our being. Building a new ***Spiritual, mental, physical, emotional and social equivalent*** of our Father’s Will and His Love, meditate on that. Day by day consciously and consistently live these affirmations and become an open channel for our Father’s communications. When we affirm a statement of Truth we are claiming and appropriating that which is ours, building our new personal “reality”. Let us join forces with our Father at deeper depths of our being, a place of rebirth and transformation, the awakening to our Higher-Self. Thy Love, Thy Will be done.

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Bend With The Wind
“Pay Forward” #12

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

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The Fruits From Our Humble Beginnings
“Pay Forward” #13

Today’s “Pay Forward” gift is – The Fruits From Our Humble Beginnings. Snowflakes are one of nature’s most fragile things, but just look what they can do when they stick together” V. M. Kelly. AA started with just two people and that partnership was very fragile to start with. At the end of the first year they had only six members sober, but just look what they did in partnership with our Father. You and I together can make a good difference, just where we are. Sharing our experience, strength and hope together creates a living loving bond out of our singleness of purpose. It is hard to tell who the giver is and who the receiver is when we are in partnership with our Father. When we are together in a loving purpose, we don’t need words to tell us the meaning of togetherness. When we express the love we are, words will not tell us the meaning, nor do we ask. “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. I am devoted, dedicated, committed to do Your Will Father, consciously known or unknown. I am receiving whatever it takes to do Your Loving Will, Father. Come let us carry out our devotion, our dedication and commitment together to do and to be our intended mission of loving service. Thy Love, Thy Will be done.

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Past Is A Judgment Call
“Pay Forward” #14

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

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Spiritual Discernment
“Pay Forward” #15

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

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A Worthwhile Investment
“Pay Forward” #16

Today’s “Pay Forward” gift is – A Worthwhile Investment. “As we go through the day we pause, when agitated or doubtful, and ask for the right thought or action. We constantly remind ourselves we are no longer running the show, humbly saying to ourselves many times each day “Thy will be done.” (Alcoholics Anonymous p 87-88) This is a powerful idea to practice in all our affairs. To consciously and consistently remember to ask our Father for His Will be done is unlikely without a little practice. How about beginning this day by building a habit of asking our Father for His Will be done during both good and bad times. We are offering the following suggested affirmation to practice rewriting our personal “reality” for the next forty days, three times a day; upon awakening, noontime and before bedtime. “I am devoted, dedicated and committed to do and to be Thy Will, Thy Love Father, consciously known or unknown.” It takes about nine seconds to repeat this affirmation. This is a very good investment costing only about 27 seconds a day, for the whole 40 days it would only cost 18 minutes, not counting the optional meditation time. Of course you are free to write your own affirmation, ours is only a suggestion. We may choose to take the optional “Deluxe Meditation Package” meditating daily on its meaning and its possible application, multiplying our affirmation’s effectiveness many times by. Thy Love, Thy Will be done.

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Our First Language, Silence
“Pay Forward” #17

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

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Fearless Peace
“Pay Forward” #18

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

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Our Personal Gethsemane
“Pay Forward” #19

Today’s “Pay Forward” gift is – Our Personal Gethsemane. My first spiritual transformation cycle began February 6, 1957 when I was going through the greatest struggle was taking place, my personal Gethsemane. I was realizing the depth of my powerlessness. I have experienced this condition and seen many others hit this bottom as part of a spiritual transformation, everything had to stop working as it had been. Our struggle came into play when we keep trying to make yesterday’s tools, which had become obsolete work as before. My personal “reality” had stored deeply rooted useless and harmful habits of thoughts and feelings. This deep rooted condition popped up on their own account, and when I was offered the possibility of an unknown Power taking over the struggle intensified, was it another imposter? This time I had no illusion that I would work through this despair. I was truly willing to do whatever it was going to take to sober up and stay sober, but knew I could not alone and unaided. Could I trust an unknown Power I had never experienced? The breaking up and passing away of our old personal “reality” error state of mind and making ready for the new is our personal Gethsemane. As with each of the spiritual transformation I have been given in one way or another I said, Thy Will be done, not mine. Our Father’s grace may have seemed obscure for a while, but His grace will come. We had to stop fighting anything or anyone. Thy Love, Thy Will be done.

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Good Friday’s Awakening
“Pay Forward” #20

Today’s “Pay Forward” gift is – Good Friday’s Awakening. Until I began to live the A.A. program I couldn’t understand what was good about Jesus’ crucifixion, I had to hit my bottom first. Then I could understand a tiny bit of what Jesus must have felt while being crucified. “My God, my God, why have you forsaken me?” “Catapulted him into a state of being beyond the personal union with the Father which had been his whole life until then” Thomas Keating. His sacrifice opened up a way out for many of us. The word crucifixion means – the crossing out. Calvary means – “the place of the skull.” My hero, Jesus was the greatest teacher of Spiritual Principles – metaphysics [the Spiritual Law before the physical law]. Every time we give up a defect, there is a crucifixion. “Half measures availed us nothing.” A.A. has demonstrated through a great many of us the Spiritual Principles my Hero taught. The final battle, my resistance to sobriety [the crossing out – the crucifixion] had to take place in [Calvary] my skull. My personal “reality” had to be dismantled, and A.A. furnished the tools I need. My changing mind effects a corresponding change in all my affairs, even my body. My sobriety, joy, happiness and freedom are no longer based on anything I might possess or accomplish, but rather on my conviction in our Father’s grace. Today, I am so deeply grateful to know that the self-imposed prison can no longer keep me bound. Thy Love, Thy Will be done.

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Resting In Our Father
“Pay Forward” #21

Today’s “Pay Forward” gift is - Resting In Our Father. “To every thing there is a season, and a time to every purpose under heaven: A time to be born, and a time to die; a time to plant, and a time to pluck up that which is planted. A time to weep, and a time to dance” Ecclesiastes 3. “After Jesus’ crucifixion He was laid to rest in the tomb...” Resting in our Father Presence, His body was radically transformed into a pure Spiritual Being, gathering strength for greater works to follow. After resting in the tomb, He awakened to His True Self. I am reminded of the caterpillar one day stops eating, hangs upside down from a twig and spins itself a silky cocoon [tomb]. Resting in its protective casing, the caterpillar’s body is radically transformed, emerging as a butterfly. “You would know the secret of death. But how shall you find it unless you seek it in the heart of life? ...In the depth of your hopes and desires lies your silent knowledge of the beyond; And like seeds dreaming beneath the snow your heart dreams of spring. Trust the dreams, for in them is hidden the gate to eternity...And what is it to cease breathing, but to free the breath from its restless tides, that it may rise and expand and seek God unencumbered? – Kahlil Gibran. The spiritual principles given to A.A. from the teachings of our Hero lets us seek and find our Father, unencumbered. Thy Love Thy Will be done.

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Easter – The Awakening Of Our Spiritual Consciousness
“Pay Forward” #22

Today’s “Pay Forward” gift is - Easter – The Awakening Of Our Spiritual Consciousness. I am celebrating my Hero’s resurrection. His resurrection’s inner meaning and spiritual significance is the awakening and rising to spiritual consciousness, which had long been buried in the materialistic and the humanistic tomb of lack and limitation. “I came that they may have life, and may have it abundantly.” I am so grateful for His showing us the way, truth and light. So much of A.A.’s program was harvested from His Works, indeed one of our primary Way-Showers. Until A.A. awakened my spiritual consciousness it was as if my Higher-Self was asleep or had been dead and buried in the despairing darkness of my personal “reality” tomb, furnished with resentment, self-centeredness and fear, abundance was out of the question. I have no illusions about the Source of my resurrection. I have been blessed with an abundant life, in which I love passing on. As an active member of A.A. Easter is filled with wonderful spiritual transforming metaphors. When we own our defect well enough to surrender them to our Boss, holding back any part of the defect, we are ready to have it transform into an asset. We are ready for the crucifixion - the word crucifixion means – the crossing out. Calvary means – “the place of the skull.” Then the wiliness to let go, die to the defect and then the resurrection, birth of a useful asset. Each time we share our given assets we are a Way-Shower. Thy Love, Thy Will be done.

Come, let us love one another by giving of ourselves

Power of Love
"Pay Forward" #23

Today's "Pay Forward" gift is – Power of Love. "When the power of love overcomes the love of power the world will know peace" Jimi Hendrix. We do not have to be a great mystic to know that our Father, Creator is Love. Just look around and within, and we can see proof of His Presence. All are created to share as a giver or a receiver, most likely both. To live, move and have our being we have to share with all of life, consciously known or unknown. We may be temporarily blind by our self-centeredness to the love we are, but the awakening will come. Practicing A.A.'s spiritual principles our awakening will come much sooner. I love my mission; my created purpose, because it is a conscious path for me to teach only love, that's "how it works." I feel it is my calling not a j-o-b. A job is when we do something for money, a calling, a mission, it's the call to love, to share what we are given freely. Before I started living A.A.'s way of life I felt like a fool letting anyone know how much I long for or needed love, a sure sign of weakness, fear and anger were strength. By our Father's grace my fear of love is no more. I know love can be trusted, without it my life in an insane illusion. Our Father's Love and Will is my sanity. It is a most wonderful guidance system. Thy Love, Thy Will be done.

"Do small things with great love" Mother Teresa.



Transforming Grace
"Pay Forward" #24

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

Come, let us love one another by giving of ourselves

Willingness To Share Life
"Pay Forward" #25

Today's "Pay Forward" gift is – Willingness To Share Life. It takes a special person willing to die for another. However, I believe that it takes a very special person willing to live for others, and our Higher Created Self. I do have some experience giving of myself in loving service; sharing A.A.'s spiritual principles. Out of enlightening self-interest I've found a great deal of joy, happiness and freedom doing so. Helping others uncovers and discovers their Higher-self and a purposeful life is worth far more than the time and energy it takes. We are all going to die; the question is how are we going to live? If you had only six months to live how would you live it? Before coming to A.A I would have answered that question a lot different. I want to believe that I would stop, look and listen. I would stop the useless chatter and action, and stop bad-mouthing our human condition. I would look for the good only in myself and others. I am willing to accept that our Father has forever made our human flesh the privileged place of the divine encounter, conscious union with Him and our True Self. I would listen to our Father within for directions, and be wise enough to do whatever it would take to carry out my purpose in being, sharing all the love I am. Today I am too busy to die; I have a lot I want to share Thy Love, Thy Will be done.

"Do small things with great love" Mother Teresa.



Co-Creating du jour
"Pay Forward" #26

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

Come, let us love one another by giving of ourselves

The Information Age
"Pay Forward" #27

Today's "Pay Forward" gift is - The Information Age. I am receiving whatever it takes to rewrite and rewire my personal "reality" with the Spiritual, mental, physical, emotional, social equivalents of Your Will, Father, for me on my serendipity journey Home to You. We live in an "Information Age" never lacking information about anything worldwide. We must choose what we are to focus on. Finding our Father's Will and living it the best we can, improving our conscious contact with Him is the solution for me. My problems are self-induced through the misuse of the "Information Age". I choose to practice A.A.'s Spiritual Principles the best I can and not wait for a "spontaneous remission." I am seeking a conscious contact with our Father often, because that's where my solutions come from. I am persistent in my seeking, redefining and upgrading my heart's desire and I'm following what I find. I have a dwelling faith in our Father's way of life, His Love and His Will being done, as I understand it, subject to change without notice. This faith in our Father's grace keeps working on and on and on after my reason is exhausted. Seeing with the eyes of faith has given me a true prospectus of the realm of Reality. Every time I pray, meditation; sowing the love seeds I want to grow through spiritual affirmation, and nourishing them until harvest time, my faith continues to expand and grow. Each choice I make has a consequence. I'm choosing for, Thy Love, Thy Will be done.

"Do small things with great love" Mother Teresa.



All We Need Is Already Given
"Pay Forward" #28

Today's "Pay Forward" gift is - All We Need Is Already Given. "We have everything we need to heal right inside ourselves. It's been there all along" Trevor Hart. As an active member of Alcoholics Anonymous I have come to believe that. Upon awakening I turn to You Father, I am filled with love and gratitude, with the vision of an intuitive faith. I choose to live a life of love, compassion and service. I can extend a little kindness and understand in an ordinary way and not wait for the perfect time. I learning how to love like our Father and my Heroes. We will find ourselves by practicing loving and serving. There are times when I need to tread water and wait but let's not kid ourselves and take a chance and not wait for the current to move us. Each of us has a purpose to swim toward; if we don't know what that purpose is asks the Boss. Just keeping our head above water in not enough. Take whichever stroke you like best, freestyle, breaststroke or backstroke, action is the magic word. Who cares what "stroke" we use, as long as you get to the place our Father intends us to go. We are already in the Kingdom of Heaven, which is in the image and likeness of our Father, omnipresence. I'm going for a swim, while swimming I will be praying and meditating, in other words I will be flowing around in heaven. Thy Love, Thy Will be done

Come, let us love one another by giving of ourselves

Who's The Teacher And Who's The Student?
"Pay Forward" #29

Today's "Pay Forward" gift is – Who's The Teacher And Who's The Student? Father I do love You, Your Son, and all my Spiritual teachers. I am taught by Your inspired words, and those who walk their A.A. talk and those who don't and my daily events. I realize that I always play a part in every event and people I am drawn to. What I choose to do with them is up to me. It is important for me to remember that I am to trust our Father for the results. I choose to turn to our Father as the sun rises, bring the dawn of a new day, it's another chance to begin anew. I choose to let go the limited good and problems of yesterday. I choose an open heart and mind, accepting our Father's upgrading. I intuitively know His Gift-of-the day is a greater love and opportunity for service. I choose to get up with the sun with an awakened gratitude for our Father, His Son and all the rest of us. Divine love is the force that dissolves all that is not love and smooths out every obstacle. Come let us awaken together and go about our Father's Loving Business. As it turns out we are all both the Spiritual teachers and students who inspire one another. A.A. as awakened me to the proof – when the student [the newcomer] is ready the teacher [sponsor] appears - when the teacher [sponsor] is ready the student [the newcomer] appears. Thy Love, Thy Will be done.

"Do small things with great love" Mother Teresa.



Seeking Through Prayer – Meditation – Action
"Pay Forward" #30

Today's "Pay Forward" gift is – Seeking Through Prayer – Meditation – Action. "Contemplation prayer is the world in which our private, self-made worlds come to an end; a new world appears within and around us and the impossible becomes an everyday experience. Yet the world that prayer reveals is barely noticeable in the ordinary course of events" Open Mind Open Heart – Thomas Keating. "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 turns to the caterpillar and the butterfly. The butterfly undergoes a tremendous struggle to emerge from the cocoon; in order 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. What butterflies are waiting to be born? I am grateful for my defects that have been transformed by our Father into assets. I'm able to own my defects and I choose to surrender them to our Father for His upgrading grace. Now is the time to carry out my part because if I pass up this opportunity, my experience tells me these defects will return and the stakes are higher and more painful. Our thoughts are things; they have tremendous power. Thoughts of doubt and fear are the road to disappointment and failure. Thoughts and actions of love and service bring fulfillment. Come let us be about our Father's Business. Thy Love, Thy Will be done.

Come, let us love one another by giving of ourselves

A Brother To All
"Pay Forward" #31

Today's "Pay Forward" gift is – A Brother To All. Father I am as you created me, Your son and a loving brother to all. My intention is to allow each of my brothers and sisters be exactly as there are, willing to love and serve them as I am directed. The only true enemy I have is my illusions of separation from You, Father and Your other children. I now open my heart, mind and soul to experience Your Presence in an abiding intuitive faith. I ask You to put me in alignment with Your Will, Your Love. I say yes to Your Presence. I say yes to Your Action. I pray that You use me up. I choose not to waste my time and energy on comparing my life to others. I choose to spend my time and energy on being the individual You created me as. I choose to make peace with what is. My silent and open greetings are wishing that each one find and live their Divine Intended Purpose, bring the fulfillment and happiness they seek. I pray my affirmation may prove useful. "Most people don't know how brave they really are. In fact, many potential heroes, both men and women, live out their lives in self-doubt. If they only knew they had these deep resources, it would help give them the self-reliance to meet most problems, even a big crisis" R.E. Chambers. "This is the day the Lord has made, rejoice in it." And be Your Self. Thy Love, Thy Will be done.

"Do small things with great love" Mother Teresa.



The Inspired Harvest Of Love
"Pay Forward" #32

Today's "Pay Forward" gift is – The Inspired Harvest Of Love. Father I do love You, and my Hero, Your Son, and the Higher-Self You created within each of us, and all my Spiritual teachers. I am taught by Your inspired words and my daily events. Much has been given to me and I am truly grateful. When You created us, Father, You gave an individual purpose, which turns out to be our heart's desire. Just a tiny seed to start but within that seed is our divine design with everything needed for its expression. When we align our personal "reality" with our Father's Love and His Will, it awakens us and becomes our dream, our lifetime goal. I have planted that divine seed into the ground You, Father prepared for me. I nourish that divine seed daily with the living waters supplied by my Spiritual Heroes and A.A.'s Spiritual Principles. I continue my little part one season after another. During the ebb and flow of life's seasons there seemed like there was no growth, there always was. The fruit did not take on a worldly form I expected, but it became clear that it was an expression of my silent invisible co-created heart's desire as it unfolded. Each season has its own fruit to harvest and to share. As the fruit becomes ripe I harvest it and share it with whomever I am drawn. "Man cannot discover new oceans until he has courage to lose sight of the shore" unknown. Thy Love, Thy Will be done.

Come, let us love one another by giving of ourselves

What If Love Is The First To Speak?
“Pay Forward” #33

Today’s “Pay Forward” gift is – What If Love Is The First To Speak? When I began to meditate on this question, my heart opened and its silent communication spoke louder than my personal “reality,” my ego. The great spiritual teachers suggest upon awakening the first thoughts are focused on our Creator, our Father. This means we are focusing on Love to start our day, because God Is Love. Love is a state of mind, of our heart, that beholds the world from the harmony of our Higher Created Self, a freedom from our personal “reality” chattering selfish, self-centeredness. Love speaking from our heart first is an attitude characterized by calmness, and a faithful trust, even when we are faced of trying conditions. “...Love cast out all fear.” Practicing A.A.’s spiritual principles in all our affairs is Love, opening us to a larger vision of life. We are able to extend unconditional love to those who still suffer, at some point all of us suffer, but love is a healing power that brings us back to wholeness. We may receive our love by faith, and then work it out in all our affairs, at all levels of consciousness. With those we are more patient, kind, generous, humble, and unselfish, in other words we find ourselves doing and being loving in our ordinary daily life; it does not have to be a special event, but it could be. Thy Love, Thy Will be done.

“Do small things with great love” Mother Teresa.



Ordinary People Doing Extraordinary Acts Of Kindness
“Pay Forward” #34

Today’s “Pay Forward” gift is – Ordinary People Doing Extraordinary Acts Of Kindness. Why don’t we hear about good deeds very often? No use turning to our television and daily newspapers, they are filled with violent crimes, all kinds of negative stuff. When I was in business we advertise on the Television News, because it had the largest TV ratings. The majority wanted to hear violent crimes and other negative stuff. Members of A.A. have a great many recovering people, who give of themselves daily. To pay forward is a perfect way for us to give away what we want to keep and expand. There are millions of volunteers all over this country dedicating them quietly, helping others from all walks of life. Any ordinary person can find a way to reach out and act with compassion and generosity, if they choose. We don’t have to have some special enlightenment, we could ask our Father to use us and my experience tells me He will. We can learn from other “Pay Forward” givers and draw on our own strengths to make the world a kinder place to live? For those A.A. members who have practiced A.A.’s spiritual principle as in a way of life, find that our selfish self-centeredness has been transformed into an enlightened self-interest; it is better for us to give of ourselves to those who still suffer, and to be forgive, and finding ourselves doing spontaneous random acts of kindness. Our “Pay Forward” gifts become extraordinary acts of kindness. Thy Love, Thy Will is done.

Come, let us love one another by giving of ourselves

Divine Gratification
"Pay Forward" #35

Today's "Pay Forward" gift is - Divine Gratification. I just read, "The road leading to God does not entail a multiplicity of considerations, methods, manners and experiences ...but demands only the one thing necessary; surrender of self" John of the Cross. I am willing to accept my part in the process of surrendering, but the world view I made up keeps getting in the way. Now is the only time we can experience Divine gratification, because now is the only time there is. Instant gratification is a way of life; wanting, demanding products, service and answers now. Our Creator within doing the works call life is always communicating Reality to us, through us. The problem is it passes through our personal "reality's" filter system. We don't see things as they are, but as we are. When I am impatient, it is because I am judging whatever as a waste of time, having no purpose. I was Intuitively given the solution; everyone and everything brings me a gift, and I have a gift for them to share, if I don't pay attention, I miss it. I don't have to understand it, I only need to accept it and act accordingly. "It may take much patience and a great deal of faith, but the end is as sure as is the reality of a Supreme Being itself" Ernest Homes. Only an infinite Creator could create and maintain this life 24/7. After surrendering, Divine Gratification takes patience, trust and faith in His Loving grace. Thy Love, Thy Will be done.

"Do small things with great love" Mother Teresa.



Training The Whales
"Pay Forward" #36

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.

Come, let us love one another by giving of ourselves

Answering Our Call
"Pay Forward" #37

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

"Do small things with great love" Mother Teresa.



But Who Do I Say I Am?
"Pay Forward" #38

Today's "Pay Forward" gift is - But Who Do I Say I Am? From time to time our Creator whispers intuitively into the depths of our heart, mind and soul the reason He created each of us individually. Forgetting for a moment, what others have told you who you are, and for what purpose you came into this world, and ask yourself, but who do I say I am? We shall never be joyous, happy and free trying to be what others may think we are or why we are here, even from those who love us the most or hate us. Others are only seeing some projection of themselves. I choose to seek to be who I am capable of being, that I might do what I am capable of doing, just as our Father Lovely and Willfully individually designed me, which is my highest function. We are the children He birthed into this world for His Purpose, so let us live like it, accepting with gratitude our inheritance. Today my intention is to focus my attention within - on my spiritual journey in the quest of my True Created Self. A.A. offers a set of spiritual principle that will chip away all that is not our purpose for being, if we are willing. I'm seeking through prayer and meditation to improve my conscious contact with our Father/Creator. I'm becoming more skillful using these spiritual tools, freely given to carrying out His Loving grace. I am becoming miracle minded. Thy Love, Thy Will be done.

Come, let us love one another by giving of ourselves

Our Father Offers Us Another Chance
“Pay Forward” #39

Today’s “Pay Forward” gift is – Our Father Offers Us Another Chance. If you are reading this, you are still alive, which means you can choose once again, to hang on to your defect or accept a correction. By our Father’s loving grace He has ongoing programs for correcting our defects. I have learned to cooperate with His grace and His replacement programs. I can use our Alcoholics Anonymous’ program, accepting that I do have defects that I want corrected, healed and transformed into workable assets. When I am wrong I can promptly admit it. I can deal with the exact nature of my wrongs by answering our Father’s Loving grace. Fear of love can cause me to live a lie. I have a fear that if I told you all about me I would not be loved or respected, so I lie. 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 lie to another person about something they cannot change, but not to ourselves. Here are some of our Father’s replacements: love for hate, peace for conflict, forgiveness for bondage, abundance for lack, service for selfishness, empowerment for powerlessness, enlightenment out of darkness, communication for withdrawing and on and on. By sharing the loving gifts given to us by grace we are part of our Father’s replacement program. No one can keep us from sharing our love, silently or openly, if we choose. Thy Love, Thy Will be done.

“Do small things with great love” Mother Teresa.



“Look Out!”
“Pay Forward” #40

Today’s “Pay Forward” gift is - “Look Out!” Father I want You, I need You and Yours. I pray Your Love, Your Will is being done, within, around and through me. “Sorrow looks back, worry looks around, faith looks up.” (Anonymous) How many times when someone yells, “Look out”, for whatever? Getting all tensed up is more to “Look Out” than for whatever – doesn’t happen anyway or if it does it is too late. More often than not the “Look out” is coming from the warner’s fears and worries. Next time I feel like saying “Look out” I hope I plan to say “Look Up.” That is an act of faith; looking to our Source for a solution. There is a danger in some of A.A.’s workshops and meetings that the knowledge and experience of A.A.’s spiritual principles may pass through our minds without passing through our hearts. Unless it finds a place in our hearts, the message may be shared, but it is not going to be lived. That’s often enough for a beginner. However, for those who are awakening to the infinite gift of a loving grace heartless knowledge is not enough. Let’s call on our hearts, minds and souls to “Look Up” today for the solution no matter want, and receive the promises. Thy Love, Thy Will be done.

Come, let us love one another by giving of ourselves

Expanding
"Pay Forward" #41

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

"Do small things with great love" Mother Teresa.



Sharing My Love Seeds
"Pay Forward" #42

Today's "Pay Forward" gift is – Sharing My Love Seeds. I choose to focus on, feasting on what I want, which is to be and to do our Father's Will and Love. I choose to fast from all that is contrary to His Will and Love as I understand it. I choose to use affirmations that are in alignment with what I believe His Son and a loving brother to all. Affirmations are planting the love seeds I want the fruit from. I cultivate the field I by working A.A.'s spiritual principles. I nourish them each time I share my loving gifts I am freely given. I take back the power I gave to my selfishness and love-less-ness. I let go and let our Father have His Way. I claim my inheritance of Spiritual, mental, physical, emotional, and social abundance. I am willing to share all I want to increase, and it multiplies. I choose to use all my senses and to be open to the energy that is within, around and through me. While my mind may go in a million directions, I choose once again to re-center my consciousness within our Father's Will and Love, by calling on His Name at each beginning. I choose to be at one with the infinite rhythm of Life. Come let us be about our Father's Business. One of the love seeds I am planting today is patience. "Be completely humble and gentle; be patient, bearing with one another in love"-Ephesians 4:2. Thy Love, Thy Will be done.

Come, let us love one another by giving of ourselves

Habits Of Giving
"Pay Forward" #43

Today's "Pay Forward" gift is - Habits Of Giving. I have been building a habit of saying our Father at each beginning. My intention is to invite my consciousness to His Presence. Our human conditions run on habits, known or unknown. All we have to do to build a habit is to repeat something consistently long enough to set it up. We can shorten the building time by repeating whatever with strong emotions. The same process holds true for the dismantling or disempowering old habits. Our worse habits are deeply embedded in our subconscious, covered up with denial, difficult to let go of. "All things are possible with God." "The failure of our efforts to serve teaches us how to serve: that is, with complete dependence on divine inspiration. This is what changes the World" Thomas Keating. A.A.'s program teaches us to accept what we are powerless over and then, surrender whatever to the Boss. If we do not offer any resistance to His doing for us what we cannot do; the disempowering is stepped up as our denial breaks down. At times I lack whatever it takes to trust our Father as my only Source. I remind myself it is our Father doing the work not me. I am grateful for the Prodigal Son story. I choose to turn back Home once again. "The snow goose need not bathe to make itself white. Neither need you do anything but be yourself" LAO-TSE. Thy Love, Thy Will be done.

"Do small things with great love" Mother Teresa.



Miracles Flow Freely
"Pay Forward" #44

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

Come, let us love one another by giving of ourselves

Love, A Healing Power
“Pay Forward” #45

Today’s “Pay Forward” gift is – Love, A Healing Power. “Think not that I am come to destroy the law, or the prophets: I am not come to destroy, but to fulfill” 5:17. When I hit my bottom I felt as if my whole life was destroyed. The results, from living A.A.’s spiritual principles, I began to recover from that “seemingly hopeless state of mind and body.” Our loving Father/Creator had come into my life to fulfill it, not to destroy me, nor punish me, but to love me, setting me on a pathway to fulfillment. I had not been able to figure out how to open my heart closed off from the depth of fear and selfishness. Love my neighbor as I love myself – poor neighbor. I knew I was more loving than I could demonstrate, but could not. Then along came service opportunities in Alcoholics Anonymous. I found myself giving and receiving different ways to love, in fact The Six Loves. I was able to pass on my experience practicing The Six Loves in a workshop, www.12stepworkbook.org – free for the downloading. Living A.A.’s spiritual principles made loving much easier than I had ever dreamed. By Sharing my life with my loving wife for 55 years, I have learned how to have an intimate relationship. A far cry from my selfish and self-centered life, which by our Father’s grace, transformed into enlightened self-interest; it’s better for me to love, to forgive, seeking to be who He created me as. Thy Love, Thy Will be done.

“Do small things with great love” Mother Teresa.



The Individual Divine Design
“Pay Forward” #46

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

Come, let us love one another by giving of ourselves

Mysterious
"Pay Forward" #47

Today's "Pay Forward" gift is – Mysterious. Father, 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 an intuitive faith. I realize where ever You are Present there is Your Love and Grace. Let me remember Father You are Omnipresent, Omnipotent and Omniscient. Let me remember You are Present when I have tears of joy or tears of sorrow. Tears are a healer releasing and washing away our troubles; eliminating the poisons that reside within. Living A.A.'s way of life awakens our Higher Self, already within us in union with our Father within. We are to become what we are at our deepest reality. People around the world may call It many names; Christ, Atman, or Avatar, I am, our Higher Self or the child of our God, Creator, our Father, I choose the name Christ. It dwells within each us, in a mysterious but real way, waiting for our awakening. I have come to believe that I try to understand the Infinite with my finite mind and that makes it seem mysterious. To see with the eyes of faith is to experience, is to see with spiritual discernment; the vision of our Christ, which is deeper than human words. It seems like the awakening of our heart, mind and soul within, that conscious contact many of us pray and meditate to improve, as we practice A.A.'s Step Eleven daily. Thy Love, Thy Will be done.

"Do small things with great love" Mother Teresa.



I Am Offering My Petty Guilt
"Pay Forward" #48

Today's "Pay Forward" gift is - I Am Offering My Petty Guilt. I was reading about the poor widow; "She put in more than more than all others." She actually put in only two small coins. When I came to the door of Alcoholics Anonymous I had an abundance of guilt to give up. I was bankrupt in all the things of this world. Just a willingness to surrender to A.A. was a big offering. Until I started practicing A.A.'s spiritual principles, I was unable to unload all that I was guilty of, nor my fears and anger. At times I have resentments, most often too petty these days to complain about, but like all resentments they block my union with our Father. This morning I became aware that I was not offering – surrendering these small coins to our Father. Yes, I know, "Half measures availed us nothing." However I have been treating petty resentment, my two mites, as nowhere near a half-measure of anything. "Old soldiers never die they just fade away" Douglas McArthur. The problem, I realize they faded into my subconscious storehouse, ready to come out of hiding at a moment's notice. You would think with all these years of being active in A.A. I would be beyond the petty stuff. When we come into A.A. most of us are traveling on the broad-road, getting by with a lot of real guilt. As we awaken and grow in Alcoholics Anonymous the road gets very narrow, a one-way pathway Home. Thy Love, Thy Will be done.

Come, let us love one another by giving of ourselves

“Lack-osaurs”
“Pay Forward” #49

Today’s “Pay Forward” gift is – Be Careful For What You Want. My granddad once told me, “Be careful young man for what you want, for you will surely get it.” I did not understand or believe that statement until I was about twenty-seven years old. I got what I wanted; not only did I not know what to do with it or I didn’t know how to get rid of it. That experience caused me to seek our Father’s guidance before my heavy commitment for a new “want” instead of after, sometimes. I am likely to start my new “want” search with a deep sense of love and gratitude, recounting all the loving gifts I have received since coming to Alcoholics Anonymous. Then the “yes but;” the dis-ease of more-ism pops up, and lo and behold “Lack-osaurs;” not enough love or time or other stuff or whatever, drops in and loving compassion drops out. The next thing I know I am not being as forgiving, kind, loving or understanding of myself as I would be of a stranger. Stop – the useless and limiting chatter, look – for the Presence within all of creation, listen – for the Voice of our Father, and follow His guidance. We can then blend and merge our mind with our Father-Mind. To keep and expand the gifts we receive pass-it-on. “Where two or three are gathered together in My Name, there Am I in the midst of them,” said our great Teacher. Thy Love, Thy Will be done.

“Do small things with great love” Mother Teresa.



What About Zeal
“Pay Forward” #50

Today’s “Pay Forward” gift is - What About Zeal? Father I do love You, and my Hero Your Son; our Loving Brother 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. So far I have not achieved a consistent balance between giving of myself to others and giving of myself to myself. When I am given an inspired idea I tend to run with it. Talking about a “great idea”, too much before it’s done, my inspiration is wasted and the project stalls out. The nature of this alcoholic is lack of balance or even the desire for it. One suggestion I can use is, watch the pull of a giant locomotive; note how it slowly but steadily moves forward, almost by inches at first but gradually increasing until it swiftly disappears in the distance. A great idea, starting off slowly and increase our speed; no doubt from a nonalcoholic. Easy does it, but do it. Zeal is the affirmative impulse; its command is, “Go forward.” If the going forward is not tempered with wisdom it is likely to burnout before it’s done. I do want to do and to be our Father’s Will and His love so much, I must learn to stop, look and listen, then act. Oops, I have to hurry up and do my meditation before I run out of time. Thy Love, Thy Will be done.

Come, let us love one another by giving of ourselves

Come Here – Go Away At The Same Time, Hum
“Pay Forward” #51

Today’s “Pay Forward” gift is – Come Here – Go Away At The Same Time, Hum. Magnets don’t have anything on human beings; opposites attract, and likes repel. Take a brief inventory of the people you feel uncomfortable with and those you feel attracted to. The both are trying to tell us something about ourselves. Our lives are filled with examples of our experience of wanting not to do something wrong, and finding ourselves doing it. The other side of that coin; sometimes we want to do something good and find ourselves doing the opposite. We are wise to embrace those people or events that cause us to feel uncomfortable as long as they are not harmful. We are more likely to repel them, because they are confronting us with some aspects of ourselves we are trying to deny. Those people, who exemplify the qualities we want to possess more of, attract us. When someone compliments me or criticizes me I tell them silently or openly they are describing themselves, because if those qualities weren’t in them they find them in me. Those qualities may be the same as ours, we are attracted to those people or they may be the opposite and we are repelled by them, both are important messengers. I can then choose to love them or demagnetize them and be grateful for their message. Come let us love and attract more love, and demagnetize the not love. Thy Love, Thy Will be done.

“Do small things with great love” Mother Teresa.



The Results Are His Responsibility
“Pay Forward” #52

Today’s “Pay Forward” gift is – The Results Are His Responsibility. Father this is the day You have made, let us rejoice in it and share the love we are. Thank You, Father for all Your Gifts. I am so grateful for the Intuitive Wisdom, Faith, Love, Trust, and Spiritual Discernment. “The only requirement for A.A. membership is a desire to stop drinking.” That’s a universal principle; we have to want something or someone enough to do whatever it takes. I really want a relationship with our Father; to do His Love and His Will 24/7, known and unknown. Out of enlightened self-interest I want to live A.A.’s way of life. I want to be the individual our Father created me to be. I have experience some degree all of my heart’s desire. I know it is our Father within me that is doing the good works, so my wants are realistic. Our Father created each one as an individual, meaning we have a purpose. It is His responsibility to furnish us with all we need to live that purpose. Let us resolve not go give up on ourselves, and to love ourselves as we love others. Let us resolve to go into radical training for our heart’s desire; it’s the “easier, softer way”. Let’s take a little time off from our radical training each week to rest and play. Remember it is our Father within doing the works that we call life. Thy Love, Thy Will be done.

Come, let us love one another by giving of ourselves

Are We Settling For Too Little?
“Pay Forward” #53

Today’s “Pay Forward” gift is – Are We Settling For Too Little? By Your grace I am loved, healed, taught, forgiven, empowered, enlightened, enriched, communicated to, co-created with and awakened. All of those ten affirmations are being fulfilled, daily. “No matter how thin you slice it, there are always two sides.” The past, present and future all have two ways of viewing them; I can choose to perceive them having a good purpose or view them negatively. Why would that be a hard choice to make, even by one who is a little off centered? In A.A. we learn that our past can be transformed into loving assets, why not offer all of our past up for transformation? Now, is the only time we can do, say, think or feel anything, so why not choose the good purpose? Now that I am thinking about the future why not expect a lot of wonderful surprises, it takes the same amount of time and energy, maybe even less than the negative stuff? Living with an open mind and open heart our unique life is filled with surprises, but we may have to stop, look and listen for them. If we choose to live our Father’s Love and His Will we will have many promises come true. Our faith is our perceiving power, linked with the divine power will shape our outer experience in a most wonderful way, His Way. Let us ask more of our Father, more of A.A. and more of ourselves. Thy Love, Thy Will be done.

“Do small things with great love” Mother Teresa.



Stepping 12 Metaphor
“Pay Forward” #54

Today’s “Pay Forward” gift is - Stepping 12 Metaphor. “Ye are the salt of the earth...Ye are the light of the world”, embodies Step Twelve. Salt is used to preserve and to season. Carrying the message to the alcoholic who still suffers is preserving our way of life and seasoning us with expressions of love. Our world lights up as the results of Spiritual awakening and living A.A.’s Program. Practicing A.A.’s Spiritual principles in all my affairs enlightens my world. I am practicing A.A.’s way of life in every area of my life, out of enlightened self-interest. I’m disempowering my selfishness, false pride, self-righteousness, jealousy, self-pity, resentment, negative judgment, and so forth, by starving them out. I’m looking for the good within all who come into my consciousness. I am learning to realize what I have in common with those I am drawn, and I choose to see the unity of joy, happiness and freedom, instead of the conflicting, fragmented angry, fearful stuff. I am experiencing the world today, which was so filled with negative junk food, transformed through grace. I have awakened as the result of practicing A.A.’s spiritual principles. Turning on the light, where does the darkness go? Nowhere. I’m counting on our Father’s loving grace, awakening, and enlightening my higher self for all my needs, causing me to feel a little salty, and lit up on life, but not high on alcohol or any other drug. The Marine Corps calls a long-timer an “Old Salt” I’m an A.A. long-timer. Thy Love, Thy Will be done.

Come, let us love one another by giving of ourselves

Angels In Charge
"Pay Forward" #55

Today's "Pay Forward" gift is - Angels In Charge. By Your grace Father I am receiving whatever it takes to rewrite and rewire my personal "reality" with the equivalents of Your Will for me on my serendipity journey Home to You. I realized that I am not communicating my love, compassion, kindness or understanding well enough. I don't accept the idea that we have to settle for our limited expressions of life. I know I am too hard on others and myself, forgetting how sensitive and fragile we are sometimes. I know we are of more value than we are currently expressing. I know we are more loved and loving than we are sharing, calling for an ongoing upgrade, not punishment. I want to communicate that I do love you now, as is. My personal "reality" needs a rewiring and rewriting an upgrade. I need, I want to communicate my love, kindness, compassion and understanding more effectively. Our Father has given His angels charge over us in all our ways lest at any time we may fall into our old ways of selfishness, instead of enlightened self-interest. "Angels can fly because they take themselves lightly" G.K. Chesterton. I would love to meet my guardian angel, part of my invisible means of support; I've enjoyed the benefits long before I cried out for help. With a deep sense of compassion let us offer our condolences for anyone's death of an old defective addiction or habit. Thy Love, Thy Will be done.

"Do small things with great love" Mother Teresa.



A Spiritual Family Reunion
"Pay Forward" #56

Today's "Pay Forward" gift is – A Spiritual Family Reunion. Father I am as you created me, Your son and a loving brother to all. Knowing that our Father is really our Father is a big deal for me. Knowing that I am a brother to all is the second biggest deal. Growing up I felt that my dad cared more for my brother than me, kept getting in the way of my being close to our Father. Practicing A.A.'s spiritual principles showed me the errors of my ways; replacing my illusions of separation with the realization of a loving union with our Father. I take every opportunity to share with my A.A. brothers and sister the Solution I'm given. Living A.A.'s spiritual principles is a great way to replace the lies I made up. When useless, harmful, negative unloving thoughts and feelings come into my conscious, I own them knowing that they are coming out of my storehouse of illusions, I surrender them to our Father AS SOON AS POSSIBLE. That's part of my rewriting and rewiring my personal "reality." All that I give is given to myself. Letting go of the illusions, I dwell on those things I want instead of what I don't. I affirm that we are all His children, and life is our spiritual family reunion. "Look deep into nature, and then you will understand everything better" Albert Einstein. Thy Love, Thy Will be done.

Come, let us love one another by giving of ourselves

How Can I Treat The Likes Of Me Holy?
“Pay Forward” #57

Today’s “Pay Forward” gift is - How Can I Treat The Likes Of Me Holy? “You are all gods and the scripture cannot be broken” said our Loving Big Brother. If He knew the bad things I’ve done, how selfish, self-center, and weak I can be, He wouldn’t say we are all the children of our Loving Father, Creator. “Everything hidden will be uncovered.” No Wonder the story of the Prodigal Son touches the heart of the likes of me. I’ve been the Elder brother, I’ve been the Prodigal Son, I’ve been the witnesses, but on the other hand I’ve been as you and I were creator, in the image and likeness of the Father as the story goes. I’ve done and seen acts of unconditional, compassionate love expressed by A.A. members for those who are who are still suffering. Back to the basics on page 45 of our Big Book. “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 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.” The part that leaves “Home” - is the part we made up. I’m willing to forgive all, and seek through prayer and meditation to improve my conscious contact with that Higher Self, within you and me. Thy Love, Thy Will be done.

“Do small things with great love” Mother Teresa.



Our Father – Do I Really Mean It?
“Pay Forward” 358

Today’s “Pay forward” gift is - Our Father – Do I Really Mean It? I make it a point to say Our Father at each beginning and of course in my daily prayers. Are these just words or do I mean that our Father – Creator is my real Father, meaning every human is my spiritual Brother or Sister. When I consider how wonderful it would be for my greatest heroes and heroines being my spiritual Brothers and Sister gives me a great uplift. Oops, what about my worst enemies? Perhaps the greatest enemy of mankind is man himself (includes herself), and me. An important lesson I’ve learned in A.A. – we have two great teachers – what to be like and what not to be like. How can I treat the worst of the worst with reverence, when I don’t consistently treat those I love or myself with reverence? How can I see beyond appearance and judge with right thinking, my greatest Hero told us? I am blessed with the understanding of an infinite principle, that no one can deny – That which we eat and drink is transform into what we can life. It does not matter who we are or what we have done or not done, if we are alive it is being done within each of us. Our Father must love all His Children. I’ve come to believe what we call punishment is not our loving Father doing, but the consequence and correction for our misuse of life. Thy Love, Thy Will be done.

Come, let us love one another by giving of ourselves

By Your Grace Father
"Pay Forward" #59

Today's "Pay Forward" gift is - By Your Grace Father. I am loved, healed, taught, forgiven, empowered, enlightened, enriched, communicated to, co-created with and awakened. This affirmation is finding my way back to the missing part of me, reclaiming my created self. For many years I was grieving for that part of me I never knew, yet I long for it before I came to AA. I drank a lot over the loss of something I never consciously had. Not only was my grieving a way to survive a unknown hurtful loss, but it was a way I could learn to live more creatively through and beyond the loss, into a deeper Spiritual part of myself. My life has been and still is a serendipity journey, taking me to places I never dreamed of. I have a growing trust in our Father and an abiding faith in His grace. I love doing His Will by sharing the mission He gave/gives me. The resolution to change our values and habits is not enough to alter consistently our personal "reality" and the behavior it engenders. Coming into conscious contact with our Father through prayer, meditation, affirmations and action will open us to His Omnipresence within that can and will do for us what we cannot alone and unaided, bring about this profound healing. We can see through the eyes of the world, or the eyes of love, I choose love. "I will arise and go to my Father" Luke 15:18 Thy Love, Thy Will be done.

Who's The Boss?
"Pay Forward" #60

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

"Do small things with great love" Mother Teresa.



Come, let us love one another by giving of ourselves

Unconditional Love Is A Gift Of Grace
"Pay Forward" #61

Today's "Pay Forward" gift is - Unconditional Love Is A Gift Of Grace. "Let us love one another, for love is from God, and everyone who loves is born of God and knows God" 1 John 4:7. I was convinced that with enough hard work and commitment I could muster up enough of whatever it would take to unconditionally love anyone, anytime I wanted. After all I was able to demonstrate acts of service, kindness and compassion at times; for sure I have learned how to be more thoughtful and considerate. Unselfishly, lovingly giving of myself consistently is another matter. "Go to your fields and gardens, and you shall learn that it is the pleasure of the bee to gather honey of the flower, but it is the pleasure of the flower to yield its honey to the bee. For to the bee a flower is a fountain of life, and to the flower a bee is a messenger of love, and to both, bee and flower, the giving and the receiving Of pleasure is a need and an ecstasy. People of Orphalese, be in your pleasure like the flowers and the bees" Kahlil Gibran. We can't give the love we don't have. It's out of our reach, as long we are only looking within ourselves to find it. We need our true Source of love; He has prepared a way to express His Love through us. By His Grace we may become like His Flowers and His Bees. Thy Love, Thy Will be done.

"Do small things with great love" Mother Teresa.



Radical Change - A Challenge
"Pay Forward" #62

Today's "Pay Forward" gift is – Radical Change - A Challenge. I resisted change at any level for as long as I can remember. Yet, after over 61 years as an active member of A.A. I cannot recall a time when change was a bad deal for me. I choose to own that useless patten of resistance to change and remind myself that everything has a purpose. I only need to allow our Father's free flowing Love and Will to be done. This decision allows me to be miracle minded, open to a new beginning. I affirm with all my heart, mind and soul, that You, Father all things, all relationships are made new, reflecting Your miraculous Power. Some old problems are slow-burners; we come to believe they are Reality, not just our personal "reality." Other problems come down hard and fast, like a bolt of lightning. Both are a very valuable part of our life, and an overall benevolent process taking place. The size of the change doesn't matter when I accept it as a challenge; I'm most likely to do that when I treat it as if it has a purpose. A good challenge can bring out our best. Don't tell me it is too late to do things differently. "So he just stepped up to the plate." I could write a whole book on my experiencing change, all those I took on as a challenge turned out to be part of my spiritual journey, putting together the puzzle we call love. Thy Love, Thy Will be done.

Come, let us love one another by giving of ourselves

Honoring Or Impairing His Works Our Choice
“Pay Forward” #63

Today’s “Pay Forward” gift is – Honoring Or Impairing His Works Our Choice. I listen to Your Holy Voice directing me in a way I can currently hear understand and follow. Our Father is so merciful by guiding us in a way we can understand. We can know by the fruits our thoughts and actions bring, if it is Love it is our Father’s Will, if not, it’s not His Will. I was deafened by the hum of my own voice. Now I have a Spiritual ear and I listen within the depths of my Being/being, where everything is possible. Surrendering all of me even for one moment at a time opens a whole new world-view; governed by our Father. I wait and listen within the invisible silence until I get my “marching order.” I do not want to mistakenly impair or block our Father’s works by my misguided efforts. My efforts do have a place and that is in alignment with our Father’s Love and His Will. Come let us stop the chatter even for an instant and listen, and wait for His guidance. Let us be open to our happiness and sadness as they arise. “The stilling of the human soul, in order to give God place within you is a far more purer way to pray...If you learn to pray in this way, you will feel true purity within and a new eagerness about living. You will have discovered how to set your free to soar” Bernard of Clairvatix. Thy Love, Thy Will be done.

“Do small things with great love” Mother Teresa.



A New Commitment – That We Love One Another
“Pay Forward”#64

Today’s “Pay Forward” gift is – A New Commitment – That We Love One Another. At each beginning I will pause and affirm – I am our Father’s son and a loving brother to all. Following Mother Teresa’s suggestion, “Do small things with great love.” It is You, Father within me doing the works that we call life. There is a Presence within all expressions of life, leading us into a level of communication “too deep for words.” If we are willing to return to silence, contemplation the Divine Lover within will intuitively let His Presence be known. Our meeting place with our Father is Omnipresence within each of His creations, you and I included. Prayer and discursive meditation can bring us to a place of silence but is not the “too deep for words” place. Discursive meditation is a reasoning process in which words, event, people or things, are prayerfully pondered and reflected on. It is basically an activity of the intellect and reason, aided by grace. Contemplation may be described as a “resting” in our Father, it is a knowing beyond knowing, and it’s grace. We are each unique, only one of a kind and we have no real competitors. I am the one who is blocking me from being what our Father intended. I understand the saying let our eye be single, but I don’t act like, 24/7. Out of enlighten self-interest I’m willing to do and to be our Father’s Love and Will, help me. Thy Love, Thy Will be done.

Come, let us love one another by giving of ourselves

Don't Wait
"Pay Forward" #65

Today's "Pay Forward" gift is – Don't Wait. Yesterday was Mother's Day, my mom came to mind. With all my moods shifting and desires, changing without a moment's notice, I loved and trusted her. I often say I never trusted anyone growing up, now I remembered mom's caring for me when no one could. With today's understanding I know she loved me unconditionally, when I would let her. In 1978 she became terminally ill, within six months her condition was hopeless. Both my mom and dad wanted to die at home. Hospice wasn't around in 1978. In those days pain control was very limited, mom suffered excruciating pain. My mom wanted us five children to take turns staying with them 24/7, which we did. My mom had been a very strong person, the one we could always count on when things seem to be out of hand. She kept telling us she was going to beat this illness, but it became clear that she could not. It was my turn to stay over. I got in bed with her, and was holding her; I began to pray silently that our Father would let her pass. She asked me what I was doing, and I told her. She told the rest of the family that they should listen to me. She just wanted us to give her permission to pass on. Both my mom and dad passed away nine days apart. I regret I didn't tell her I loved her, and how grateful I was. Thy Love, Thy Will be done.

"Do small things with great love" Mother Teresa.



Intuitive Wisdom Is Of The Spirit
"Pay Forward" #66

Today's "Pay Forward" gift is - Intuitive Wisdom Is Of The Spirit. Thank You, Father for this Intuitive Wisdom, Spiritual Discernment, and common sense. Sometimes I get flashes of intuitive understanding, and I really listen to it, and I am obedient to that "inner Voice." I know it is a gift of grace; it is so different than my "personal "reality" voice." I don't, as a rule question the message I receive when it's intuitive. I may act as if I am my own creator and that is ok with me as long as I remember at best I can be a co-creator in union with our Father's Will, realizing it is our Father within doing the works called life. My works alone and unaided is fathered by my personal "reality." It isn't long before I experience what I make up as an illusion or too limited. Today I choose to act as if I am in our Father's Presence doing His Love, and His Will. I choose to enlist my personal "reality" into His service. I choose to act as if I am a loving, wise, useful brother to all. I know my happiness; my fulfillment cannot be traveled to, owned, earned, worn or consumed. I am willing to do my little part, which keeps me open to our Father's Loving grace. I have an intuitive faith that our Father is doing for me what I cannot, causing me to experience a gratitude deeper than my words and works. Thy Love, Thy Will be done.

Come, let us love one another by giving of ourselves

Love Is Forgiveness – We Can't Have One Without The Other
"Pay Forward" #67

Today's "Pay Forward" gift is - Love Is Forgiveness – We Can't Have One Without The Other. I believe there is always a purpose for everything. When I am unable to come to terms with something important, I ask our Father with all my heart, mind and soul for help, most often I get a workable answer. A case in point, how can I truly love everyone, even my enemies? My starting point is to accept that I cannot love and forgive all; it's beyond my pay-grade. I'm willing to surrender all of me to our Father, praying that His Love and His Will be done. My greatest Hero repeated the importance of forgiveness and love, often. Other great spiritual teachers shared the same principle, "Hatred does not cease by hatred, but only by love, this is the eternal rule." Standing up and defending our "rights" by taking another's "rights" away is generating much of the hatred in our world. Yes, there has been great wrongs done to humans by humans, but it is a mistake to do wrong to the wrong-doers. We need more love and forgiveness, not the "drug" guilt and punishment. If we are willing, our Father within, will enable us to express one love and one forgiveness at a time. We need not compete for our place in His intended world; it was given to us when we were created. Let us have the eyes to see His Presence within all, and the ears to hear His Holy Voice. Thy Love, They Will be done.

"Do small things with great love" Mother Teresa.



Don't Leave Home Without Me
"Pay Forward" #68

Today's "Pay Forward" gift is – Don't Leave Home Without Me. A.A. has turned out to be a spiritual journey for me, a call into the unknown. "Leave your father's house, your friends, relatives, and property, and come into the land that I will show you" Genesis 12:1. My way of life was not working to say the least. I had to stop drinking; it too had stopped doing its illusionary "job." I was called out of my childish, self-centered ways, into an unknown land of responsibility. I did not have the remotest idea where this spiritual journey was taking me. "Eye has not seen, ear has not heard, nor has it so much as dawned on man what God has prepared for those who love Him" 1 Cor. 2:9. The way for me opened up when I surrendered everything I thought I knew, and choosing His Will, His Love to be done. It is becoming clear that everything I am experiencing is a lesson that moves me on my spiritual path, and my spiritual growth. I could say every encounter is a holy one; every circumstance is an opening for a miracle for me and others. Let me remember to credit where credit is due, our Father. We are being prepared for our spiritual journey long before we enter the spiritual path. I am learning that it is an inside job; we don't have to be limited by outside conditions. This is an important distinction between materialism and spiritual Truth. Thy Love, Thy Will be done.

Come, let us love one another by giving of ourselves

Increasingly Easy To Accept My Defects
"Pay Forward" #69

Today's "Pay Forward" gift is - Increasingly Easy To Accept My Defects. What about my expressions of love, service, and the good I do, say, think and feel? Some A.A. friends I had seen in a good while asked me, "How are you?" I replied "A little above excellence." It must have meant to them that I was taking credit of our Father's grace, because they replied, "You better get to a meeting." Maybe I should say, "A little above excellence by our Father's grace." Like most of us in and out of the program we are used to get a negative response, to the question, "How are you." I am learning when I receive bad news, I can feel out mentally for the Presence of our Father, and surrender what-ever to Him, trusting His choice of what good will comes to me. "Be not overcome of evil, but overcome evil with good" Romans 12:21. "The experience of God's love and the experience of our weaknesses are correlative...The deeper the experience of God's mercy, the more compassion we will have for others" Thomas Keating. I am learning not to ask our Father to change my circumstances, but to change who I am within them. I increasingly want to do and to be our Father's Divine design for me and It is best for me that everyone else realizes and except His special design for each of one. I pray this day that each of us remember our purpose and live it. Thy Love, Thy Will be done.

"Do small things with great love" Mother Teresa.



Not What It Seems!
"Pay Forward" #70

Today's "Pay Forward" gift is - Not What It Seems! Three Eskimos children, who had never seen even a picture of an elephant, were blindfolded and led to an elephant, and asked what they were holding. The first child was handed the elephant's tail, it's a rope, they replied. The second child took hold of the elephant's ear, it's a piece of leather, was the reply. The third child took hold of the elephant's trunk, the child said it's a big hose. I was much like a blindfolded child; the elephant was in our living room. Grossly lacking communication skills accounted for much of my violence, and were blocking my hunger to be loved. I succumb to frustration. I was irritable, and angry; I reacted violently or withdrew into hiding. I had a perpetual chip on my shoulder. I wanted to experience A.A.'s language of the heart. "We will not regret the past nor wish to shut the door on it." I believed if, I did not regret the past, I was still uncaring, unloving. "Having had a spiritual awakening as the result of these steps," gave me a whole new meaning about regretting the past. My worse defects have been transformed into workable assets. I do regret all the harm I did, and a great deal of that harm I am unable to make a direct amends, stopped doing the harm and I am making a living amends, letting our Father show me the way, truth and light. Thy Love, The Will be done.

Come, let us love one another by giving of ourselves

Paraphrasing Makes It Personal
“Pay Forward” #71

Today’s “Pay Forward” gift is – Paraphrasing Makes It Personal. Often my paraphrasing is but shadows of the original idea but it takes on a personal meaning. An example, “When nothing seems to help, I go and look at a stonecutter hammering away at his rock, perhaps a hundred times without as much as a crack showing in it. Yet at the hundred and first blow it will split in two, and I know it was not that blow that did it, but all that had gone before” Jacob Riis. My Paraphrase - When none of my prayers or meditations seems to help, I remember the stonecutter hammering away at his rock, a hundred times without as much as a crack showing in it. Perhaps a hundred times I prayed and meditated seeking a demonstration or some sign that our Father was doing for me what I cannot, but I experience nothing but silence. Perhaps, at the hundred and first prayer or meditation I realize a demonstration of His Will for me. My proof that I have an Invisible means of Support. I am now supplied with all I need to carry out His Will, for me. I realize it was not that last prayer or meditation that did it, but all that had gone before. I am reminded of the many times I tried to stay sober, alone and unaided, but could not. Those failures brought me to my bottom, not just the last one. Then along came A.A. and sobriety. Thy Love, Thy Will be done.

“Do small things with great love” Mother Teresa.



No More Masking Tape
“Pay Forward” #72

Today’s “Pay Forward” gift is - No More Masking Tape. Father I do love You, and my Hero Your Son, and all my Spiritual teachers. I am taught by your inspired words and my daily events. By the grace of Your inspired words I realized a common problem of mine; I am trying to unconditionally love with conditional tools. My radical training to rewrite and rewire my personal “reality”, in its place can be useful but it will not transform my defects into assets, only our Father’s grace can do that. Practicing my radical training I accept my sins (missing the mark) as useless or harmful, I surrender them to our Father within for upgrading, freeing me to relate Reality. My radical training is a conditional process to help clear the path for His grace. I am no longer content with patching up my personal “reality”, it needs new wiring replacement, not just masking taping, no wonder it keep shorting out. My Hero commanded us to love our Father and to love one another as He does, as a sheer gift, to pour itself out, to surrender to our highest self, which is love. “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. Let us share all the love we are for now and that is our perfect gift. Do it now, don’t delay, we will not pass this way again. Thy Love, Thy Will be done.

Come, let us love one another by giving of ourselves

Questing Our Capacity
“Pay Forward” #73

Today’s “Pay Forward” gift is – Questing Our Capacity. Upon awakening I turn to You Father, I am filled with love and gratitude. No one I know of has ever been able to measure how much our hearts, minds and souls can hold. Even when overflowing we intuitive know there is more. How do we measure one another’s gifts of love and service? Is it by how many people we share with or how we affect one another? What if it is true that we really are doing the best we can at any given moment? Shall we say the size of our hearts, minds and soul are determined by what touches our heart, what inspires our minds and what awakens our souls? Is our hearts reduced in size when our fear of love temporarily takes over? Does our mind loss it capacity when we are closed minded? Does our Father abandon our souls when we fall in an old ditch? Why is it that actions which spring from our hearts have a greater effect than when it comes only from our minds? Is it because one heart is communicating with another heart directly? Should we discount the importance of our minds as if it is in competition with the heart and soul? How important is it that we nourish our souls with prayers and meditations? I’m suggesting that you and I let our Boss answer these questions, His Capacity is Infinite. While we are waiting for His intuitive response lets love one another. Thy Love, Thy Will be done.

“Do small things with great love” Mother Teresa.



Never Ending Gifts Of Grace
“Pay Forward” #74

Today’s “Pay Forward” gift is – Never Ending Gifts Of Grace. I have received far more loving grace than I could hope for. When our Father is my reason for loving, my ability to love is guaranteed, because love comes from Him. I re-affirm His gifts daily, I am loved, healed, taught, forgiven, empowered, enlightened, enriched, communicated to, co-created with and awakened. Grace is the correct word for these gifts; I did not nor cannot earn them. I cannot do anything bad enough to keep our Father’s grace from coming, but I can block the realization of these wonderful gifts of grace, temporary. Our Father is having His Love and His Will done, I choose to open my heart, mind and soul and trust Him enough that I am willing to let go and let Him have His Way. Before we get to Step Eleven and Step Twelve there are ten more Steps, placing us in a mental and emotional state of willingness. By using prayer and meditation to improve our conscious contact with our Father and surrendering all of ourselves, even for an instant, opens us up to His awakening us and filling us with a deep sense of love and gratitude. We are open even for an instant that it has always been our Father within doing he works called life. Let’s be still for that holy instant and receive His Gifts of Grace. “Do your work heartily, as for the Lord rather than for men” Colossians 3:23. Thy Love, Thy Will be done.

Come, let us love one another by giving of ourselves

Anonymity – Our Gift
“Pay Forward” #75

Today’s “Pay Forward” gift is - Anonymity – Our Gift. Last night in a steering committee, a person was unhappy because they were not getting credit for a job well done. I have been on both sides of that coin. I’ve felt at times I was getting too much credit or too little. This morning’s prep-work reading was Tradition Twelve. “The spiritual substance of anonymity is sacrifice. Because A.A.’s Twelve Traditions repeatedly ask us to give up personal desires for the common good, we realize that the sacrificial spirit – well symbolized by anonymity – is the foundation of them all.” “We give but little when we give of possessions, it is when we give of ourselves that we truly give.” Seeking unearned credit is breaking the spirit of anonymity. Another signal that I’m not looking to our Father as my only Source. Returning to love, our Father transforms my weakness into opportunities, taking down the walls I built around my heart, sharing the love we are, serving one another. Real credit comes from within not without. Any loving service we can do let us do it with a free heart mind and soul. Let us not defer or neglect it, for we shall not pass this way again. Giving and serving is truly enlightening self-interest. “It is well to give when asked, but it is better to give unasked, through understanding; And to the open-handed the search for one who shall receive is joy greater than giving” Kahlil Gibran. Thy Love, Thy Will be done.

“Do small things with great love” Mother Teresa.



Out-loving Our Critics
“Pay Forward” #76

Today’s “Pay Forward” gift is - Out-loving Our Critics. Some critics tell us we cannot know our Father’s Love and Will because He is infinite and we are finite. I want to out-love our critics not just out-live them. It is easier to know what in not His Love or His Will, too often we settle for “that.” Our A.A. Program promises us that, “We will intuitively know how to handle situations which used to baffle us.” Our Father’s Love and His Will used to baffle me. Then the next promise, “We will suddenly realize that God is doing for us what we could not do for ourselves.” It’s not wise to be critical of something that’s works for so many of us. I am devoted, dedicated, committed to do and to be Your Love and Your Will Father, known or unknown. I am receiving whatever it takes and I accept it with a deep gratitude. Enough love will blind us to our finite limits and cause us to turn within to the infinite Presence that is doing the works we call life. It is not wise or loving to be critical of our critics. It is much better to remember that our Father is Present and loving within and through us all and rededicate and commit to do His Love and His Will here and now, no matter the disguise He is wearing. Let us first out-love the critic within our own personal “reality” then out-love the other critics. Thy Love, Thy Will be done.

Come, let us love one another by giving of ourselves

Random Acts Of Kindness
"Pay Forward" #77

Today's "Pay Forward" gift is – Random Acts Of Kindness. The phrase "practice random kindness and senseless acts of beauty" was written by Anne Herbert on a placemat in Sausalito, California in 1982. This idea fit so well for our A.A. way of life. "Pay Forward" is a perfect way to practice random acts of kindness. In the early years of Alcoholics Anonymous the little, but powerful book, *The Greatest Thing In The World*, by Henry Drummond, *The Sermon On The Mount* and the *Power Through Constructive Thinking* by Emmet Fox, was inspiring a great many A.A. members, including our Co-Founders. I personally knew a lot of A.A. members who were caring the A.A. message, which in principle was much like "Pay Forward" and doing random acts of kindness, maybe not so random, but with full intent. Kindness – love active. "Have you ever noticed how much of Christ's life was spent doing kind things...?" ...we have no power to create holiness in people, but what God has put in our power is the ability to influence those around us to be happy – something we manage largely by being kind to them" Henry Drummond. An Anonymous personal once said, "The greatest thing a man can do for his heavenly Father, is to be kind to some of His other children." How easy it is done. How instantaneously it acts. How superabundantly it pays itself back for there is no debtor in the world as honorable as love. Thy Love, Thy Will be done.

"Do small things with great love" Mother Teresa.



Patience
"Pay Forward" #78

Today's "Pay Forward" gift is Patience. Patience is one of the loves found in *The Greatest Thing In The World*, by Henry Drummond. The A.A. Group I joined in 1957 treated this book as if it was required reading. I was unable to give or receive the love I wanted. This little book offered us useful everyday love tools. Plus the unconditional love from these early members of A. A. was proof they worked. They introduced me to A.A. service, it works, it really does! Being taken in by A.A. Program lovers empowered me to face my greatest problems. The sum my problems were simple, not knowing how to live or love and not having a relationship with our loving Father. As I began to practice A.A. spiritual principles little by little I was coming alive, less childish and self-centered. My selfish, self-centeredness was being transformed into enlightened self-interest. I realized it was better for me to be sober, to do loving service. I was becoming patient with myself and others. Deep within each of us is an infinite intelligence transforming what we eat and drink into life and that's an act of love our Beloved Father Loving us, no matter what. As my faith grows so does my patience with myself and others. Love as patience is passive waiting to begin; not in a hurry, calm, ready to do its work when the summons comes, for love understands and therefore, waits. Thy Love, Thy Will be done.

Come, let us love one another by giving of ourselves

A Covenant
"Pay Forward" #79

Today's "Pay Forward" gift is – A Covenant. I enter into a covenant with our Father [One Source] and my Tri-partnership. The term "covenant" is of Latin origin (con venire), meaning a coming together. I pray that our Father and my Tri-partnership coming together will become a special place that I can carry out my given purpose; our Father's Love and Will.

- 1) My Senior Tri-partner is my created individual Self, which is in union with our Father's Love and Will, as His child.
- 2) My second Tri-partner is my enlightened personal "reality," having twelve main attributes, love, faith, wisdom, will, zeal, understanding, imagination, power of the Word, the spirit of order/law, strength, elimination and regeneration/life.
- 3) My third Tri-partner is my dark personal "reality." His main characteristic is moodiness; he will shift from one mood to another in a holy instant, that's really fast.

My enlightened personal "reality" longs to let go my selfishness that still lingers, and to be free of every obstacle that hinder my growth in divine union with our Father's Will. Not by giving me some exceptional powers, but enabling me to live ordinary life with extraordinary love. Practicing A.A. spiritual principle has brought me out of my dark personal "reality" many times, but I find myself back in the darkness from time to time. I am given the tools to return to the light of grace. When the light is turned on where does the darkness go? Nowhere, it only has the light I give it. The Love, Thy Will be done.

"Do small things with great love" Mother Teresa.



He Has Need Of You And Me
"Pay Forward" #80

Today's "Pay Forward" gift is – He Has Need Of You And Me. "...then sent Jesus two disciples, Saying unto them, Go into the village over against you, and straightway ye shall find an ass tied, and a colt with her: loose them, and bring them unto me. And if any man say ought unto you, ye shall say, The Lord hath need of them; and straightway he will send them" Matthew 21:1-3. I have no illusions that I will be able to understand our Father's infinite mysteries with my finite mind, but it is self-evident that He has need for each individual He created. His Will is our purpose. Created in His image and likeness means we had a need for others. When the student is ready the teacher appears, and when the teacher is ready the student appears. A boss needs workers and the workers need a boss. The beloved needs a lover, and the lover needs one to love. One of my major defects was withdrawing when I couldn't handle life. No wonder I felt so alone. Once I began a spiritual quest, on the A.A. path, I soon learned why most spiritual teachers came to the understanding that Our Father is love. Sharing is an important way of love, and He created us so that we have to have others. It is clear why my selfish self-centeredness cause such a hungry for love. I don't know of anyone who wanted love more, that knew less about love. Thy Love, Thy Will be done.

Come, let us love one another by giving of ourselves

An affective Affirmation From The Past
“Pay Forward” #81

Today’s “Pay Forward” gift is – An affective Affirmation From The Past. I’m suggesting that you start your day the next 40 days using the following affirmation. It’s a very good investment. Upon awakening I turn to You Father, I am filled with love and gratitude. I am devoted, dedicated, committed to do Your Will Father, consciously known or unknown. I am receiving whatever it takes to rewrite and rewire my personal “reality” with the Spiritual, mental, physical, emotional, social equivalents of Your Will, Father for me 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 child; all humans are my loving brothers and sisters. It is You, Father within me doing the works that we call life. Father I do love You, and my Hero Your Son 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. I say to all openly or silently come let me love you, heal you, teach you, forgive you, empower you, enlighten you, enrich you, communicate with you, co-create with you and awaken with you, and I will, I have, I am. This is the day You have made, Father let us rejoice in it and share the love we are. Thy Love, Thy Will be done.

“Do small things with great love” Mother Teresa.



Service Is Love
“Pay Forward” #82

Today’s “Pay Forward” gift is - Service Is Love. “The most wasted of all days is that on which one has not laughed” Sebastian-Roch. Each day brings new discoveries and adventures in loving service, a deeply satisfying way of life. 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 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 infinite Presence within will never be fulfill by our human efforts. 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 it 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. Thy Love, Thy Will be done.

Come, let us love one another by giving of ourselves

Intimacy
“Pay Forward” #83

Today’s “Pay Forward” gift is – Intimacy. This has been a very long and difficult road for me. I was not about to let anyone else know my deepest secrets, I would be a fool to do so. Beyond that fear was a burning desire for someone to unconditional love and accept me warts and all, but how could they if I wouldn’t let them in on my deepest “hidden” stuff? Once I was able to accept that there was at least three of me, my created Self, my Enlightened personal “reality” and my Dark personal “reality”, I was more willing to accept my conflict as a real problem, but having a possible solution. First I had to be willing to see, accept and own my darkness as is, and at least willing to talk it over with my Enlightened personal “reality.” Practicing A.A. spiritual principles and listening to others open their hearts, minds and souls had awakened me to an enlightened self-interest. This coincides with my trust in our Father and awakening to my created Self. It was foolish to think I could accept intimacy from another when I couldn’t with all three of me. I was reminded, “If anyone hears MY voice and opens the door, I will come in to him and will dine with him, and he with Me.” As my trust became part of an abiding faith in our Father’s grace, my Enlightened personal “reality” took a lighted candle into myself-imposed darkness, a beginning. Thy Love, Thy Will be done.

“Do small things with great love” Mother Teresa.



Our Limitations Are Not Defects
“Pay Forward” #84

Today’s “Pay Forward” gift is - Our Limitations Are Not Defects. They are only statements of our current supply. A place to leave from or accept and seek a solution. If you have ever seen the giant cranes at one of the ports of entry unloading the shipping containers off a ship makes a great metaphor. I have never been a weight lifter, when I reach my limit, I break it apart in smaller parts or I get help. Before I reach my limit, spiritually, mentally, emotionally or socially, if I’m practicing A.A.’s spiritual principles in all my affairs, I turn to our Father at each beginning for whatever I may need, He does my heavy lifting. He does the lifting of the smaller stuff through me and my helpers. To stay ahead of my limitations I start my day by devoting my time and energy doing my mission’s prep-work. This includes prayer and meditation to improve my conscious contact with our Father, as A.A. suggest in Step Eleven. This is the start of my “Pay Forward” for the day. Paying Forward is a way of expressing faith and trust in A.A.’s way of life; including a willingness to forgive us all, healing, loving, as I’m directed. It is an action and action is the magic word. “We should never lose sight of the fact that the soul is on the pathway of an endless and ever-expanding experience, and that only by expansion can it evolve” The Science of Mind. Thy Love, Thy Will be done.

Come, let us love one another by giving of ourselves

Look For The Best
“Pay Forward” #85

Today’s “Pay Forward” gift is – Look For The Best. It is as you believe. A person on A.A.’s Spiritual Path, has a great many gifts of grace in their toolbox, known or unknown. We have to practice using these tools, if we want to become skillful. Often I have judged my experience as a waste of time, only later to realize if I had not committed that wrong and failed I wouldn’t have landed in Alcoholics Anonymous. I doubt if I would have found A.A. as a way of life, or for me awakening to the reality that our Father is our only True Source. When I turn to our Father with all my heart, mind and soul for the Solution I am given the answer I need, although I don’t always think or feel it is the right answer, later I’m proven wrong. I’ve changed the way I reacted at those seemingly “wasted times.” I remind myself that each person I share with and each event bring me a gift, and I will miss it if I don’t pay attention. Also, let remember that I have a gift to share, there are no wasted times. “The most effective way to achieve right relations with any living thing is to look for the best in it, and then help that best into the fullest expression” J. Allen Boone. Every experience is worthwhile if we learn from it and then pass on what we learn, take the opportunity to practice. Thy Love, Thy Will be done.

“Do small things with great love” Mother Teresa.



Relationship Tune Up
“Pay Forward” #86

Today’s “Pay Forward” gift is – Relationship Tune Up. All my relationships need a once in a while tune up. A few years ago I was looking for a good way to tune up my marriage. I run across a 40 day program called “The Love Dare” Kindrick. Each day I had an assignment to practice. It was kind-a-like a 40 day Al Anon course, seeking to upgrade my part. Since then I have used “The Love Dare” on my other relationships, the latest being my Tri-Spiritual-partnership, a real eye opener. I wanted to skip over some of the daily themes, Day 24; Love is Lust was one of these, which I assured myself I didn’t need to waste a day’s practice. However I decided to keep my 40 day commitment. In a few days I will be 88 years old, believe me lust is no real problem, as it once was. As an active member in A.A., I understand that an alcoholic if not living A.A.’s spiritual principles can switch addictions in a heart-beat. I’ve witnessed people, at times me, becoming lustful in every human condition. Anything that can change the way we feel and give us temporary pleasure or an illusion of security or power, is an opportunity for lust. A.A. offers us a solution; we need to own our lust, surrender them to our Father, and daily practice our spiritual principles, letting our Father do for us what we cannot, (see page 45 Alcoholics Anonymous). Thy Love, Thy Will be done.

Come, let us love one another by giving of ourselves

Effective Listening
“Pay Forward” #87

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

“Do small things with great love” Mother Teresa.



Calling On The Healer
“Pay Forward” #88

Today’s “Pay Forward” gift is – Calling On The Healer. The healing we are seeking in not out there. It is within us. Each of us is created as an individual with a purpose. No matter what we do or don’t, we are not the cause of that grace to come or go. Our selfish self-centeredness only delays its spiritual journey to its expression. If we are willing to surrender all of our self to that Higher Power, that created us, He will do for us, that which we cannot do alone and unaided. The healing can come about as He realigns us with His Individual Divine Design we are. We don’t cause the healing transformation, it is same Power that created us, for His purpose; His Loving Will. We cannot earn it but we can choose to accept His Grace once again. We only have our thoughts and actions to deal with. What would love do? Our selfish self-centeredness can be transformed into an enlightened Self-interest. All creation begins within the silent invisible omnipresence. Our prayers and meditations can take us to that Holy Place within. A.A.’s spiritual principles can help us remove obstructions, and create an environment where the natural, Divine Healing can take place. “Remember we all stumble, every one of us. That’s why it’s a comfort to go hand in hand” Emily Kimbrough. When one of my resentments was healed, I was delighted that I had made friends with someone I despised! Thy Love, Thy Will be done.

Come, let us love one another by giving of ourselves

Steps Beyond The Extremes
"Pay Forward" #89

Today's "Pay Forward" gift is – Steps Beyond The Extremes. "Only the very exceptional individuals push to their extremes." (William James) I was very exceptional as an alcoholic before A.A. and sometimes after. I would go to any length to get what I "needed." I would say that was pushing me to my extremes. I don't think William James was writing about that kind of extreme. Soon after I came to the doors of A.A. I found myself willing to go to any lengths to get what A.A. had to offer. I was given the strength and ability to go beyond survival. It is as if I got my second wind, beyond my basic needs and desires. I found a way of life, that I am willing to go to extremes to do my little part. When, my willingness to do our Father's Love and Will became uppermost, I was more than willing to go the extra mile. It is as if my heart's desire to live this way of life called up a store of energy from within. Yes, it is our Father within doing the works that we call life, which in its self is an extreme for me. When we find ourselves pushed to extremes, and we feel we have no more reserve, we can take a deep breath, and ask our Father to give us the grace of our second wind. Stepping beyond the extremes, Love and service become the cornerstones of Alcoholics Anonymous. Thy Love, Thy Will be done.

"Do small things with great love" Mother Teresa.



Coincidences Or Spiritual speed bumps?
"Pay Forward" #90

Today's "Pay Forward" gift is - Coincidences Or Spiritual speed bumps? "What I found were "coincidences" which were connected so meaningfully that their "chance" concurrence would be incredible." (C.G. Jung) I think I will call these experiences my, Spiritual speed bumps on life's roadway. These little reminders are telling me to slow down and rest in our Father's Presence. I have called an unexpected message my "Fortune Cookie", helping me turn in a different direction. I have learned that everything has a purpose, even my Spiritual speed bumps and Fortune Cookies. I choose to trust our Father's comings and goings without having to understand why it is this or that way. I am willing to go along with His schedule as an act of faith in His grace. Let us offer a welcoming smile to all of His messengers, if for no other reason than their presence. Thank You, Father for this Intuitive Wisdom, Spiritual Discernment, plus all of Your Gifts. "Remember to look up at the stars and not down at your feet. Try to make sense of what you see and wonder about what makes the universe exist. Be curious." Stephen Hawking. Or we could just give our Father credit and move on. I am beginning to realize on the other side of every fear is love, and every expression of love is our Father, because He is Love. The good news, we were created in His image and likeness. Thy Love, Thy Will be done.

Come, let us love one another by giving of ourselves

Start With A Welcome Smile
"Pay Forward" #91

Today's "Pay Forward" gift is – Start With A Welcome Smile. For a while our gym's receptionist acted like an unhappy camper. Most days she had a scornful questioning look like, why are you here? I tried to cheer her up, but it didn't work. I was grateful when she was replaced with a cheerful welcoming soul. I was surprised how much of an effect a simple welcoming smile can make. I question myself about the way I come across, at home, meetings, my office, or other places. I often state how grateful I am for my life, but what does my greeting reveal? It's clear that our body-language, and the tone our voice makes a difference. When I'm asked a rhetorical question like, how are you? - I replay, a little above excellent. One A.A. member- strongly suggested that I get to a meeting. It pays to be kind, loving and constructive even when my feelings are contrary. Enlightened self-interest tells me others are more likely to treat me kindly even when they don't feel like it. Yes, greetings can be a reflection of what's currently going on, they can also be a wise and loving investment in our future relations. "My grandfather once told me that there were two kinds of people; those who do the work, and those who take the credit. He told me to try to be in the first group; there was much less competition" Indira Gandhi. Remember, love is a choice. Thy Love, Thy Will be done.

"Do small things with great love" Mother Teresa.



"The Hero of the Moment"
"Pay Forward" #92

Today's "Pay Forward" gift is - "The Hero of the Moment." In December 2015 Science of Mind issue they honor their "Spiritual Hero of the Year". This is someone who had made an extraordinary good difference in 2015. There is to be only one person honor as the "Spiritual Hero of the Year", in fact there will be only a few people honor openly throughout the world each Year. A.A. gives us the opportunity to be a "Hero of the Moment"; by making a good difference in someone's daily life. We can carry the Spiritual healing message to one who still suffers, which could be you and I, no matter how many years we have been sober members of Alcoholics Anonymous. We can extend loving kindness to another silently or openly right where we are now, that will qualify us as a "Hero of the Moment" in my world view. The "Hero of the Moment" is simply making a good difference in our ordinary life right where we are with whatever gift we have to share. Come let us give of ourselves just as we are and that is enough. Let us not tell ourselves or let another tell us we cannot be a "Hero of the Moment", just do it. I have experienced the blessing of generosity, by giving and receiving. It's an attitude and a behavior. It includes simple acts of kindness, compassion, mentoring, encouraging, and ad infinitum. "A rose by any other name is still a rose." Thy Love, Thy Will be done.

Come, let us love one another by giving of ourselves

What's Hidden Will Be Uncovered
Pay Forward" #93

Today's "Pay Forward" gift is – What's Hidden Will Be Uncovered. Father, I can accept that You hid the giant oak tree inside an acorn. Why is it so difficult for me to accept that 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, so Your creation 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; Spirit is Consciousness. We are spirit; conscious beings in our Creator's image and likeness, expressed in this finite world. We cannot - not be Spirit. Practicing A.A. spiritual principles we can uncover and discover what's hidden, and demonstrates it. One of these principles is 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 can transform our defects into assets. Unlike the principle 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, living, useful assets. Prayer and meditation will show us the hidden connection between our head and our heart, if we choose. Go within and let the hidden - incredible Presence be uncovered. It is waiting to be known. All creation starts in the silent, invisible from within. Thy Love, His Will to be done.

"Do small things with great love" Mother Teresa.



A Listening, A Seeing, A Doing Affirmation
"Pay Forward" #94

Today's "Pay Forward" gift is - A Listening, A Seeing, A Doing Affirmation. "Start by doing what's necessary, then what's possible, and suddenly you are doing the impossible" St. Francis of Assisi. Father 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 an intuitive faith coming by the way of Your grace. I choose to follow the direction I am given and do and be whatever You, Father intend for me, I willingly give my consent. I surrender to Your radical training program, Father; calling for me to embrace both the beauty and the beast, both as me and all others, loving serving one another. I choose not to be fooled by our physical appearance. I choose to see with the intuitive vision of faith, which shows up as I am willing to accept it and pass it on. We have come a long way when we can see the beauty within the beast and love it as is. That beauty is reflected from within out into the world. True beauty is not about appearance. It is about the Spirit of our Loving Father radiating His Presence through each of us. A.A. gives us the tools to be the individual we were created as, which radiant the love we are. What shall we do with this most wonderful and precious life we have been given? "Into Your hands...I commend my soul....Charles de Foucauld. Thy Love, Thy Will be done.

Come, let us love one another by giving of ourselves

Say What You Mean
“Pay Forward” #95

Today’s “Pay Forward” gift is – Say What You Mean. Father, this is the day You have made, let us rejoice in it and share the love we are. The other day someone said, “I love you.” I responded with what I thought was saying, “I love you”, but whatever I said was not taken that way. That person ask me why I could not just say “I love you”, instead of the #\$%@ I did said? I was reminded of a time I had a mechanic working in my shop who asked me if he could use my shop at no cost to do outside jobs. Obviously, he didn’t know that I knew he had been doing that for some time, without asking. When I replied that I had never said anything to him or charged him anything before, he got upset and said something like, “You speak with a forked tongue, why you can’t say yes or no?” I need to learn how to communicate in the same language as those I am sharing with. Maybe I could say, “Could you repeat the question?” I find when I repeat my question or request, it changes with time as I become more aware of what I truly need. So rethinking it, clarify what I really am asking for, or I could just say, “I love you.” Here I go again, letting others determine my happiness or sadness or whatever. Our real task is the willingness to be the individual our Father created. Thy Love, Thy will be done.

“Do small things with great love” Mother Teresa.



Challenge
“Pay Forward” #96

Today’s “Pay Forward” gift is – Challenge. “Your only obligation is any lifetime is to be true to yourself. Being true to anything or anyone else is not only impossible, but the mark of a fake messiah” Richard Bach. Father this is the day You have made, let us rejoice in it and share the love we are. I am willing to turn within, excepting Your Holy gifts and talents and stepping up to the challenge of being the individual You, Father created instead of the personal “reality” I made up. I need Your Holy grace, Father and my willingness to accept the needed change. I need to rest within You, Father as I labor in my radical training, rewiring and rewriting my personal “reality” for the alignment with Your Will for me, I accept this challenge. Stepping up to this challenge I must practice living the talents I am blessed with. I need to stop any withholding and my self-abuse. I have counted the cost for what it will take to rise to the challenge of making the change. This challenge calls for me to dwell in Your Omnipresence. Give me the ability to recognize and appreciate Your Holy Presence residing within us all. I have confident in myself as I am confident in You, Father. I am willing to go beyond any limits of this mortal world and seek Your Love, Your Will. I am grateful for Your Loving Grace enabling me to step up to this challenge here and now. Thy Love, Thy Will be done.

Come, let us love one another by giving of ourselves

Search Out Another alcoholic And Try Again
"Pay Forward" #97

Today's "Pay Forward" gifts - Search Out Another alcoholic And Try Again. "The artist does not see things as they are, but as he is" Alfred Tonmelle. A person I sponsored for thirty-five years just dropped out of sight. When contacted, they said I hurt their feeling. I judged that wayward person as childish, ungrateful and vindictive. Oops a resentment, our number one offender. A common experience; the sponsor often gets more out of sharing than the one they are sharing with. I had to use the "F" word on both of us; forgive, forgive, forgive. The other person does not 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 stopped thinking I'm 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 praying and meditating are that we have to feeling of "rightness" of it or it isn't effective. By sharing our A.A. program I experienced my powerlessness transformed into an inner strength. Of course all that I have of any importance has come by grace. My works is confirmation 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). Thy Love, Thy Will be done.

"Do small things with great love" Mother Teresa.



So, What Will It Cost Me?
"Pay Forward" #98

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

Come, let us love one another by giving of ourselves

Why Not Beginning With the Solution?
“Pay Forward” #99

Today’s “Pay Forward” gift is – Why Not Beginning With the Solution? Dogs are able to demonstrate unconditional love for their master, without bribing, we just need to show up. You can’t teach old dog new tricks. We are not old dogs, nor is Alcoholics Anonymous a trick. When I’m unable to love unconditional, I turn to our Father; His Love His Will. What if I am experiencing lack and limitation, I’ve proven I’m incompetent? I look to our Father as my only true Source. It’s in my enlightened self-interest to forgive all, even myself, but I can’t, what am I to do? I ask our Father to do it through me. I really want to write an inspired affirmation each day, but I’m not inspired, what can I do? I leave the results up to our Father. My prayers and meditations are no more than chatter, at times. I turn to Centering Prayer where I don’t dwell on our chatter. I only need to say our Father and watch the chatter go by; I let our Father do the work. I’m willing to trust Him to do for me what I cannot. While sharing the Program with a member who said, everything in their life was going wrong. I suggested that they surrender EVERY-THING over to our Father. I should take my own suggestion. Enlightening self-interest tells me I am best off starting each beginning by inviting our Father to bring me into conscious union with Him; my true Source. Thy Love, Thy Will be done.

“Do small things with great love” Mother Teresa.



If I Can’t Who Can Or Who Will?
“Pay Forward” #100

Today’s “Pay Forward” gift is – If I Can’t Who Can Or Who Will? I searched for the answer to this question for a great many years and could never find an answer, I could live with. I used affirmations, claiming Divine guidance. I asked those I believed to be wise. “Start by doing what’s necessary, then what’s possible, and suddenly you are doing the impossible” St. Francis of Assisi. Even following some spiritual greats’ did answer the question for me. Then one day it came to me so simple, like most good ideas do. What I can do is my responsibility and everything else is our Higher Power’s. It turns out that it is the privilege of my lifetime just being myself, excepting my talents and limitations. I build a habit of turning my consciousness to our Father at each new beginning. Then I gave “whatever” a try, holding nothing back. I stop fighting everyone and everything and surrender “whatever” over to the Boss for my solution. What if I was able to do the same “whatever” with that person before, but not now? What I did do or could do in the past no longer matters, if I cannot do “whatever” with whomever now. I choose to waste no more time and energy on what is above my pay grade. I surrender it to our Father without any more delay. He has to do for me what I cannot do alone and unaided. Thy Love, Thy Will be done.

Come, let us love one another by giving of ourselves

Seeking And Finding Our Greatest Gift
"Pay Forward" #101

Today's "Pay Forward" gift is – Seeking And Finding Our 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 individual You created as me. May I fulfill Your intended purpose 24/7, today? I believe everything has a purpose, no matter what we intended, our Father meant it for good. A.A. has shown me the path to humility is not humiliation or shame, but grace. I am one among many who have experience mercy for those wrongs we've wanted to do, but didn't. I must be merciful toward others, If I am to be able to accept mercy. Our individual purpose may differ widely, but that does not determine our worth, our Father gives us equal value. Holding myself bound, is another form of selfish and self-centeredness. Out of enlightened self-interest I forgive us all. The choice is mine the way I use my wrongs and my limited good. Guilt and shame can act as a dam that blocks the flow of my mission. I ask for the courage to break down the barriers and move on. I honor our Father's Presence within each of His Creators, which includes me. "Don't call me good, it is the Father within doing the good works." I can no longer get by blaming others for my past. I love co-creating the future I desire. Come let us be about our Father's Business, loving one another as He loves us. Thy Love, Thy Will be done.

"Do small things with great love" Mother Teresa.



"Handle With Care"
"Pay Forward" #102

Today's "Pay Forward" gift is – "Handle With Care." I have experienced others handling me with care for one of two reasons. Before coming to A.A. and living its spiritual principles others were most likely to walk around me on egg shells, I was very negatively sensitive. I had a chip on my shoulder. I acted as if I was angry all the time. Then, I was blessed with a group of kind A.A.'s loving people, who took me in and made me part of service. Now the handling with care is an act of love. Sometimes new comers think their sponsor is being too hard on them, when told the truth about their disease. It is so important that we walk our talk. I witnessed those who had been driven by their selfish self-centeredness give of their selves freely. Their willingness to serve caused them to look for opportunities to share acts of kindness. I learned later on their selfish self-centeredness had been transform by grace into an enlightened self-interest. It is better for them to freely give of themselves. Loving service, acts of kindness seasons our interactions with gentleness. It makes us more sensitive and tenderhearted, brings a willingness to say "yes" than "no" - "Handle With Care." In 1957 there were few new comers coming to A.A., we went out looking for a suffering alcoholic to share with, today we are blessed with great numbers to serve. "Be kind to one another, tender-hearted, forgiving each other..." As we were given. Thy Love, Thy Will be done.

Come, let us love one another by giving of ourselves

Look Who's Choosing
"Pay Forward" #103

Today's "Pay Forward" gift is - Look Who's Choosing. In this world we have to make choices and when we don't, that is a choice. I make a choice this morning work on my prep-work. My reading and writing, my prayer and meditation, my physical workout, keeping my office appointments; all these are a "must be done." If I had only gotten up on time I would not have a conflict of interest. The effectiveness of my decision depends on our Father as my Source or my personal "reality" as my "source". How about simply trusting that I am where I am, doing what I am doing, being with whom I am with for my Source's purpose? My personal "reality's" intention is to do our Father's Will, but look who's deciding what's is the most important. My morning prep-work has become a well-intended habit. If my outlined plan falls short then, the "drug" guilt and punishment" shows up as my source of choice. I am learning that only a few things are really important. I awakened to the Reality that our Father's Love and Will is always being done. Worrying does not cause me to make the best choices. Trusting our Father with an abiding faith in His grace lets me detox from the "drug"- guilt and punishment. "Love can often be misguided and do as much harm as good, but respect can do only good" Eleanor Roosevelt. Love anyway. "Always do right. This will gratify some people and astonish the rest" Mark Twain. Thy Love, Thy Will be done.

"Do small things with great love" Mother Teresa.



We Can Choose Once Again
"Pay Forward" #104

Today's "Pay Forward" gift is – We Can Choose Once Again. Many of us choose to live in darkness with our eyes closed, our ears stuffed, our fists tightly closed grasping nothing. We had a closed mind focused on self, our emotions fed with yesterday's self-centered fears. We abused our physical bodies and used others 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. If we are willing to practice A.A.'s simple spiritual principles we are most likely to find the individual created intended self we have longed for. If we are willing to open our eyes, unplug our ears, open our hands to both receiving and giving, letting our emotions flow in its loving energy, and be open channels, we will receive everything we need to awaken. We will find the way and the power to "seek God, clean house, and help others." We do not change the Divine Laws when we plant corn instead of wheat, but we do exercise our power of choice. We can choose once again, reminding ourselves that it is our Father who creates. We may choose, but leave the results to our Boss. When you found yourself in darkness could you accept the idea that it was your choice? When you found yourself in conscious union with your Higher Power that it was a choice? Thy Love, Thy Will be done.

Come, let us love one another by giving of ourselves

Service – The Multiplier!
“Pay Forward” #105

Today’s “Pay Forward” gift is – Service – The Multiplier! “Each one of us matters, has a role to play, and makes a difference. Each one of us must take responsibility for our own lives, and above all, show respect and love for living things around us, especially each other” Jane Goodall. Serving others is only work if there is something else we rather be doing. Yes, taking timeout to help another may be inconvenient and demanding but our sobriety or sanity will be enriched. 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. Step Twelve is our Golden Key to happiness, healing and becoming usefully whole. That feeling of separation we made up is exposed as our self-centeredness, when we stop thinking of ourselves and think of what we can do for someone else. After doing a little Twelve Stepping, I felt like my life made a good difference. We can make a good difference 24/7 if we choose; there are lots of suffering alcoholics for us to share with. Doing something we love we are contributing not only to the world but also to our own fulfillment. Sharing our experience can help others cope with life. We have a gift for them and they have a gift for us. The A.A. way of life is not work, but love made visible. Now is the best time to give of yourself. Thy Love, Thy Will be done.

“Do small things with great love” Mother Teresa.



Dreams Are Divine Messengers
“Pay Forward” #106

Today’s “Pay Forward” gift is – Dreams Are Divine Messengers. There is a great deal within us waiting to be call forth. We don’t ask for too much we ask for too little. Perhaps our dreams are trying to awaken us to the abundance awaiting us. “The Lord is able to give thee much more than this” 2 Chronicles 25:9. Nobody has ever measured the infinite possibility our dreams can show us within one good night’s sleep. The question, - what will we do with that dream’s promise when we awaken? 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. I know I did not create myself. I know there is an infinite intelligence within each creature expressing life through us. I believe living the best we can, brings us some fulfillment in this world. I believe in my dreams, my heart’s desire. Am I afraid to dream a loving dream beyond my current pay grade, that I can make a good difference in this world? Is my fear of success hiding behind disappointment? Since coming into A.A. I have already received far more than I could have ever dreamed of. Millions of us can agree Alcoholics Anonymous is where dreams just seem to happen, and where miracles come true and promises are kept. Experience teaches me not to worry about dreams coming into being, but to honor their coming with gratitude. Thy Love, Thy Will be done.

Come, let us love one another by giving of ourselves

Sharing Spiritual Secret Practice
"Pay Forward" #107

Today's "Pay Forward" gift is – Sharing Spiritual Secret Practice. Too often I have withheld my deepest longings, believing others will judge me over the top spiritual practice. I agree with the statement, "We are not saints. The point is, that we are willing to grow along spiritual lines...We claim spiritual progress rather than spiritual perfection" Alcoholics Anonymous page 60. I am deeply grateful for all A.A.'s spiritual gifts of grace. The following is a sample of my growing awakening. Thanks for letting me indulge myself. My four partners in my Quad-Partnership are: Our Father/Mother, my Created Higher Self, my Personal "reality" Awakening and my Personal "reality" the Prodigal Son/Daughter. These are integral to my overall success in caring out my given purpose; our Father's Will. I need all four's perspective and counsel, to make the most fruitful daily decisions. I cannot fully surrender any part without my ownership. At times, I've not honored one or both of My Personal "reality" partners input. My purpose for my Quad-Partnership is to be the individual I was created to be; the main focus on sharing the love we all are. Because, I love my partners I find a way to communicate with them. I pray by consenting to our Father/Mother's Presence and action within. By surrendering Personal "reality's" will as completely as I can. By relating to the Presence Who dwells within. Because I love my Quad-Partnership I want to know and experience to the limit of my current capacity, that's my meditation goal. We are One. Thy Love, Thy Will be done.

"Do small things with great love" Mother Teresa.



Faith With Works
"Pay Forward" #108

Today's "Pay Forward" gift is – Faith With Works. I am a worker; however, activity does not always equal useful or valuable productivity. Little reflection is needed to see what mattered came by grace. I show up every day and share what I can with whomever. When I reflect on the "bigger" impact stuff I see an Invisible, Silent means of support doing the works. Starting with my coming to A.A. in February 1957. I have no illusions that I earned the gifts I am given, which are a great many. I have freely accepted our Father's mercy and grace. My physical life should have been over long ago yet here I am. My financial condition surely came by grace. Doors opening and closing bring unearned success, a mystical experience, as if I am guided by an angel. My website has allowed me to share my workbooks and workshops all over the world. I will never meet most of those using these workbooks or workshop papers. I found out in 2007 that my website 12stepworkbook.org had 8,300,000 hits and over 330,000 downloaded workbooks and papers, in 46 countries. It is clear this could only come about by grace. It has always been our Father within all of us doing the works. I don't have the time or space to even outline all I have been given but it should be clear why I am so grateful. My Faith is not just something I have, it's something I do. Thy Love, Thy Will be done.

Come, let us love one another by giving of ourselves

Rebounding – Again
“Pay Forward” #109

Today’s “Pay Forward” gift is – Rebounding - Again. Here I am recovering from a rebound, again. Anytime I have a great expanding experience I’m most likely to have a rebound, telling myself I will experience this good for ever. “Above all, watch with glittering eyes the whole world around you because the greatest secrets are always hidden in the most unlikely places. Those who don’t believe in magic will never find it” Roald Dahl. The obsession to do harm to me, when the good experience is complete, appears out of nowhere. It’s the dark-side of my personal “reality” calling me “home.” Last night while watching a movie that exposed one of my worse defects. I woke up early with a negative obsessing mind, a rebound kick-off. After a little guilt and punishment, “the drug,” I did a Radical Forgiveness on the others, then on myself. I experienced our Father’s loving mercy, and the gift of realizing this rebound had a purpose. I’ve needed healing in these areas for years. My denial has broken down, with the side-effect the gift of workable tools. These defects are no longer excessive, however, it’s time to let our Father heal, transform them into assets. My higher self knows I am better, and more loving than I am demonstrating. In order for us to attract more blessings our Father has to offer, we must appreciate what we have. No matter the appearance I am grateful for all the gifts, grace and mercy I’ve received. Thy Love, Thy Will be done.

“Do small things with great love” Mother Teresa.



It’s Easy To Have Faith When We Know The Outcome
“Pay Forward” #110

Today’s “Pay Forward” gift is – It’s Easy To Have Faith When We Know The Outcome. From Tradition Four in Twelve Steps and Twelve Traditions Rule #62; “Don’t take yourself too damn seriously.” When I trust our Father for the results, wanting His Will to be done, that’s not a problem. Living the Program as if your life depended on it; is a great investment. The effectiveness of our living the Program depends on our Source. If our Father/Creator is our One Source there is no need to take ourselves too seriously. “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” Twelve Steps and Twelve Traditions. Being whole, is to realize our Heart’s Desire fulfilled, to be the individual we were created as. Living A.A.’s spiritual principles will chip away all that is not our true self. If we are not enjoying A.A.’s way of life we are doing something wrong or we have not been doing it long enough. We have the tools to bring our whole nature in conformity with our Father’s gifts of grace. What would I do differently if I could do it over? I would ask more of our Father, more of A.A., and more of myself, sooner. “Only those who will risk going too far can possibly find out how far one can go” T.S. Eliot. Thy Love, Thy Will be done.

Come, let us love one another by giving of ourselves

Our Father's Omnipresence
"Pay Forward" #111

Today's "Pay Forward" gift is – Our Father's Omnipresence. Is an ever Present Source. I do believe our Big Book is Divinely inspired. It is even more effect today than it was in 1939. It offers great examples of the fact that our Father is a very Present help. We read the Promises (pages 83-84) often in our A.A. meetings; it is loaded with affirmations of His Presence. "We will suddenly realize that God is doing for us what we could not do for ourselves." If you haven't read the Big Book in a while, reward yourself and read it once again. It reassures me that we cannot be separated from our Omnipresent solution. This divine Presence is with each of us, transforming what we eat and drink into flesh and bones, thoughts and feeling in other words everything it takes to maintain our life. Humans cannot do that. His Presence must be within us doing the works. I accept the reality that our Father is Love, and so are we. Each spiritual experience or awakening changes all of our relationships, with people, places, things and even us. We were given a purpose when we were created. Seeking and finding that purpose and living it are our reason for being. It is the only way to experience 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. For me love and compassion are necessities, not luxuries. Thy Love, Thy Will be done.

"Do small things with great love" Mother Teresa.



Getting In The Way
"Pay Forward" #112

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

Come, let us love one another by giving of ourselves

A Not Love Time – Impossible!
“Pay Forward” #113

Today’s “Pay Forward” gift is – A Not Love Time – Impossible! Our Father/Mother/Creator is love and is Omnipresent. So, how can there be a not love time? Father this is the day You have made, let us rejoice in it and share the love we are. The “not love times” we go through are hard times we have bought into. Like all illusions they are always temporary, and our choice. Let us choose once again to return to Love; to our True Source. When we or those we share with are in a “dark-night” let us call on our faith in our Father’s grace and His tender mercy. Our faith may be no larger than a muster seed. Let us ask to be guided to the other side of pain into His Divine Light. Let us first take this action within the invisible silence, in union with our Father. If we are not asked for help or advice from another an open Spiritual treatment may be unwelcome. Let us start with our gift given in our Father’s first language - silence; it is less-likely we will encounter any resistance. You could offer them a Big Book or The Twelve Steps and Twelve Traditions. They may never open the book our make a call for help, we need to accept that also. “Just for today I will refrain from improving anybody except myself” (Al-Anon credo). Come let us give of ourselves, which is our true gift, both others and ourselves. Thy Love, Thy Will be done.

“Do small things with great love” Mother Teresa.



Rebounding Upward Or Downward, Our Choice
“Pay Forward” #114

Today’s “Pay Forward” gift is - Rebounding Upward Or Downward, Our Choice. Each time we experience a high we are subject to a rebound? When we are having an expanding experience, if we could remember to turn it over to our Higher Power it could change its nature. Instead of have a rebound downer we could have a rebound upper. 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. I am choosing a rebounding which is an “upper”, 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, as I often am. It came to me this morning in my rebounding “upper” this; if our Father would have wanted it different, it would have been. I had turned it over to Him asking for His guidance. I accept the reality that He had His Way. It is my self-centered personal “reality” wanting to look better than I could at the time, causing the disappointment. I pray now to be the me, our Father created, as me. Thy Love, Thy Will be done.

Come, let us love one another by giving of ourselves

Mistakes – Don't Leave Home Without Them
"Pay Forward" #115

Today's "Pay Forward" gift is – Mistakes – Don't Leave Home Without Them. "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. Maybe I am, because every time I find something that doesn't work I can return to my real Source for what does work. Let us remember 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 and find out what He has in Mind for us. I am willing not to let my so-called failures and mistakes block the way of my serendipity journey. My trust and faith in our Boss gives me the courage to take a risk. Alcohol let me avoid failures, which was a greater failure. Working our spiritual principles is a way which turns everything into an opportunity to live move and have our being in a pool of grace. If we learn how to look the right way, we can see that the whole world as if our Father Presence is within all. There is a bit of magic all around us. Let's love one another and our Boss, and walk in His Garden. Thy Love, Thy Will be done.

"Do small things with great love" Mother Teresa.



Interdependence Day Or Independence Day?
"Pay Forward" #116

Today's "Pay Forward" gift is – Interdependence Day Or Independence Day? "Freedom is not the right to live as we please, but the right to find how we ought to live in order to fulfill our potential" Ralph Waldo Emerson. 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 a great many changes took place. My freedom came out of my total surrender, opening me to be born-again. My Independence Day is in reality my Interdependence Day. Independence Day is referred to as the Fourth; mine 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. It came through grace; my dependence on our Father within. As a recovering alcoholic, my freedom is conditional. "What we really have is a daily reprieve contingent on the maintenance of our spiritual condition" (Alcoholics Anonymous page 85). A.A. has given me a very special gift, the ability choose how to express my created individual self. I had been bound in my self-made prison for a longtime, in which I saw no way out, finding out I had a choice caused an open flow of a deep gratitude. I love my Interdependence Day with our Father. Thy Love, Thy Will be done.

Come, let us love one another by giving of ourselves

I'm Filled With Gratitude Upon Awakening
"Pay Forward" #117

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

"Do small things with great love" Mother Teresa.



Another Blessing
"Pay Forward" #118

Today's "Pay Forward" gift is – Another Blessing. I am devoted, dedicated, committed to do Your Will Father, consciously known or unknown. I am receiving whatever it takes. There is harmonious ebb and flow in nature, there is also a divine rhythm at work in our individual lives. This I believe is our Father's Loving Will in motion. Our Spiritual journey is marked with patterns of beginnings and endings. As we practice A.A.'s spiritual principles we will awaken to these patterns. If we choose to own these patterns and surrender them to our Father for transforming into assets, we are carrying out His Loving Will. We will intuitively know authenticity of these patterns. "...we will intuitively know how to handle situations which used to baffle us." The keynote of life is change; let's call it Omni-change, calling on our Father Omnipresence. We see it everywhere present in nature: the tadpole becomes a frog; the larva of the Monarch butterfly becomes an exquisite winged creature. A.A. takes our meaningless drunken lives and transforms them into the loving beings we were create to be. The Divine Presence is always within us; separation is an illusion we make up. Our Father I do love You, Your Son, my personal "reality" Awakening and my Prodigal self. I am taught by A.A.'s spiritual principles, your inspired words and my daily events. I want You and I need You and Yours. Each level of spiritual growth we are conscious of Your Holy Presence by the capacity to be conscious. Thy Love, Thy Will be done.

Come, let us love one another by giving of ourselves

Enlightened Self-Interest, A Great Investment
“Pay Forward” #119

Today’s “Pay Forward” gift is - Enlightened Self-Interest, A Great Investment. No matter who we are or where we are or what we are doing our Father is offering us great opportunities for every-day miracles. I feel so not right about thinking about loving myself. It is clear 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 spiritual principles my self-centeredness has been transformed into enlightened self-interest. I want to be sober, giving of myself, making a good difference. I want to be warm and loving, kind and understanding, wise and intelligent because it is most fulfilling. Friendship is based on what we have in common with others. I choose to have my personal “reality” enlisted in our Father’s service and in union with Him and my higher-self. Being active in A.A., I am not living a boring life, just the contrary. 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 down when others don’t like what I do or don’t do, if I am wrong, I want it corrected as soon as possible out of enlightened self-interest. Each of us is the only one who can know our uniqueness, our purpose, and so-be-it. I understand the commandment to; “love your neighbor as you love yourself.” I don’t want it said; “poor neighbor. Thy Love, Thy Will be done.

“Do small things with great love” Mother Teresa.



Loving Forgiveness
“Pay Forward” #120

Today’s “Pay Forward” gift is – Loving Forgiveness. When I tell myself I have the right and obligation to punish others or myself, I am a liar. I am not forgiving and therefore not loving. I want forgiveness to be my go-to reflex. I’m not pretending there is no wrong and unfairness, but I want to give up my “right” to be the avenger of blood. When I began living A.A.’s spiritual principles I was filled with a deep gratitude. However, at some point I felt it was my duty to punish those who were unfair and unloving. In my new found self-righteousness I set out to change the world. I went from the humble, grateful Prodigal Son to the judgmental Elder Brother. The world needs more love and forgiveness, not punishment, but correction. When I say no to loving and forgiving others and I’m wrong, I’m the needed change. By our Father’s grace we can change; like all habits of thought and feeling can. When I am rejecting or feeling rejected it is my useless unloving part, having its way. Anything that is not loving or forgiving is not an expression of my mission, my purpose; it’s a signal to return to love. The image and likeness of our Father, our Source of love, is a healing power touching everything into wholeness. For our love is an extension of our Father’s Love. I choose to take back the power I gave to self-righteousness judgment, and return to love, our Father. Thy Love, Thy Will be done.

Come, let us love one another by giving of ourselves

My Illusionary Monsters Revealed
"Pay Forward" #121

Today's "Pay Forward" gift is - My Illusionary Monsters Revealed. Fears make up these fearful guys and I don't always face them quick enough. I know enough love will slay my monsters, if I have the courage to face them down and turn to my Source and His helpers. "Most people don't know how brave they are. In fact many potential heroes, both men and women, live out their lives in self-doubt. If they only knew they had these deep resources, it would help give them the self-reliance to meet most problems, even a big crisis" R.E. Chambers. Living A.A. spiritual principles I found that deep resource, it was/is the grace of our Father, within. I do love You, and my Hero Your Son 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. "If you love Me keep My commandments." That is I am to love our Father with all my heart, mind and strength and love all others as if they are me. Sometimes I do not treat myself as a loved one, then poor others also. Let me return to my radical love training today. Let me lovingly dedicate whatever I am doing to uplift those I share with. Let me be part of the healing in this world we live. A.A. gives me the opportunity to make a good difference, and to see many everyday heroes and heroines revealed. Thy Love, Thy Will be done.

"Do small things with great love" Mother Teresa.



Making Room
"Pay Forward" #122

Today's "Pay Forward" gift is – Making Room. "Ideas are like rabbits. You get a couple and learn how to handle them, and pretty soon you have a dozen" John Steinbeck. If I really want new habits, I have to make room, letting go of the old ones. Then I need to show up for the "recording." I've come to believe our Father will see that I get everything I need to do His Love and Will. I no longer want their demise, so I pray that they are transformed into assets to share. Some of my defects hang on, no matter how hard I try to upgrade them, reminding me of my powerlessness. I am receiving whatever it takes to rewrite and rewire my personal "reality" with the Spiritual, mental, physical, emotional, social equivalents of our Father's Will for me on my serendipity journey. I am learning to place my unwanted into our Father's Hand sooner. Instead of using the drug "guilt and punishment" I hit the Spiritual reset button; forgiveness. The willingness to forgive myself and others is a miracle, a gift of grace from our Father. I am provided with an opportunity to be different by owning my mistakes, my defects and making amends and letting our Father do for me what I cannot. The transforming of our defects into asset is letting love and mercy replace the useless and harmful. This transformation is the gift of atonement; which is at-one-ment with our Father. Thy Love, Thy Will be done.

Come, let us love one another by giving of ourselves

Messengers - Our Road Maps
"Pay Forward" #123

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

"Do small things with great love" Mother Teresa.



Our Father Is Love, So Are We
"Pay Forward" #124

Today's "Pay Forward" gift is - Our Father Is Love, So Are We. Father, we are as You created us, Your children, in Your image and likeness. He created each of us with a purpose, and we have to have others to share that purpose with, sharing is a common form of love. That was not an easy thing for me to do. One simple way to fulfill this need I've learned through A.A.'s, service. When we say we love our Father do we love only that part we can understand and agree with? How can just not love that which He created? When I say I am a loving brother to all, is it just words? I was told that I should love our Father first, then others as if they are myself, even my enemies. A.A. has given me a way to do that; through its many opportunities for service. To practice A.A. spiritual principles in all my affairs takes on a much deeper meaning, when I realized giving of myself is best for me. To do this I must surrender my limited personal vision at each beginning by re-centering my focus on our Father's Love and Will. I am building a habit that enables me to re-center my focus on my Source; I only need to say, "our Father." In that beginning moment I am experiencing that mysterious union, which is if I can get out of the way for that instant. Thy Love, Thy Will be done.

Come, let us love one another by giving of ourselves

Proof Of His Harvest
"Pay Forward" #125

Today's "Pay Forward" gift is – Proof Of His Harvest. I realize none of my wrongdoing or my not perfectly right doing blocks our Father's loving grace and mercy. Often I've play the Prodigal Son, going off into a far country, making a fool of myself. Using up my goods and having no one who cares for me, I turn back Home to my True Source. Like the poor widow I willing put what little I have left into an offering. A.A. has shown me how to deepen my search for our Father, fulfilling my journey with love. Stop, be still, and remember it's the Father within doing the works called life. Look at His Presence with the eyes of faith, with the vision of our Created-Selves, which are manifestations of His grace coming into this world as proof of His Presence. Let us listen with the intuitive ears of His wisdom, hearing His Holy Voice within we can understand and follow. Let our judgments come from the grace of an unbounded Spiritual discernment. Let us communicate in our first language of the heart, silence. At each beginning let us first call our Creator's Holy name, our Father, joining our Higher Selves with His Will as one. As we center our will with His Will, let us go about His Business. Let us gather the vine ripe fruit and share it as proof of His harvest. Whatever message He gives each of us share with all we are drawn to. Thy Love, Thy Will be done.

"Do small things with great love" Mother Teresa.



What Can I Do When My Well Is Dry?
"Pay Forward" #126

Today's "Pay Forward" gift is - What Can I Do When My Well Is Dry? My question this morning is what shall I write when I am running late, tired and uninspired? One thought comes to me, why not spend a little extra time on the affirmation I repeat each day. If I could really live it and not just repeat it, I bet it would bear much more fruit. Choosing it daily, which I do, it will be vine ripe not rotten. "I am filled with love and gratitude, I am devoted, dedicated, and I am committed to do and to be our Father's Love and His Will, consciously known or unknown." As I affirm it this morning, I realize it is still nourishing. I can also use someone else's works to fill in. "You are given the gifts of gods; you create your reality according to your beliefs. Yours is the creative energy that makes your world. There are no limitations to the self, except those you believe in" Jane Roberts. (Well, sometimes!) I can always draw something out of our Alcoholics Anonymous books that I love. "A.A.'s Twelve Steps are a group of principles, spiritual in their nature, which, if practiced as a way of life, can expel the obsession to drink and enable the sufferer to become happily and usefully whole" Twelve Steps and Twelve Traditions – Foreword. That's a great promise. By the way our Twelve Traditions are also spiritual in their nature. Thy Love, Thy Will be done.

Come, let us love one another by giving of ourselves

Mood Shift
"Pay Forward" #127

Today's "Pay Forward" gift is – Mood Shift. A wasp got trapped in my office, as they would sometimes. Often they landed on the glass window seeking freedom. I would place a cup over it and take it outside to freedom. I made a decision as part of my recovery, not kill anything unless I was going eat it, kind of making amends. On the far end of my office, about 40 feet, I kept a supply of cups. So I could watch the wasp's flight and landing I walked backward. I was holding the cup I got, and I watched the wasp fly into that cup. I felt a rush of love and gratitude, even now, as I write this. I felt at peace and harmony with all of nature, most importantly I experienced a loving union with our Father. A moment of healing, forgiveness deeper than words. I was blessed by this little guy, sharing its freedom with me. It was time to go to my A.A. meeting. I knew the topic was going to be; wasp flying into a cup. I was waiting for the right time to share this experience; it was hard to restrain myself. There was a person taking someone inventory, in a very negative way. In self-righteousness I spoke up, we do not take other people's inventory, we take our own. Of course I was taking his. It was hard to believe only a few minutes before I was in loving harmony with all of our Father's creators. Thy Love, Thy Will be done.

"Do small things with great love" Mother Teresa.



The Best Of Intentions
"Pay Forward" #128

Today's "Pay Forward" gift is – The Best Of Intentions. "When I was a child, I spake as a child, I understood as a child, I thought as a child, but when I became a man, I put away childish things" 1 Corinthians 13:11. That was a great plan of action. However, I don't have to wait long until one of my old imbedded childish problems pops up. For example that life should be fair, if only I wanted it to be so enough. I can try to put an adult twist on the unfairness problem, but the result is just as childish as ever. Living A.A. spiritual principles daily has been a big help, some old well established habits of thoughts and feeling, just change their mask. I have done a number of 4th Step inventories and 10th Step daily owning this defect and surrendering it ASAP, but my unwanted guest calls for attention. I have learned, to some extent that these types of reoccurring defect are our best teachers. Am I a poor student? One of the most powerful tools I've been blessed with is this, once an alcoholic always an alcoholic. That ownership gave me the opportunity to get to the cause, not to just the effect. In doing that, our Father transformed the defect into a workable asset. Once a believer of my dis-ease of unfairness, always a believer of my dis-ease of unfairness. I surrender this to our Father, praying for another miracle transformation. Thy Love, Thy Will be done.

Come, let us love one another by giving of ourselves

An Affirmation Is Equal To Our Consent
"Pay Forward" #129

Today's "Pay Forward" gift is – An Affirmation Is Equal To Our Consent. To say yes is to give our consent to life. Let us say yes, to everything we experience as constructive and no to the destructive. Have you ever noticed that life says yes to our yes and no to our no? Our consenting for those things we want is an affirmation of our gratitude. "Harmony makes small things grow, lack of it makes great things decay" Sallust. I am devoted, dedicated, and committed to do and to be Your Love and Your Will, Father, known or unknown. As I give my consent I'm open to receive all I need to carry out it my mission, to rewrite and rewire my personal "reality" in concert with Reality. I am listening to Your Holy Voice, Father directing me in a way I can currently hear, understand and follow. I share my gifts with whomever You will, Father. Every time I say, yes my consciousness expands at all levels. With my Source everything is possible. I am responding to love, this moment. It energizes me to express loving constructive thoughts and feelings. I am celebrating "Breath Day" grateful for every breath, inhaling the gift of life and expelling what is spent. My life has meaning and purpose. Come let us say yes to the love we are, living, loving one breath at a time. "Peace cannot be kept by force; it can only be achieved by understanding" Albert Einstein. Thy Love, Thy Will be done.

"Do small things with great love" Mother Teresa.



Serving A Life Sentence
"Pay Forward" #130

Today's "Pay Forward" gift is – We Are Serving A Life Sentence. Shall it be prison or a playground? Our choice, why not find a way to make the time served a gift to us and humanity? "Expect the best; convert problems into opportunities. Be dissatisfied with the status quo. Focus on where you want to go, instead of where you're coming from. Most importantly, decide to be happy, knowing it's an attitude, a habit gained from daily practice, and not a result or payoff" Denis Waitley. We may fall down ten times and still stand up eleven times. "If you hear a voice within you say "you cannot paint," then by all means paint, and that voice will be silenced" Vincint Van Gogh. We have what it takes to transcend our limitations, most of which we made up. We can be a loving part of life; by being the individual we were created as, our choice. When we lovingly give of ourselves, no words can express well enough. Having to be right, my way or the hi-way, often comes at a high price, costing us our joy, happiness and freedom, perhaps a loving relationship. Love, is free for the taking, and brings out the best of us. Let us be a loving, constructive influence today. Let our love be a healing power touching everything into wholeness. If one door closes, another will open. Let us trust in our Father, our true Source, all else are channels. Thy Love, Thy Will be done.

Come, let us love one another by giving of ourselves

No Loss Of Value
“Pay Forward” #131

Today's “Pay Forward” gift is – No Loss Of Value. I read a story that reminded me of an experienced I had. I was going to pay for my breakfast tab; my five dollar bill was old and wrinkled. I tried to straighten it out and I tore it. I said, oops, and the cashier said that's OK, it still had the same value as it did when it was crisp and new. No matter how worn and wrinkled we are, we are still of value to our Father, perhaps even a little more. After years of abusing myself, and having no social redeeming features, of no value to myself or anyone else, our Father took my worthless self and transformed my defect into an asset, restoring me to His intended value. The cashier reminded me of a characteristic I love, she overlooked my wrong doing, and showed me that our mistakes and wrong doing do not have to be negative. In fact her act of kindness, awakened me to how much I want to be one who offers acts of kindness for ordinary daily events. If we choose we can take every opportunity to share the love we are, Loving acts of kindness can uncover at the deepest level our hidden love; our true value. Once again I affirm my heart's desire as I state my intention. I am dedicated, devoted, and committed to do and to be our Father's Love and His Will, conscious known or unknown. Thy Love, Thy Will be done.

“Do small things with great love” Mother Teresa.



Building A Reminder To Remember
“Pay Forward” #132

Today's “Pay Forward” gift is – Building A Reminder To Remember. It is You, Father within me doing the works we call life. I intuitively know that, but I have to be reminded. I have to be reminded how important good health is; a little pain will alert me. When I experience a miracle I realize how grateful I can be. I do want to practice the Presence of our Father within, around and throughout the universe 24/7, when I do gratitude flow freely. The key to building a habit is far too simple, practice. I have to be reminded to practice, I need an effective reminder. The greatest Teacher tells us to seek the Kingdom of Heaven first. A.A. teaches us to place first things first. “Our common welfare should come first; personal recovery depends upon A.A. unity.” I Choose to be dependent on our Father within, as my only Source. All others at best can be channels. I am grateful we have room to err and still get by, is getting by enough? We can call on the infinite Power within 24/7, why don't we? I'm building a reminder to remember our Father, at each beginning. Our Father within is never too busy for us, so why do we have to remind ourselves to go within for Him? Let us call for correction, not punishment. Let us be part of that great awakening that reminds us who we are and pass it on. Thy Love, Thy Will be done.

Come, let us love one another by giving of ourselves

A Chosen Spiritual Path
"Pay Forward" #133

Today's "Pay Forward" gift is – A Chosen Spiritual Path. "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 and of our Father's loving grace. My faith began in A.A.'s program, as I saw others living it. When I began living A.A.'s Spiritual Principles I received the faith in our Father, that worked for me. As I practiced the Program my faith turned into reality, enabling me to have an increasing faith. I had a driving need for a working relationship with a Higher Power. Our Big Book makes a strong statement for people like me on page 45. "Lack of power that was our dilemma. We had to find a power by which we could live, and it had to be a Power greater than ourselves. Obviously...Well, that's exactly what this book is about. Its main object is to enable you to find a Power greater than yourself which will solve your problem." Out of an enlightened self-interest I had to stay sober, freeing me for my primary purpose, seeking, finding and living my mission, embodied in Alcoholics Anonymous. My workbooks and workshops are based on my radical studies and dedicated service within A.A.'s Program and our A.A. literature. I agree with those who believe A.A. is much like early Christianity, by living It. Thy Love, Thy Will be done. www.12stepworkbook.org

"Do small things with great love" Mother Teresa.



Affirming Our Directive Power
"Pay Forward" #134

Today's "Pay Forward" gift is – Affirming Our Directive Power. "All endings are also beginnings; we just don't know it at the time" Mitch Albom. I now choose to use my directive power, which is my will in harmony with Your Love, Your Will, Father. By Your grace I willingly co-create my mental readiness to express the loving mission You gave me and You are giving me in a consistent upgrade. I know You have already given me all I need to carry out my loving mission. I am now open and receptive. The proof of my acceptance is the action I am taking. This action begins with prayer and meditation, aligning my consciousness with Your Presence within me. I am preparing mentally by these affirmations and claiming the gift of intuitive wisdom. I am taking action by doing what is in front of me to carry out my missions. I am extending love to all, as it is given to me. I am sharing all I can with whoever comes to mind. "The eternal quest of the individual human being is to shatter his (or her) loneliness." (Norman Cousins) When we know our purpose, our created mission we will never be lonely because we are a real part of the intended life. There is one life, that life is perfect, that life is our Father's Life, that life is all life, that life is my life now. Come; let us love one another, so we can be a conscious part of the Whole. Thy Love, Thy Will be done.

Come, let us love one another by giving of ourselves

Spiritual Principles Prepares Us
"Pay Forward" #135

Today's "Pay Forward" gift is – Spiritual Principles Prepares Us. Often life calls upon us to choose and take action at a moment's notice. I know the value in my morning prep-work, centering on spiritual principles. Getting ready to carry out my day, I'm tempted to outline the form it should come in. That can be the kiss of death, concealing the blessing offering the real solution, by planning what I'm seeking should look like, where, when and whom to be with. When my day's event take on a different course than the one I outlined, conflict pops up. I must have made the wrong decision, because I am not at peace. If I turn to our Father quickly, accepting my mistake, I don't waste a lot of time, choosing once again. If my outlining is based on the way that something or someone worked well before, I am likely to block the Solution. When my prep-work is centered on spiritual principles instead of past events my day is often well spent, it is as if I am a co-creator, not a maker upper of illusions. A useful affirmation is, "My individually created higher Self, I know You are within me, as You are in each of us. I'm reminded it is our Father within doing the works we call life. Please reveal Yourself to me, Thank You." Loving spiritual principles doesn't wait for the fires of life to consume us; they teach us to install smoke detectors and fire alarms beforehand. Thy Love, Thy Will be done.

"Do small things with great love" Mother Teresa.



Cage Building
"Pay Forward" #136

Today's "Pay Forward" gift is - Cage Building. "There is nothing either good or bad, but thinking makes it so" William Shakespeare. We experience whatever our personal "reality" has made up or went along with. Where will today's prayers, thoughts, emotions, actions, decisions, and sharing, take me tomorrow? Animals are locked up in cages lose any sign of life, while their bodies waste away. Prisoners, if unable to find some hope begin to react as a caged being and experience "hard time". Counting the number of days they have left, hoping for an early release gives them some hope. Some find a Spiritual solution, giving them freedom inside the cage. What about you and I, we create our own cages? Once we abandon hope we become prisoner, no matter where we are. As an alcoholic, I built my cage and after repeated failure to escape, I gave up hope and the light and signs of life dimmed, experiencing complete powerlessness. A.A. has given me the tools to unlock my self-made confinements, becoming my personal "reality." Embracing my messengers, pain and fear, and owning my made up world view, I surrendered it to our Father, I experience freedom. A.A. has awakened me to a loving Source which does for me what I cannot do. I am so grateful that I can accept that I make up my cages, but more important I have the key to freedom. Come let us love one another, guiding one another to freedom and beyond. Thy Love, Thy Will be done.

Come, let us love one another by giving of ourselves

Encouraging One Another
"Pay Forward" #137

Today's "Pay Forward" gift is - Encouraging One Another. "One may not reach the dawn save by the path of the night" Hahlil Gibran. A.A. by grace has transformed our dark night into the light of day, and we do well to share the gift. 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 to do His Love; His will. After seeing the movie "Pay Forward" I realized how we can put this affirmation to good use. Let us encourage one another to love, ourselves, as the individual our Father created, this enables us to love others more. Each of us has a Healing Power within, let's claim It, and share it. Everyone is our teacher and we are everyone's teacher. Every day we have opportunities to forgive ourselves and others. As we "Pay Forward" we are practicing giving of ourselves. As we experience the results of our "Pay Forward" sharing, our love is expanding and growing. "If you would learn the secret of right relations look only for the divine in people and things, and leave all the rest to God" J Allen Boone. We are co-creating the love we are. Each time we practice freely giving we awaken to our Father's Omnipresence within. Come let us be about our Father's Business. Thy Love, Thy Will be done.

"Do small things with great love" Mother Teresa.



Trust Truth, Question The Source Of Our Facts
"Pay Forward" #138

Today's "Pay Forward" gift is – Trust Truth, Question The Source Of Our Facts. Facts get in the way of Truth. Our personal "reality" draws facts, events and others into our conscious life which confirms its "reality." That causes us to deal with appearances and not the loving wisdom of our Father. Too many facts can temporary block our dreams. No matter if we are daydreaming; expressed through our imagination or night dreaming, when we are finished, let's do something to help our dream become a reality. We must not deny ourselves the chance to dream and change the world in a loving, positive way, at least in our world view. Action takes our dream to another level, were we may become a co-creator. Of course, we are not talking about nightmares, which cause us to hide or withdraw, but dream s that expanded our world view. I am loving change and my love is changing. To neglect one's self is really missing the mark; a purposeless act of unkindness. I found it useful to include my dreams still in the works in my inventory. Dream, using our imagination co-crate small ways we can help us nurture, by taking action. Jesus in the Gospel of Saint Thomas said, "If you know who you are, you will become as I am." Loving one another is a great dream fulfilled. Our heart's desire, which is our Father's Will, often communicates through our dreams. Thy Love, Thy Will be done.

Come, let us love one another by giving of ourselves

Perfect Timing
"Pay Forward" #139

Today's "Pay Forward" gift is – Perfect Timing. Early this morning I had a question demanding an answer, so I couldn't go back to sleep. What does it mean to do our Father's Will, known or unknown? To me it means He is expressing Himself through me. Out of enlightened self-interest I want Him to have His Way with me, no matter what. I don't have to know why I am experiencing life which I can't currently understand. Love and gratitude is flowing through me out into the world. In an abiding faith in His loving grace I trust whatever is Perfect Timing. My thoughts and ideas are becoming part of His Will, causing them to be useful and constructive. I find myself doing physically healthy things. I see proof of our Father's Presence with the eyes of faith, increasing my desire to pray and meditate. I'm affirming it is our Father within doing the works called life, within and without my understanding. I'm a channel and sometimes an agent of His Will. I'm given the gifts of intuitive wisdom, Spiritual discernment and common sense. Father this is the day You have made, let us rejoice in it and share the love we are. Thank You for all of your Gifts. I cannot fully answer the question "What does it mean to do our Father's Will, known or unknown?" Perhaps it is just being willing to be in alignment with the individual He created me as. Thy Love, Thy Will be done.

"Do small things with great love" Mother Teresa.



Pettiness Showing Up Again
"Pay Forward" #140

Today's "Pay Forward" gift is – Pettiness Showing Up Again. When I arrived at A.A. I had hit a new low even for me. I could no longer blame others. I had no Higher Power or friends to turn to. I could not see a way out of my self-imposed prison. I have great cause to be grateful for the mercy I was, I am shown. The A.A. group was so kind to accept me just as I was. When I feel powerless, disappointed and frustrated, my pettiness pops up. It's time to stop fighting everyone and everything, and return to our Father, asking for His Loving Mercy, returning me to the mission He so graciously given me. When I am saying no to my mission; I believe is our Father's will for me, I am judging with my personal "reality" I made up. The good news, it can be changed like all habits. When rejecting others or feeling rejected it's the useless unloving personal "reality" having its way. When I've fallen in my selfish, self-centered ditch I'm not living the enlightened self-interest so freely given me, it's a signal to return to my loving mission. The image and likeness of our Father, our true love is a healing power touching everything into wholeness. For our love is an extension of our Father's Love. I choose to take back the power I gave to my personal "reality" or anyone else and return it to our Father; freeing me. Thy Love, Thy Will be done.

Come, let us love one another by giving of ourselves

Our Father's Mercy Comes In All Shapes And Sizes
"Pay Forward" #141

Today's "Pay Forward" gift is – Our Father's Mercy Comes In All Shapes And Sizes. "God being rich in mercy, because of His great love with which He loved us, even when we were dead in our transgressions, made us alive together with Christ" Ephesians 2:4-5. I was in a very low point in my drunken life, but once again our Father was merciful, my son came into this world, he is sixty-four today. I am deeply grateful for my son, and for who and what he has become. I will be telling him how much I do love him today. If you happen to run into him tell him I deeply love him, that will be an additional confirmation. As I look back at those days it is clear that I have always had a Silent, Invisible Means of Support. I began to awaken to His omnipresence as the result of practicing A.A. Spiritual principles. My life seems like a giant jigsaw puzzle alone and unaided. Like a 1000 piece jigsaw puzzles; all those disconnected pieces lying scattered on the floor, so was my life. My powerlessness was overwhelming, making me feel hopeless, useless, and then along came our Father's tender mercy, my son. So many things had to fall in place before I could experience a sign of healing, wholeness for my scattered life, even for a day of grace. Seeing through the eyes of faith I can see His omnipresence within all, extending His mercy. Thy Love, Thy Will be done.

"Do small things with great love" Mother Teresa.



Taking The Blinders Off
"Pay Forward" #142

Today's "Pay Forward" gift – is – Taking The Blinders Off. I finally forgave my dad, I realized how many times he tried to express his love for me, and I was blind to it. Example, when I was thirteen years of age I was on my school's track team. I didn't have track shoes, so I ran barefooted. Our school was in a race meet, just before I was to run my dad showed up with a pair of track shoes for me. I was really surprised but not grateful, as I remember. Our Family was very poor at the time, making his gift special. As I began my sober life, practicing A.A. spiritual principles, I recalled a number of times when my dad tried to express his love me, but it wasn't the "right" kind or enough, according to me. When I came back from the Korean War, he gave me a job with the promise of a partnership, if I would work at it. Most days I didn't draw a sober breath, and I did not produce anything of value. Later he paid for my detoxing. I have a long list of his generosity, but you get the point. When the blinders came off I could see clearly how wrong, and self-centered I was. The gift of love is as precious as the gift of life. I realize love is life; our Father is Love and Life. I am filled with love and gratitude, today. Thy Love, Thy Will be done.

Come, let us love one another by giving of ourselves

I'm Not Waiting For Valentine's Day
"Pay Forward" #143

Today's "Pay Forward" gift is – I'm Not Waiting For Valentine's Day. It's my wife's birthday. Upon awakening this morning I will be asking her to be my Valentine. For sure, I'll be telling her "Happy Birthday." By the way, she has been my Valentine for over fifty-five years. Will you be my Valentine? This will be said a whole lot in February. It is a wonderful gift to be acknowledged as loved and valued by someone we know. That someone loves us warts and all, expressing their commitment to love us. Why wait for a special day to express our love? God is love. We are created in His image and likeness. Love is wired into us at the time of conception, love is not just a choice, it's our nature. We don't need a special day to acknowledge our loved ones. Our Creator created us where we have to share our life with others and sharing is an expression of love. Perhaps everyday should be Valentine's Day, to honor our Creator's handy work. A.A. offers us the tools to express love 24/7. Our workbook, Six Loves could be helpful, go to our website: www.12stepworkbook.org. Love does not have to have any special equipment or expensive laboratory, no reference library, no professional training these can be useful but not required. Love expands with use, what a blessing. Come let us love on another just as we are. Do it now, we will not past this way again. Thy Love, Thy Will be done.

"Do small things with great love" Mother Teresa.



Missing The Mark
"Pay Forward" #144

Today's "Pay Forward" gift is – Missing The Mark. Upon awakening I turn to You Father, I am filled with love and gratitude. I am choosing to do a little target practice today. Before I start my target practice I want to be sure I choose the right target. Prayer and meditation does improve my chances to choose the right target. Also I asked myself a few questions. What am I aiming for? What is my goal? What am I trying to achieve? I need to have some idea where I am aiming to go, otherwise I might not get there or I may not know when I do. Having a target to aim at will help direct my course. The more target practice I engage in, the more likely I will hit the bull's-eye. I am choosing to aim at my heart's desire; to carry out my given purpose; that is to do our Father's intended Will for me. I am taking the time to refocus on my target. I am going to my A.A. meeting this morning to do a little target practice, join me at least in spirit. I am reminded that the word sin comes from the root words which means missing the mark, in reference to the ancient art of archery. I would do well to remember that when I am tempted to you the "drug" guilt and punishment on myself or others. Thy Love, Thy Will be done.

Come, let us love one another by giving of ourselves

A Time Celebrate And To Mourn
“Pay Forward” #145

Today’s “Pay Forward” gift is – A Time Celebrate And To Mourn. This weekend my Home group is celebrating sixty-ninth years of loving service. February 1957 I joined Alcoholics Anonymous. Group 12 became my home group, and Club 12 became my home away from home. They already had seven and a half years of service. Most of the Charter Members were still alive and active in the Program. None of these or any other members of A.A., that began their sobriety in San Antonio are still with us, this is a time of mourning for me. However, they will always be with us in Spirit. We had great forerunners to whom many thousands of A.A.’s, their families and friends owe a debt of gratitude. It is impossible to sit down on paper the Spirit of sixty-nine years of service. I cannot fully account for my own life or others that were/are transformed as the result of A.A.’s way of life, shared within the walls of Club 12. Most of these individual stories of their loving transformation from a life of self-centeredness to one of value will never be told. However the silent, invisible inheritance is experienced and is being passed on, daily. When I joined A.A., its membership was very small, we had only a few Twelve-Step calls. So, we did a little crusading, seeking prospects off the street, jails, hospitals, bars, just about anyone who would listen. Few outsiders heard of Alcoholics Anonymous, today we are known around the world as those who help alcoholics recover. Thy Love, Thy Will be done.

“Do small things with great love” Mother Teresa.



After All We Do Have Choices
“Pay Forward” #146

Today’s “Pay Forward” gift is – After All We Do Have Choices. “Life is precious as it is. All the elements for your happiness are already here. There is no need run, strive, search, or struggle. Just be” Thich Nhat Hanh. We do have the gift of choosing. Not deciding is a choice. Thank You Father for this Intuition, which include gifts of Wisdom, Spiritual Discernment, Faith and Love are beyond my personal “reality”, it is a knowing deeper than words. We are awakened to the Reality that all of this Divine Gift at the intuitive level is our primary nature, no matter the appearance to the contrary. This experience cannot be put into words without contaminating it, but the willingness to do so expand our human understanding. True Spiritual discernment is to realize the difference between Divine Omnipresence and our human reasoning. This day I choose to do all I can to increase my love giving; by carrying our A.A. message to someone who is suffering. I choose to offer kindness to those I am conscious of. I choose to quickly forgive everyone including myself. I choose to offer compassion and understanding to those I am drawn to. I choose to be part of the solution instead of the problem. I choose our Father’s Love and His Will to be done. When I fail to carry my loving intent I choose to follow the Prodigal Son and turn Home. Thy Love, Thy Will be done.

Come, let us love one another by giving of ourselves

“I’m - Back.”
“Pay Forward” #147

Today’s “Pay Forward” gift is – “I’m - Back.” “Nothing pays off like restraint of tongue and pen.” (Twelve Steps and Twelve Traditions) I’ve paid a high price by not practicing that simple truth. At times I have a driving need to be right, being willingly to sacrifice everything. When the drive for the “need to be right” was too strong, I would withdraw and/or become violent. By accepting my powerlessness to change alone and unaided, I’m more likely seek help. By our Father’s mercy and grace, I don’t get violent, withdraw, or withhold my love, as I once did. I am willing to own my “need to be right”, enabling me to surrender this defect to our Father, praying He will transform it into another working asset. Becoming aware of any of my defects, no matter their shape or size is an important part of the healing process. No matter how well my defects are disguised, if their pattern is not owned and surrendered for a needed upgrade, they will pop up again, even stronger. “Once a needier to be right”, without the grace of a transformation it’s a repeater. Realizing it is a pattern and not just a once-in-awhile event, I’m able to take full ownership and surrender it to be healed or transformed. “The thing that is really hard and amazing, is giving up on being perfect and beginning the work of becoming yourself” Anne Quindlen. Thy Love, Thy Will be done.

“Do small things with great love” Mother Teresa.



Vine Ripe Fruit
“Pay Forward” #148

Today’s “Pay Forward” gift is - Vine Ripe Fruit. I do better when I am dwelling on constructive thoughts and ideas. That way of thinking includes some site-work; clearing a space before building our heart’s desire, not just dealing with surface matters. Moving furniture in a room; it looks different but it is the same room. Our attitude may be better, our dealing with others reflect that, but not change our character. Practicing the Presence of our Higher Power, prayer and meditation, open us to intuitive wisdom and Spiritual discernment. The real change in our character comes by grace not by works. Good works and loving service are the fruits of prayers and meditations. When our character is transformed by grace our defects are turned into workable assets. Loving service make our chances better to receive a transformation, as our sense of confidence and courage increase. “I have confidence in myself as I have confidence in God.” Vine ripe fruit comes as a consequence of our realization of the Infinite Power within doing the works called life. Released from fear, worry and doubt leaves us free to function as we were Created. A.A. offers us a set of tools that opens us up to the grace we need to be joyous, happy and free. Gathering the vine ripe fruit with others nourishes our whole being. Come let us work in the fields prepared for us. Thy Love, Thy Will be done.

Come, let us love one another by giving of ourselves

Writer's Block – Again!
“Pay Forward” #149

Today's “Pay Forward” gift is – Writer's Block – Again! I am blocking that part of my mission which is calling for me to write a workbook on my Quad-Partnership. I must accept that the resistance is me, but why? I may never understand the “purpose” of a blockage, but I need to take responsibility for it. I choose not to anesthetize myself or distract myself from the pain of disappointment. I am willing to look with an open-mind, open-heart and open eyes at my power-outage. I now turn to the creative Source within me for whatever it takes to get started on this project. I feel this writing is long overdue. The last time I experienced this kind of blockage was when I was writing the Moody Workbook. The blockage lasted three years. My love and understanding deepen each time I put into practice a new idea in the form of a workbook. These tools enabled me to accept my defect, surrender it, chipping away a little more of what I am not, setting free some of what is my created self. Then His grace can transform my defect into an asset, increasing in its usefulness. Oops, I see the source of my blockage; it is me thinking the increase is dependent on me. Now is the time to return to our Father, to His love and get out of His way. The fulfillment of my Quad-Partnership's mission is for each partner is to do and to be Them-Selves. Let us share those Gifts. Thy Love, Thy Will be done.

“Do small things with great love” Mother Teresa.



The Off And On Switch
“Pay Forward” #150

Today's “Pay Forward” gift is – The Off And On Switch. Today's humor too often is the putting others or ourselves down. One may intend for it to be funny, however when we are the target, it is at the least counterproductive. The sarcastic, demeaning put-down has become part of the fabric of everyday life. When I joined A.A. many years ago I was not around people who put others or themselves down, it would have been seen as an act of aggression. At some level, most of us view a put-down as an attack, not loving. I was so beat-down; feeling totally powerless, useless, without any redeeming features, by the time I reached Alcoholics Anonymous. I thought of any put-down as if someone was trying to hurt me which called for physical violence. By our Father's loving grace the members of my A.A. group built me up, not down. None of the “tough-love” stuff. One member, Bill O. would tell others how well I was doing, and when it got back to me it opened me up; I had been so closed off. When someone falls back into a ditch, instead of pushing them deeper I want to encourage them to get out, sharing some of what I've been so freely given. Sharing what we want and living A.A. spiritual principles we are compassionate toward anyone having problems. It seems that the target for a put-down is most likely toward those who are doing well. Thy Love, Thy Will be done.

Come, let us love one another by giving of ourselves

Accepting The Gifts Already Given
"Pay Forward" #151

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

"Do small things with great love" Mother Teresa.



Dealing With Hard Choices
"Pay Forward" #152

Today's "Pay Forward" gift is – Dealing With Hard Choices. What do I want to spend my time and energy on? I can choose to be negative, feel sorry for me, selfish, resentful, worry, fearful, prideful, unloving, greedy, jealous, prejudice, with a promise of more of the same to come. I would have to be insane to choose that stuff. Good thing we have a Step Two. I could choose to dwell on what I want instead which is, love, healing, teaching, forgiving, empowerment, enlightenment, enrichment, loving and wisdom. I want to lovingly communicate with others in a way that makes a good difference. I want to co-create those wonderful fulfilling things I desire and awaken to our Father's Omnipresence. I could focus on preparing and being prepared to share the love we are. I could do some praying and meditating, worshipping our Father, in spirit (consciously) and Truth (reality). I could focus on loving all my fellow beings as if I loved myself, because I would be. I could prepare myself to be patient, kind, generous, humble, thoughtful, unselfish, have a good sense of humor, in other words ever day kind of love. Now, let me see which of these are more likely to bring joy, happiness and freedom. I don't want to get too good. I know it is a hard choice for me so I better ask for guidance. In the meantime, I just as well take a timeout and enjoy relaxing. Thy Love, Thy Will be done.

Come, let us love one another by giving of ourselves

A Patient And Kind Affirmation
"Pay Forward" #153

Today's "Pay Forward" gift is – A Patient And Kind Affirmation. Patience is passive, love waiting to begin. Kindness is love sharing the gifts we are given. Let me be patient and kind to everyone I come into conscious contact. Patience is how love diffuses something negative; kindness is how love takes action, the magic word. Father I am as you created me, Your son and a loving brother to all. Let me remember who we all are, His children. I choose to judge others as I want to be judged. I am seeking to see the Omnipresence within each one, with the eyes of faith. I am cleaning up my life, owning and surrendering the unwanted, patiently waiting for His results. I have only One Source, I am asking for all I need to carry out His Love and His Will. Whatever I receive let me freely share with others. I seek to have the ability to walk on by temptations or get out of the ditch when I fall back into one. Let me beware of false prophets within or without. Let me gather the good fruit and share it. I listen to the guidance I am given and follow it. I am building my personal "reality" on a Spiritual rock. When I share my experience, strength and hope from my heart I am speaking with authority. I choose a simple, patient, kind way of life for My A.A. serendipity journey, but not easy. Thy Love, Thy Will be done.

"Do small things with great love" Mother Teresa.



Love's Healing Light Overcomes Mourning's Darkness
"Pay Forward" #154

Today's "Pay Forward" gift is – Love's Healing Light Overcomes Mourning's Darkness. "Darkness cannot drive out darkness; only light can do that. Hate cannot drive out hate only love can do that" Martin Luther King Jr. My pre-A.A.'s idea of a hero was somewhat like the Revenger of Blood from the Old Testament of the Bible. I would seek and find "wrong doers" and punish them. My specialty was bullies and those who were unfair, according to me. Let this be the day I am able to love all of Your creation, acting like Your son and a loving brother to all. Being willing to love and forgive all enables me to believe others will love and forgive all of me. Turning my selfishness into enlightened self-interest. Until I came into A.A. I did not mourn for anyone's passing. When my best A.A. friend died, I could not stop weeping. During my meditation I would call my dad, who had passed away into my consciousness to make amends. The last time I did that, I change only one thing I said. "If there is a life after this life, I don't want to hold you bound, and I don't want you to hold me bound, I want us both to be free." Uncontrollable tears began to flow, and I experienced a great joy and freedom for both my dad and for me, a wonderful healing. Thy Love, Thy Will be done.

Come, let us love one another by giving of ourselves

Looking For Me In All The Wrong Places
“Pay Forward” #155

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

“Do small things with great love” Mother Teresa.



Make Us A Channel Of Our Father’s Love
“Pay Forward” #156

Today’s “Pay Forward” gift is – Make Us A Channel Of Our Father’s Love. Showing up at the doors of A.A. I was so selfish and self-centered, that the thought of giving of myself was out of the question. First of all I did not believe I had anything worthwhile to give. Then I experience others unconditionally giving of themselves. I was not able to trust anyone doing such a thing. After living A.A.'s spiritual principle for a while, I found myself freely giving to others, not asking or expecting anything in return. I came to understand that it is our Father loving through us. All we have to do is practice a few spiritual principles and be willing to let Him use us. Openly or silently I say come let us encourage one another to be a channel of His infinite, divine love. We are being supplied with all we need to do and to be His Love and His will. The moments that stand out for most of us are when we share the love we are in union with our Father’s love. Perhaps an unnoticed kindness or expressions of loving service too trifle to speak about. Let us encourage others by our acts of loving service. Both the giving and receiving love change us into our intended image and likeness. Every expression of love will leave a mark on us. No need to wait for the perfect place and time, its here, now. Thy Love, Thy Will be done.

Come, let us love one another by giving of ourselves

By Your Grace - I Am – We Are
“Pay Forward” #157

Today’s “Pay Forward” gift is - By Your Grace - I Am – We Are. I turned eighty-eight years young today, knowing my history that’s truly a miracle. I am blessed with sixty-one and a half years of sobriety. I’m spiritually, mentally, physically, emotionally and socially very well. I spend three hours doing daily prep-work; prayer, meditation, reading, writing and exercising. There is a possibility that I am a workaholic. I like to think of it as a wonderful calling, in which I dearly love. I have the grace of being actively sharing the gifts I have been so freely given. I share one-on-one, plus meetings and workshops in my office five days a week. I enjoy my Home Group, Group 12, at least two times a week. By Your grace, Father I am loved, healed, taught, forgiven, empowered, enlightened, enriched, communicated to, co-created with and awakened. Before I came to Alcoholic Anonymous, I drink a lot over the unknown loss of something I never consciously had. I’ve learned to live more creatively through and beyond any loss, blessed with a deeper Spiritual part of myself. My life has been and still is a serendipity journey, taking me to places I never dreamed of. I have a growing trust in our Father and an abiding faith in His grace. His Son is my greatest hero. I love doing His Will, as I understand it by sharing the mission He gave/gives me. I am so deeply grateful for all those who share their life with me. Thy Love, Thy Will be done.

“Do small things with great love” Mother Teresa.



Surrendering To Our Father Is A Wise Decision
“Pay Forward” #158

Today’s “Pay Forward” gift is – Surrendering To Our Father Is A Wise Decision. Giving Up Is Not. When I’m asked to sign someone’s Big Book, I write on Page 164, Keep on Keeping on. “Every oak tree started out as a nut that stood their ground.” (Henry David Thoreau) I thought of A.A. when I read this. I thought of Dr. Bob and Bill Wilson, two social outcasts (two nuts) who stood their ground. I am aware this morning of so many inspirational events that take place all around us. All we need is a little willingness to look around with the eyes of faith. I’ve seen a tiny flower break through pavement and burst forth into the sunlight. Does it give up and die, does it quit? No! It keeps on keeping on. That inspired me to break through some of my paved over gifts, out of my darkness into the Light. Spring releases its stored up energy bring forth new and renewed forms of life. In the spring the death rate goes down as we witness the gifts of spring. Springs awakens us to a love and gratitude deeper than words. Spring break is the correct name for that time in our lives. “Under the bitter snow is a seed which in the spring will become a rose.” Come let us watch our love seeds break through into the Light. Thy Love, Thy Will be done.

Come, let us love one another by giving of ourselves

Why Not Take All Of Me?
"Pay Forward" #159

Today's "Pay Forward" gift is – Why Not Take All Of Me? I tried to separate parts of my human condition to help me understand it and forgot to put it back. The people we deal with are a reflection of our habits of thoughts and feelings, just as we are for them. This can be a useful tool for growth. We are 50% of our human transaction, no more, or less. Let me remember everything we experience is part of our whole. My Spiritual exercises take me to a higher vibration or consciousness. At times I get so focused on the Spiritual I forget that it's designed for this human condition. Perhaps the human condition was designed for the Spiritual expression to come into this outer world of expression. Did the chicken or the egg come first? Who cares? It's important to remember the Spiritual, mental, physical, emotion and social is one unit, with a Divine purpose. To separate our Father's handy work is the wrong path to take. I choose stay in union, reminding myself to commit all of me, no matter what shape one of its parts are. Come let us love the wholeness of one another. "...the body of the alcoholic is quite as abnormal as his mind." "...unless this person can experience an entire psychic change there is very little hope of his recovery." Alcoholics Anonymous page xxix) I am aware of the importance of this; "...be ye transformed by the renewing of your mind..." (Romans 12:2) Thy Love, Thy Will be done.

"Do small things with great love" Mother Teresa.



Seeing Through The Eyes Of Faith
"Pay Forward" #160

Today's "Pay Forward" gift is – Seeing Through The Eyes Of Faith. "...we shall see a pathway beside which is an inscription. It reads: This is the way to a faith that works." (Twelve Steps and Twelve Traditions) Faith is one of the most important elements of our A.A. Program. When we have enough willingness to trust turning a problem over to our Higher Power, our faith grows. Each time we lean on faith, following it with works; we are likely to get results. When we get results from faith we are willing to extend our faith to "greater problems." Once we have a growing faith in a Higher Power, which will solve our problems, our lack of power is less of a dilemma. How will we find the balance between faith and works? The answer is simple; what I can do is my responsibility and everything else is our Fathers. Practicing that solution in all our affairs is not complicated. It is complex, having many parts, it is far from easy. It takes all our newfound faith and willingness to practice our A.A. way of life 24/7. Faith is the unseen or unheard Spiritual assurance; the seemingly impossible can be done. Faith can draw out of the silent, invisible Spiritual substance our heart's desire, our Father's Will for us. Practicing our faith by our works takes us to an inner knowing deeper than words. Loving one another is proof of our faith in our Father's grace; He is Love. Thy Love, Thy Will be done.

Come, let us love one another by giving of ourselves

Let's Fill Our Minds With What We Long For
"Pay Forward" #161

Today's "Pay Forward" gift is – Let's Fill Our Minds With What We Long For. I received the most wonderful gift message for my eighty-eighth birthday, in which I am so deeply grateful. "I am blessed to know you in many ways... (It listed eighty-eight ways). I have made copies of the list, so I will have it to meditate on when I need an up lift. The list includes so many characteristics I long to express 24/7. What if I started each day with a row call of all those eighty-eight ways? What if I choose one of the characteristics from the list to practice throughout the day, with whoever shows up? I start most of my one-on-one sharing and each meeting or workshop at my office, with the Serenity Prayer, silently or openly. Practicing my chosen characteristic will cause it to come alive. Is it true; we are limited not by our abilities but by our vision? I better add vision to my growing list. I want to be the change I wish to see in the world. We awaken each morning with the potential to change the world, to make a good difference; we are co-creators, in union with our Father's Will, our heart's desire. It's becoming clear; practicing these eighty-eight ways are part of my given purpose as a beloved lover, healer, teacher, forgiver, empower, enlightener, enricher, communicator, co-creator and an awakener. I suggest that you and a loved one make your own list, and practice one-a-day. Thy Love, Thy Will be done.

"Do small things with great love" Mother Teresa.



An Awakening Affirmation
"Pay Forward" #162

Today's "Pay Forward" gift is – An Awakening Affirmation. "This much 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. He will bring people and events into our lives, and...they are designed for the evolution of His life in us" Fr. Thomas Keating. 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 to do His will. Let us remember even for an instant that we were given our heart's desire; our Divinely designed individual purpose, when we were brought into this world. Why not choose to live it, starting now? Let us fall back on today's affirmation. After the first reading just be aware of the words. After the second reading reflect about the meaning or significance of the words. After the third reading let us respond in spontaneous prayer. After the fourth reading simply rest in our Father's Presence. After the period of silence in His Presence share your experience with others by extending the love we are. Thy Love, Thy Will be done.

Come, let us love one another by giving of ourselves

Serving The Wounded Alcoholic
"Pay Forward" #163

Today's "Pay Forward" gift is –Serving The Wounded Alcoholic. "In love's service only the wounded soldier can serve." (Thornton Wilder) "Helping others is the foundation stone of your recovery." (Alcoholics Anonymous page 97) When I'm filled with negative self, dwelling in useless chatter, A.A. suggest we find, and serve a wounded soldier (an alcoholic who is suffering). When all else fails we can get out of self by helping another. I cannot stop my useless internal chatter this morning. Instead of focusing on the present moment I am focusing on long-distant projects as if I could solve them now. What started out constructive turned negative, with me having conversations with absent people, and making up "vital facts." I know from experience we only have real power, to do or be now, it's the only time we can decide or act. If I know we can only make a difference here and now, then why don't I act like it? Which comes first the egg and the chicken? Who cares? It's too early to call anyone so I have to return to our Father and let Him take care of this "problem." I choose to surrender my self-inflicted wounds to our Father and return to love. Encourage me to focus within this present moment, seeking the inspiration to share with another wounded alcoholic. Come let us bind up our wounds, and lovingly share this healing moment, with whomever our Father brings. Thy Love, Thy Will be done.

"Do small things with great love" Mother Teresa.



His Heart's Desire
"Pay Forward" #164

Today's "Pay Forward" gift is – His Heart's Desire. Each of us must be our Father/Creator's Heart's Desire, because here we are. "We are the clay and You our potter; And all of us are the work of Your hand." (Isaiah 64:8) The greatest accomplishment in life is to be the individual Divine design our Father created us as. No matter what we do, say, think or feel will change His Will for each of us, we may fail to be conscious of that reality, but that will not change it. By our Father's grace we may choose to do and to be His Will as our will. I long to be one who demonstrates what it looks like to be authentic and live life with purpose and meaning, walking and talking the grace I am given, a miracle no doubt. I am part of the unconditional love I witness in Alcoholics Anonymous. I am witnessing those who have been so selfish and self-centered become people of honor and integrity, freely sharing what they have received. I witnessed a great many over the years that are wonderfully sober example of how A.A. works. We learn how to use the "f" word, which is forgiveness, and teach each other how to get their when we can't, by turning to the Boss. By practicing a few simple spiritual principles we experience what it means to be a human being and connected to Spirit at the same time. Thy Love, Thy Will be done.

Come, let us love one another by giving of ourselves

Unfairness Be Gone
"Pay Forward" #165

Today's "Pay Forward" gift is – Unfairness Be Gone. Why do I take unfairness so personal? That question has come up many times throughout the years. Unfairness makes me aware of my powerlessness, my unworthiness. I could never compete well, so I wouldn't try. I would feel sorry for myself and withdraw or turn violent. I could not stand by and see anyone, being treated unfairly, even on TV. No wonder I stayed away from the news for more than 25 years. I never felt like I had a purpose until I joined Alcoholics Anonymous. Now, I find many ways I can make at least a tiny good difference. No wonder I love A.A. so much. It opened me to a loving relationship with our Father, and others. He has demonstrated often how unconditionally loving, and merciful He is, even with an unworthy person like me. It's clear that our Father is not affected by our human unfairness. I want so much to unconditionally love and be merciful with all. All unfairness will be accounted for, but that's beyond my pay-grade. Even though I cannot understand any good purpose for unfairness, I've come to realize, out of enlightened self-interest, to act as if there is one. I am willing, but unable to forgive everyone. The solution is clear, let our Father do for me, for us what we cannot. Let us take the time to practice, silently and openly the skills and abilities we want. Thy Love, Thy Will be done.

"Do small things with great love" Mother Teresa.



Who are these winners and losers?
"Pay Forward" #166

Today's "Pay Forward" gift is - 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. When we work the Steps we are most likely view ourselves as a Winner. Let us live and work but remember to play. If we are not enjoying life we have not been living A.A.'s spiritual principles long enough or we are not doing something right. "You are given the gifts of the gods; you create your reality according to your beliefs. Yours is the creative energy that makes your world. There are no limitations to the self except those you believe in." (Jane Roberts) "For He shall give His angels charge over thee, to keep thee in all thy ways. They shall bear thee up in their hands, lest thou dash thy foot against a stone." (Psalm 91) Thy Love, Thy Will be done.

Come, let us love one another by giving of ourselves

Sponsorship-An Act Of Love
"Pay Forward" #167

Today's "Pay Forward" gift is – Sponsorship- An Act Of Love. A.A.'s Step Twelve has three spiritual gifts. 1. We are awakened to a spiritual Presence; I choose to call our Father. 2. We carry the recovery message; clearly an act of love. 3. We practice doing and being the individual we were intended to be; practicing A.A.'s spiritual principles in every area of our lives; an act of real self-love. When I joined A.A. it was common for the newcomer to be called by his or her sponsor their baby. I never cared for the title, until I became a sponsor. I become willing and able to accept myself and other newcomers as if we were dying to our old useless, harmful self-centered life, and being reborn into a whole new world. "When I was a child, I spoke as a child, I understood as a child, I thought as a child, but when I became a man, I put away childish things." (1 Corinthians 13:11) The life I had built for myself was basically an "I" centered universe. "I have loved you with an everlasting love." (Jeremiah 3:3) Sponsorship is like parenting. When we give of ourselves to one another by sponsoring we realize love at a much deeper level. But what if the one we sponsor ("our Child") turns away and rejected our gift of love? Fear not, there are lots of "children" needing a sponsor. "Love one another as I have loved you." Thy Love, Thy Will be done.

"Do small things with great love" Mother Teresa.



Using Our Directive Power
"Pay Forward" #168

Today's "Pay Forward" gift is – Using Our Directive Power. Now, I choose to use my directive power, which is my will in harmony with Your Love, Your Will be done Father. I use my prep-time seeking and finding Your Holy Will. By Your grace I co-create my mental readiness to express the loving mission You gave me plus Your consistent upgrading. I know You have already given me all I need to carry out my loving mission. I am open and receptive to do my little part. The proof of my acceptance is the action I am taking. This action begins with prayer and meditation, aligning my consciousness with Your Presence within. I claim the gift of intuitive wisdom, and spiritual discernment. Action is the magic word. I extend the love to all, as it is given to me. "The eternal quest of the individual human being is to shatter his (or her) loneliness." (Norman Cousins) When we realize our purpose, our created mission, through the eyes of faith, we will never be lonely again, because we are part of the Intended Life. There is one life, that life is perfect, that life is our Father's Life, that life is all life, that life is my life now. Come let us love one another, joining the Whole. Thy Love, Thy Will be done.

Come, let us love one another by giving of ourselves

There Is A Stranger Knocking At Our Door
"Pay Forward" #169

Today's "Pay Forward" gift is – There Is A Stranger Knocking At Our Door. Why is it so difficult to love ourselves? Why do so many feel shame sharing that they love themselves? In Hebrew the word for "neighbor" is (Ra) also means, "evil". To fully love myself I must love the stranger, because the stranger is that part of me I am denying. I'm grateful to A.A. for giving me a way to re-own that part of me that I have hidden or never accept; the "stranger", and my "neighbor." Practicing A.A.'s spiritual principles, I've realized my secret lovers and enemies are hidden "strangers". My willingness to love strangers and neighbors outside me allows me the love those within, they were waiting for me. I willingly embrace both the good and bad, as I discover and uncover their presence. I am willing to share all of me. When I was fifteen years old I believed I would never have someone who would let me love them with all the love I had. It was me blocking me. When I surrendered all of me to our Father, trusting beyond and deeper than words, my hidden love began to flow. Before A.A. our Father was my "stranger." Willingness to love is a starting point for the reintegrating all loves into One Love. I can now say with confidence; "Our love is a healing power touching everyone, everything into Wholeness, Holiness." There is a stranger at our door, let's open it. Thy Love, Thy Will be done.

"Do small things with great love" Mother Teresa.



It's Time To Recommit To Love
"Pay Forward" #170

Today's "Pay Forward" gift is – It's Time To Recommit To Love. We become what we love or what we hate, and that means one of these shapes what we become. Our Creator is Love, and He made us in His image and likeness. An important choice is to love one another. Thanks to You, Father I am receiving whatever it takes to rewrite and rewire my personal "reality" with the love I am. Love not hate is my heart's desire for my serendipity journey Home. I willingly center my focus on the needed or wanted for my given mission, and take whatever action is called for, holding nothing back. I am open to that most wonderful gift promised as the results of living our A.A.'s spiritual principles; "we will intuitive know". "Flesh and blood has not revealed it unto you, but my Father which is in heaven." It is our Father within fulfilling our promises. Teach us Your silent, invisible intentions to express Your Love and Will. Father awakens us to Your Divine Mysteries. Direct me at all levels. Loving service is our strength not our weakness. In my defenselessness my loving service attracts more love. Loving service is a kinder way of life; it is the key to living my mission, my purpose. "Resentment [hate relived] is the "number one" offender. It destroys more alcoholics than anything else." (Alcoholics Anonymous page 64) The choice between love and hate is no contest. Thy Love, Thy Will be done.

Come, let us love one another by giving of ourselves

Imagination = Co-Creator Or Illusion Producer?
“Pay Forward” #171

Today’s “Pay Forward” gift is – Imagination = Co-Creator Or Illusion Producer? When we are in harmony with our Higher Self and our Father we are a co-creator. When we are using our make-belief personal “reality” we are most likely illusionary. “Imagination is more powerful than knowledge.” (Albert Einstein) Our life experience is made up by the movies of our mind. We are a character playing a role, also the one who wrote the script and who is directing the show. A co-dependent person’s movie is dictated and scripted and directed by others. I choose to co-create my movie today as a love story. I am picturing what I want my love story to express and write out the script to do the job. Of course I invite my Co-Producer, Co-Director and Major Backer, our Father to join me in this co-created love story. At the beginning of my script I wrote our Father in as the Staring Character and Source of all the loves to follow. I am the human character taking every opportunity to extend the love we were all created as. I look for the proof of our Father Presence, which is love in each person that comes into my consciousness. Of my ten mission elements love is the first and the other nine are commentaries of or expressions of love. I also write into my script ever day elements of love; patience, kindness, generosity, humility, unselfishness, curiosity, and a good sense of humor. Thy Love, Thy Will be done.

“Do small things with great love” Mother Teresa.



There Are No “perfect” Sponsors
“Pay Forward” #172

Today’s “Pay Forward” gift is – There Are No “perfect” Sponsors. However, They are just right for now! Only willing sober people who realize the importance of giving away what they have been so freely give. It’s a case of enlightened self-interest; we have to give away what we want to keep and increase; a great investment for the countless generations to follow. A loving legacy starting with a “tri-partnership”; Bill W., Doctor Bob and our Father, today there’s millions all over the world. We may have very little recovery or a great deal, no matter, we can make a good difference, a blessing for years to come. It all gets grounded in love, which is the core of the legacy we share in. A sponsor’s words will be repeated into the ears of his or her great-grand-sponsored. They may never know the source, but they will feel the impact. “I have learned silence from the talkative, tolerance from the intolerant, and kindness from the unkind. Yet – strange! I am ungrateful to these teachers.” (Kahlil Gibran) I have learned loving useful sponsorship from those who do not walk their talk, to take my own inventory instead of taking others (like I just did), mercy from A.A. Pharisee’s hardness. I have been a good student for bad teachers, and a bad student for good teacher, I’ve learned to be grateful for both, from the ungrateful. I am living proof of the not “perfect” sponsor, but I’m willing. Thy Love, Thy Will be done.

Come, let us love one another by giving of ourselves

“Don’t Leave Home Without Him”
“Pay Forward”#173

Today’s “Pay Forward” gift is – “Don’t Leave Home Without Him.” “The foolish man seeks happiness in the distance, the wise grows it under his (or her) feet.” (James Oppenheim)
A.A. teaches us to grow where we are the fruits we want. We stop planning weeds, and tend to the vine ripe fruit with loving gratitude. Our Father is within all of His creatures doing the works called life; always Present, all Power, and all knowing. We can turn within to You, Father for all our needs for carrying out the mission You gave/give us. As soon as we know we don’t know, whatever, we return to You within. We are not asked to do or be anything He will not do through us, we don’t have to beg. After all we are His Heart’s Desire. By asking our Father for everything is an affirmation that He is our Source. This life You gave us is a vehicle to carry out a tiny part of Your Whole worldly expression. We honor Your individually Divine Design within each of Your creatures. We live, move and have our being within our Father. Our understanding is quickened through prayer and fasting. Prayer is seeking conscious union with our Father within. We Fast from what is useless or harmful, and feast on what is right for us. Come; Let us go within seeking alignment with our Creator. Thy Love, Thy Will be done.

“Do small things with great love” Mother Teresa.



What Do We Have In Common With A Buzzard and Bee?
“Pay Forward” #174

Today’s “Pay Forward” gift is – What Do We Have In Common With A Buzzard and Bee? A Friend emailed me this story about buzzards and bees. I could identify with the buzzard and bee. I had no way out of the self-imposed prison I was trapped in, If you put a buzzard in a pen that is 6 feet by 8 feet and is entirely open at the top, the bird, in spite of its ability to fly, will be an absolute prisoner. The reason is that a buzzard always begins a flight from the ground with a run of 10 to 12 feet. Without space to run, as is its habit, it will not even attempt to fly, but will remain a prisoner for life in a small jail with no top. A bumblebee, if dropped into an open tumbler, will be there until it dies. It never sees the means of escape at the top, but persists in trying to find some way out through the sides near the bottom. It will destroy itself. Most of us were like the buzzard, and the bumblebee. We struggle about with all our problems and frustrations, never realizing that all we had to do was look up! That’s the answer, the escape route and the solution to any problem.... Sorrow looks back, Worry looks around, But faith looks up! Live simply, love generously, care deeply, speak kindly, and trust in our Father, who loves us. Thy Love, Thy Will be done.

Come, let us love one another by giving of ourselves

There Is No Place Our Father Is Not - He Is Omnipresent
"Pay Forward" #175

Today's "Pay Forward" gift is – There Is No Place Our Father Is Not, He Is Omnipresent. Look within First, then within those you love, now look within your enemies, look within all creatures. Our Father is of the living, not the dead. "If God said, "Rumi, pay homage to everything that has helped you enter my Arms," there would not be one experience of my life, not one thought, not one feeling, not one act I would not bow to." (Rumi) As far back as I can remember, I must admit that everyone, every event good and bad has been my teacher. I was confronted with that realization after practicing A.A.'s spiritual principles. I hit my bottom February 6, 1957, in total despair, with no way out of my uselessness, and powerlessness. I would have never chosen that path to a loving, merciful way of life that is far beyond I could ever dreamed of, with a wonderful relationship with our Father. I have question the wisdom in having to fail to success, becoming an all-time-loser, to be winner, to experience our worse defects transformed into workable assets. "Every issue, belief, attitude or assumption is precisely the issue that stands between you and your relationship to another human being (and our Father); and between you and yourself." (Gita Bellin) Thy Love, Thy Will be done.

"Do small things with great love" Mother Teresa.



"Don't Leave Home Without Him"
"Pay Forward" #176

Today's "Pay Forward" gift is – "Don't Leave Home Without Him." "The foolish man seeks happiness in the distance, the wise grows it under his (or her) feet." (James Oppenheim) A.A. teaches us to grow where we are the fruits we want. We stop planning weeds, and tend to the vine ripe fruit with loving gratitude. Our Father is within all of His creatures doing the works called life; always Present, all Power, and all knowing. We can turn within to You, Father for all our needs for carrying out the mission You gave/give us. As soon as we know we don't know, of whatever, we return to You within. We are not asked to do or be anything He will not do through us, we don't have to beg. After all we are Your Heart's Desire. By asking our Father for everything is an affirmation that He is our Source. This life You gave us is a vehicle to carry out a tiny part of Your Whole worldly expression. We honor Your individually Divine Design within each of Your creatures. We live, move and have our being within our Father. Our understanding is quickened through prayer and fasting. Prayer is seeking conscious union with our Father within. We Fast from what is useless or harmful, and feast on what is right for us. Come; Let us go within seeking alignment with our Creator. Thy Love, Thy Will be done.

Come, let us love one another by giving of ourselves

All Seven Loves
"Pay Forward" #177

Today's "Pay Forward" gift is – All Seven Loves. Since I've been in A.A., I went from one love fits all to seven. I wrote the workshop "Six Loves" (www.12stepworkbook.org), thinking this time I have a much better handle on understanding, and ways of sharing love. However, I was leaving out the Infinite Divine Love, in which all loves flow. Our Father/Creator is Love. I was naively thinking Agape would cover spiritual love, when it barely reaches the gate. As we accept our true place in this universe we can be an ever-day loving person and a miracle worker at the same time. Each of us is given a Divine mission not to be compared with any other. We have our own Divine Shopping Center within and a Spiritual online world market. We can choose to extend the love we are in what seems to be a loveless world at times. Our Creator brought us into this world for a loving mission. We've been given great Beloved Heroes and Heroines to remind us who we are. Most of us grew up in community of drug addicts, the drug of choice guilt and punishment. This drug addiction is a breeding ground for the "law of lack and limitation" energized with fear, and loveless acts. We can return Home like the Prodigal Son, any time, and our Father will lovingly welcome us Home. Leaving the Avenger of Blood; the guilt and punisher in the far country we had ventured into. Thy Love, Thy Will be done.

"Do small things with great love" Mother Teresa.



Changing My Heroes And Heroines
"Pay Forward" #178

Today's "Pay forward" gift is – Changing My Heroes And Heroines. Many of our World War One wounded heroes were given morphine, becoming addicted to morphine. Bayer Aspirin, with good intentions produced what they called, "The Hero's release form pain and free of addiction," that was heroin. I've caused pain and suffering for myself and others with good intentions. My first hero was Batman. I loved the way he punished the evil doers and bullies. He was not a healer or lover; he was more like the Avenger of Blood of the Old Testament. When someone slipped through the system the Avenger of Blood would hunt them down and kill them. At fourteen years of age I became a punisher of all those I felt had run over me. Later I would punish anyone I judge as an abuser or bully, as my violence increased. I felt my actions were noble. I was "chosen" to put wrong doers in their place, feeling like a hero. When I began my spiritual path my heroes and heroines changed. My new mentors are Beloved Lovers Loving Heroes and Heroines like, Jesus Christ, Mother Teresa, Fr. Keating and Emmet Fox. None of these punished others. I have committed too many harmful acts with good intentions being misguided while on the drug; guilt and punishment. I choose not to harm anyone anymore. Our loving Father has transformed this defect into a workable asset, enriching my service once again. Thy Love, Thy Will be done.
(The Hero/Heroine's Journey – www.12stepworkbook.org)

Come, let us love one another by giving of ourselves

We Are Blessed With An Unstoppable Purpose
"Pay Forward" #179

Today's "Pay Forward" gift is – We Are Blessed With An Unstoppable Purpose. Each created being coming into this world of expression has an individually Divine designed purpose. Often the outer appearance seems to be the contrary. When we compare our life experience with "important" or "great" people our little purpose is diminished in our hearts and minds. Why did our Creator create so many uncommon common beings in comparison with the few great beings? Most alcoholics have to experience an extreme amount of love and attention to feel OK. We can learn from the "great" beings or be jealous of them, it is our choice. If these "great" beings awaken negative or positive thoughts and feelings it means we have their characteristics to some degree. Most of us have heroes and or "great" beings that turn us off or on, making up our complex individual character. Trusting our Creator's good works we awaken as the uncommon common being we are; enjoying our serendipity journey. We are created in our Creator's image and likeness, which is love. We may delay love but it is an unstoppable force within all created beings. Sharing all the love we are for now is enough. I choose to use every encounter today as an opportunity to express the love I am. I choose to see the sacred act of love with the eyes of faith. Come let us join one another in a blessed act of love, excluding no one. Thy Love, Thy Will be done.

"Do small things with great love" Mother Teresa.



Why Not all the time?
"Pay Forward" #180

Today's "Pay Forward" gift is – Why Not all the time? The list of the following I experience, but why not all the time? I'm at one with the infinite rhythm of life. I've been in conscious union with our Father's Love and Will. I am warm and loving, kind and understanding, wise and intelligent. Every cell in my body is in rhythm with one another. I am quick to use the "F" word; forgive, forgive, forgive. Because I am in rhythm with life I am in a loving, giving flow. I can work with a jackhammer hammering away and be at peace. I love the sounds of the night even the cricket chirping. Nothing is right or wrong, I am nonjudgmental, knowing everything has a purpose. My life is flowing in harmony, love and peace in this perfect rhythm of life. "May the road rise to meet you. May the wind be always at your back. May the sun shine warmly on your face. May the rain fall gently on your fields and may God hold you in the palm of His hand until we meet again." (An Irish prayer) I ponder that Irish prayer and extend it to others. Every day and every moment of this day, brings more love and greater self-expression. I am deeply grateful for the sometimes, I pray that it becomes more often. Thy Love, Thy Will be done

Come, let us love one another by giving of ourselves

Healing Is A Great Beginning
"Pay Forward" #181

Today's "Pay Forward" gift is – Healing Is A Great Beginning. To be over grateful for a gift is to question the generosity of the Giver. I have received healing in some major parts of my human condition. In four areas the healing came in the form of a spiritual transformation, where the defect was transformed into an asset to share. Miracles can be witnessed daily in Alcoholics Anonymous. Living the spiritual principles of A.A. removes obstruction and creates an environment where healing takes place. We soon find that we must give away what we have freely received for the gift to continue to expand and grow. Waking up in the morning feels great when I'm not emotionally hung-over, and filled with guilt, that's a great beginning. However, I must do my prep-work, seeking through pray and meditation our Father's Love and Will, co-creating my day's kick start. Asking our Father for my marching orders for the day, followed by action is for me a wise decision. "In quietness and confidence shall be your strength." I have confidence in myself, when I have confidence in our Father's Loving mercy and grace. I find strength going within to my inner room, closing the door, and praying to our Father in secret. I pray that our Father and my individually created Self will introduce their Self. I ask for what's next, and the power to carry it out, in an abiding faith in His grace. Thy Love, Thy Will be done.

"Do small things with great love" Mother Teresa.



A.A.'s Spiritual Principles are Powerful Healers
"Pay Forward" #182

Today's "Pay Forward" gift is - A.A.'s Spiritual Principles are Powerful Healers. Our individually created self is our healing light in this world. Have you ever noticed when you are giving all the love you can that no one cares how we look or the "scars" we have? Our defects ("scars") don't matter but the healing love does. Our love is a healing power touching everything into wholeness. All healing is from within and does not have to have outside treatment, unless we believe it does. "Let it be done as we believe." Spiritual healing restores our individual Divine Design, erasing the illusionary thoughts and feelings and cleanses our mind. Love is a healer by sharing our experience, strength and hope with others. Forgiveness is a healer deeper than words, when we do the forgiving it multiplies. Our powerlessness is transformed allowing us to become healed healers healing. We are enriched and healed from our lack and limits beyond the material worldly stuff. Having had a Spiritual awakening as the result of our practicing A.A.'s spiritual principles the gift of healing to pass on. Our prayers and meditations are silent healers, raising our consciousness beyond our personal "reality". As we are aligned with our Creator's Love and Will we become co-creator's healers as we pass it on. "It not how much we give but how much love we put into giving. (Mother Teresa) Thy Love, Thy Will be done.

Come, let us love one another by giving of ourselves

Serendipity's Unchartered Path
"Pay Forward" #183

Today's "Pay Forward" gift is - Serendipity's Unchartered Path. "Life is a journey, and where your finish line is has yet to be determined." (Anonymous) We are here in these bodies to carry out a Divine given purpose; a pilgrimage to an unknown final destination. No matter the appearance we are expressing our Father's Love and Will, consciously understood or not. Each of us, play a large part in determining, the way we experience it. Our pilgrimage is like a marathon, it can be a long and difficult. We are given daily opportunities to train, to express our true nature, the love we are. Our Father has given us our purpose, therefore we can count on Him to give us all we need to carry it out, and it will be a demonstration of love, His nature and ours. Let us turn within daily for His directions, told to us in a way we can currently understand and follow. Our pilgrimage is both a journey within and without into the world. Seek and find those who have trained for their marathon journey and ask them to share their experience, strength and hope. No matter what problems and opportunities we run into, remember we have only to deal with our decisions and actions and keeping in contact with our Father within. Now is the time to commit to our needed radical training, so let's get started. Thy Love, Thy Will be done.

"Do small things with great love" Mother Teresa.



Look Who's Singing?
"Pay Forward" #184

Today's "Pay Forward" gift is – Look Who's Singing? "Why does the caged bird sing?" Well for one thing it accepts its place and chooses to express its nature, to sing. A lot of us have placed ourselves in a cage. How shall I respond to self-enclosed cage? Singing comes without a struggle when I am joyfully happy and free, so I choose to sing. Of course I will sing in private because my singing is not a very pleasing sound. I don't know any complete songs, my choice is very limited, and maybe I will just hum. After all it's my intention that counts, right? I just need to be the person I am created to be. An acorn needn't struggle to become an oak tree. We should not have to struggle to be our created self, should we? I believe we are given all we need to be our True Self by our Father Within, so why are we struggling? Why not relax in the Divine flow of miracles and just sing along the way? In or out of myself-imposed cage, I choose to surrender all of me both the good and bad, the known and unknown. It is not the forgiveness given to me by others, but only the forgiveness that I extend to others and myself, that has been truly healing. What if I ask someone I really don't care for to sing a song together? Thy Love, Thy Will be done.

Come, let us love one another by giving of ourselves

An Affirmation Is Giving Our Consent To The Boss
"Pay Forward" #185

Today's "Pay Forward" gift is – An Affirmation Is Giving Our Consent To The Boss. To say yes is to give our consent to life. Let us say yes, to everything we experience as constructive and say no to the destructive. Have you ever noticed that life says yes to our yes and no to our no? Let us give our consent for those things we want, a sure affirmation of our gratitude. I say yes to my awakening as I turn to You, Father. I say yes for the love I am experiencing here and now. I am devoted, I am dedicated, and I am committed to do and to be Your Love and Your Will, Father, known or unknown. As I give my consent I'm open to receive all I need to carry out it my mission. I am receiving all I need to rewrite and rewire my personal "reality" in concert with Reality. You're Voice, Father is directing me in a way I can currently hear, understand and follow. I share all my gifts with whomever You will, Father. Saying yes expands our consciousness at all levels, reminding myself by our Father's grace all things are possible. I am responding to love here and now. I am celebrating Breath Day, grateful for every breath, inhaling the gift of life and expelling what is spent. My life has meaning. Come let us say yes to the love we are, one breath at a time. Thy Love, Thy Will be done.

"Do small things with great love" Mother Teresa.



The Divine Healer Within
"Pay Forward" #186

Today's "Pay Forward" gift is – The Divine Healer Within. My problems are found in my personal "reality," not REALITY. Starting with my physical body and world. Example, I had what was called the "The 24 Hour Flu"- I call my doctor "telling" him the meds I needed. He suggested that I take Aspirin, drink lots of water and rest. After all, he said, it was only going for 24 hours, according to my understanding. My doctor and my body knew its divine design was wholeness. When my little personal "reality" took over, with its lack of wisdom was when I got in the way of my natural healer. I carried out this misunderstanding theme, spiritual, mental, physical, emotional and socially; I had to "fix it" until I hit my bottom, and came into Alcoholics Anonymous. When I did seek a spiritual solution I had to address my relationship with my father. He loved my brother more than me. In all fairness you would have loved my brother more than me. However I "knew" my earthly father gave what I wanted to my brother. When I began I search for a Higher Power, our Father I "knew" He gave to others instead of me. When I forgave my earthly father, I had to forgive our Father before I could awaken to His unconditional Love. I had to forgive all authorities, because I had projected their characteristics on to our Father. Our Father Divine Design for each of His creatures is wholeness. Thy Love, Thy Will be done.

Come, let us love one another by giving of ourselves

Even The Spiritual Blind Will See
"Pay Forward" #187

Today's "Pay Forward" gift is – Even The Spiritual Blind Will See. I am in the presence of our Father's Omnipresence I am perfectly content to be where and who I am. My quest has taken me places never before visited, where I meet unspoken fears and unearth buried truths. I was lost in the wildness with no way out, but I now know I have always had an unseen guide, an invisible means of support. I believed if I prayed and meditated enough, and stop doing and thinking the wrongs I was, I would earn our Father's Loving mercy, to no avail. I grow tired of trying so hard. Through the eyes of faith I know where His Omnipresence is, The Kingdom of Heaven is within each of us. Seeking to enter the silence of my soul with all my mind, heart, soul and strength I experience His Presence, if only moment, by His grace. When I am compromising my values I need to gently remind myself and change directions, and not use the "drug" guilt and punishment. When I am placing other people, places or things as my Source, I need to own what I'm doing, saying, thinking and feeling, and completely surrender all. I intuitively know by seeking to do and to be our Father's Love and Will I have a good chance to become more like the individual He created as. Thy Love, Thy Will be done.

"Do small things with great love" Mother Teresa.



When Is The Best Time To Return Home?
"Pay Forward" #188

Today's "Pay Forward" gift is - When Is The Best Time To Return Home? When I hit one of my bottoms I no longer have to be told to return to our Father for tender mercy. I have learned in A.A. that we can raise our bottoms. It's best for me to seek our Father's guidance when I need to make an important decision. What about the little daily decision? Being that our Father is within us 24/7 I may as well include Him in everything. My experience tells me I cannot earn His Love, when I really experience love I know it comes by grace. That's a good time to be extra grateful. I can make an extensive gratitude list, but I don't always feel grateful. As it turns out gratitude and love has something in common, they both come by grace. When is the best time to pray? "Pray always that you may be worthy to stand before the Son of Man." I use to believe that prayer had to be a special time and place, to include our Father in all our affairs then here and now is the best time. What's the purpose for meditation? When I love someone or really want something I want to know all I can about the Source. "Help me accept love [Grace and Gratitude] as it is given, even though it may not come in the package I requested." (Judy Ford) The only real time we have is now. Thy Love, Thy Will be done.

Come, let us love one another by giving of ourselves

“Acting As If”
“Pay Forward” #189

Today’s “Pay Forward” gift is – “Acting As If.” “Fake it until you make it” suggest that by imitating confidence, competence, and an optimistic mindset, a person can realize those qualities in their real life. With the hope their behavior will change. The problem with this alcoholic is the need to be authentic not a fake. I play that fake card far too long, no one trusted me, nor did I trust myself. There came a point when I really wanted a sober life. Coming into A.A. I was around sober people, not just dry alcoholics. I started acting as if I too was sober, and I began to enjoy a sober way of life, and testing A.A.’s spiritual principles. Acting as if I am doing our Father’s Love, His Will causes me to be more aware when I am, and when I’m not. Acting as if He is my only True Source, reminds me that He really is. Acting as if He has given me a purpose and the means to carry it out, keeps me out of the old mindset of uselessness, and suggesting that I am a beloved lover loving. I could go on and on, but you get the idea. I have written enough, so it’s time to act as if I trust the intuitive wisdom, Spiritual discernment within each of us to live as if. Thy Love, Thy Will be done.

Another Day Of “Acting As If”
“Pay Forward” #190

Today’s “Pay Forward” gift is – Another Day Of “Acting As If.” I can act as if I am blessed with Intuitive wisdom, Spiritual discernment. I can act as if I am at one with His Divine Mind. I can act as if I am enjoying my mystical union with our Father and His Son. I can act as if I am the Prodigal Son already back Home. I can act as if I have a healthy physical body the perfect vehicle to carry out my mission. I can act as if I have the complete abundance which I enjoy and share. I can act as if I give all the glory to our Father. I can act as if I am deeply grateful 24/7. I can act as if I am feasting on our Father’s Will for me and fasting from all that is not. I can act as if life is a loose garment. I can act as if I am relinquishing my attachments from the illusions I made up. I can act as if everything I want and need has already been given to me. I can act as if You, Father are Omnipresent, Omnipotent and Omniscient. I can act as if I am making a good difference by my sharing my loving mission, silently and or openly. Come let us act as if... Thy Love, Thy Will be done.

“Do small things with great love” Mother Teresa.



Come, let us love one another by giving of ourselves

Our Up And Down Bounds
“Pay Forward” #191

Today’s “Pay Forward” gift is – Our Up And Down Bounds. “We are injured and hurt emotionally – not so much by other people or what they say or don’t say – but by our own attitude and response” (Maxwell Maltz). Any emotional charged experience is a messenger demanding attention. Some of these are pain, fear, negative feelings like a down rebound, the list long and tiresome. How I treat the messenger and the message will determine how intense it is and how long it last. If I think I should be able to fix it alone and unaided with my present understanding, I’m in for a long winter. My personal “reality’s” mind-set is the maker of the problem. The sooner I can own my part of the problem and surrender it all to our Father the better. I want to hear the message and be part of the correction. My Divine messenger reminds me the effectiveness of my service depends on my Source. Is working my workbooks asking too much? I am seeking the grace of an up bound, willing to surrender all of me to our Father. If there is to be any real correction He must do it through us, with me doing my little part. Grace is the presence and action of our Father at every moment of our lives. Just for this present moment let us trust Him to do for us what we cannot. Thy Love, Thy Will be done.

“Do small things with great love” Mother Teresa.



“Tender Love And Care”
“Pay Forward” #192

Today’s “Pay Forward” gift is – “Tender Love And Care.” How shall I spend this day? I have some unfinished projects to work on. I have some unexpressed love I could extend. I could spend some extra time in prayer and meditation. The saying “tender love a care” came about when newborn children in a hospital were shriveling up and dying. These babies had no mother to nourish them for one reason or another. The hospital started a program to have volunteers come in and nourish, to love these babies, they recovered quickly. This program was called “Tender love and care.” That same problem takes place when grownups are not love and cared for, they emotionally shrivel up and die, or become sleepwalkers or perhaps untreated alcoholics or other types of addicts. Let’s offer a little tender love and care today, and some of our selfishness will be transformed into enlightened self-interest. Yes, our love is a healing power touching everything into wholeness; our love is an extension of our Father’s Love. As we share our love we awaken and grow in His image and likeness. Alcoholics Anonymous is a program of tender love and care. “Yesterday is but a dream, tomorrow but 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) Thy Love, Thy Will be done.

Come, let us love one another by giving of ourselves

A Divine Exchange
"Pay Forward" #193

Today's "Pay Forward" gift is – A Divine Exchange. What does it cost for a greater good? "Some people grumble that roses have thorns, I am grateful that thorns have roses." (Alphonse Karr) The fulfillment of my desire to change my heroes from the punisher of wrongdoers, to a Beloved Loving Hero is far more difficult than I ever imagine. I realize it is taking a total commitment to radical spiritual training. My growing up heroes was always the Punisher of wrongdoers. Those heroes were my "gold standard"; their actions were my unit of "emotional and social currency" exchange, equal to all I valued. My worth was determined by how well I punished wrongdoers. These were my only worldwide heroes until I came to Alcoholics Anonymous and entered my serendipity journey. I began to see my choice of heroes were on a "Fool's Gold Standard." As the result of living AA's way of life I choose a new set of heroes and heroines, Beloved Lovers Loving, a real "Spiritual Gold Standard." In my spiritual innocence I thought it should be simple to make the exchange, but it hasn't been easy. I had a storehouse filled with "Fool's Gold's" rewards". I've totally committed to a radical spiritual training. I willingly let our Father place me on His Spiritual Standard of exchange, dismantling my old value system. Thy Love, Thy Will be done.

"Do small things with great love" Mother Teresa.



"Lord Teach Us to Pray"
"Pay Forward" #194

Today's "Pay Forward" gift is -"Lord Teach Us to Pray." Step Eleven – "Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out." Yes, to pray and meditate. This is what I need to be taught. From the beginning, prayer and meditation were so simple - "Help me." I closed my eyes and turned within, and told myself - to stop, look and listen. Prayer and meditate are fellowship with the Unseen and most Holy One. That Silent Invisible Infinite Being that created each of us and maintains us 24/7. He is transforming everything we eat, drink and breathe into life. It is the very essence of the True Spiritual Presence, in Whom we live, move and have our being. Prayer is the secret power not only for us but others, for A.A. and for the world. Prayer and meditation give us the way to take hold of our Creator and His Strength. It is through prayer and meditation that the promises wait for their fulfillment. How slothful and unfit I am for this blessed work. Through practicing A.A. spiritual principle, I am able to let go of the idea that I have to go it alone and unaided. I have awakened - it is the Father within doing the works. I did not have to get good or earn His grace, it was, and it is so freely given. Thy Love, Thy Will be done.

Come, let us love one another by giving of ourselves

Angels Do Show Up
"Pay Forward" #195

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

"Do small things with great love" Mother Teresa.



We Are Our Father's Mini-masterpiece
"Pay Forward" #196

Today's "Pay Forward" gift is – We Are Our Father's Mini-masterpiece. When I stopped; slowed down projecting my personal "reality" on to others, I realized we are really different, no duplicates exist. We didn't just grow up that way; we come into being as one of a kind. It only takes one tiny cell to identify each created being. Individually divine design insures us of our purpose. One blessing we have by practicing A.A. spiritual principles, we can awaken to that Self. Let us embrace each moment as an opportunity to be the individual we were created to be, open to everyday miracles. This offers us the ability to give and receive His love here and now. Every breath is proof of our Father Presence. He is the Divine Power that gave us this life and maintains it. I choose to give my life in the act of service. Love is always the present and next best thing. As we focus on loving service our fear will recede. I have come to an understanding that everything that occurs is part of our Father's plan. The more I practice His Omnipresence the easier right choices become. *"God is not just with us, not just beside us, not just under us, not just over us, but within of us at the deepest level, and, in our inmost being, a step beyond to the true Self."* (Thomas Keating) Thy Love, Thy Will be done.

Come, let us love one another by giving of ourselves

A Sure Thing – Change
“Pay Forward” #197

Today’s “Pay Forward” gift is – A Sure Thing – Change. Father by Your grace I am loved, healed, taught, forgiven, empowered, enlightened, enriched, communicated to, co-created with and awakened. I trust that I can be, to do, and pass on to others, by our Father’s grace and my willingness all of those fruitful God-given characteristics. The unknown I choose to trust our Father’s Love and Will to be done. This cuts down on the need to seek out other humans to prove myself, but I am quick to share with others the reality that it is our Father within, taking up the slack. I consider it a blessing to include our Father in all my comings and goings, then why don’t I consciously do it 24/7? I am filled with opportunities to produce that, which I wasn’t given a chance to be part of. I have an abiding faith in our Father’s grace, trusting that He will do through me and others, for me what I am called on to do, when it is His Will. I don’t want whatever if it isn’t His Will. How do I know if I can or cannot produce something? I give it a try. I no longer waste too much time and energy on something beyond my pay-grade. We live in an Omni-changing world; change is one thing we can always count on. My faith and my experience enable me to believe all change has a worth-while purpose, and act like it. Thy Love, Thy Will be done.

“Do small things with great love” Mother Teresa.



Don’t Call Me Good – It’s Our Father Within Doing the Works
“Pay Forward” #198

Today’s “Pay Forward” gift is - Don’t Call Me Good – It’s Our Father Within Doing the Works. It is not what comes from the outside that changes our character it is what comes from within out into the world of expression. What we can do with our outer attributes is to realign our personal “reality” with what we believe at the moment is our Father’s Loving Will. We can treat our mind as if it were a computer, turning off Its “power,” and let our Father reboot it, returning it to its Divine Design. Let’s accept this ongoing upgrading of our finite self, and reach toward the unreachable infinite. Each of us is given a mission, a purpose to pass on to our brothers and sisters. Let us be willing to communicate through our Father’s silent invisible Loving Presence within, our given mission. We don’t have to get good first; we only need a willingness to let our Father have His Loving Way with us. 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 with all we need to do His will. I will, I have, I am extending all I am given. “Don’t call me good it is the Father within doing the works.” Thy Love, Thy Will be done.

Come, let us love one another by giving of ourselves

“Father Teach Us To Pray.”
“Pay Forward” #199

Today’s “Pay Forward” gift is – “Father Teach Us To Pray.” The life of this alcoholic was childish, not childlike. Children who forsake their parent’s home, which I did, finding no pleasure in the presence and love of their parents or in obeying them, and who still expect to get whatever they ask for, will surely be disappointed. Conversely, children who find the joy of their life sharing honor and love of their parents will find that it is their parents’ joy to grant their request. I had a difficult time asking our Father for my needs. By living A.A.’s spiritual principles and forgiving all, I experienced a bit of the childlike life, knowing it is our father’s joy to supply us with all we need to carry out His Will. Ask, Seek, and Knock. These three words have a special meaning. Ask refers to the gifts we pray for. But we may ask and receive the gift seemingly without the Giver. Seek is the word we may use in prayer implying we are seeking our Source, our Father, assuring us that we can find Him. In time of need we may seem to find Him, we have no abiding fellowship with Him. Knock refers to admission to dwell with Him and in Him. Asking and receiving the gift would thus lead to seeking and finding the Giver and from there to the knocking on and opening of the door to our Father’s Presence accepting the fruits of prayer. Thy Love, Thy Will be done.

“Do small things with great love” Mother Teresa.



Who Do We Stand With?
“Pay Forward” #200

Today’s “Pay Forward” gift is – Who Do We Stand With? “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 do stand up most of the time for what I believe during a challenge and controversy. The question is – am I in a defensive stand or a loving constructive state? In A.A. we do not have to stand alone. I invite my conscious to call on our Father for guidance, placing me on firm ground to stand. An A.A. member living our spiritual principles does not take that first drink no matter what. If one chooses to go back out we have a welcoming place for that person, we will stand with them. Sober lives in A.A. are filled with success and failure, highs and lows we can share with others. These challenges are opportunities to become the individual we were created as. That’s one reason I am so grateful to A.A., we have each other’s back. We come in and out of darkness into the light of grace, and our weakness is overcome. No matter where we find ourselves standing, we are in our Father’s Presence, His Love, known or unknown, at any given moment. Alcoholics Anonymous is the place for us to stand where miracles happen and promises are kept. Thy Love, Thy Will be done.

Come, let us love one another by giving of ourselves

Our Love Of Power
“Pay Forward” #201

Today’s “Pay Forward” gift is – Our Love Of Power. When the power of our loving service overcomes the love of power, we have awakened to new depth in our Program. We do not have to be a great mystic to know that our Creator is love. Just look around and within, and we can see proof of His Presence, His love. And, what does that say? It says something about the heart of our Father that we are getting to know. He’s not waiting for us to earn our keep, or to impress Him with our goodness, or to do great works. He is just interested in each of us as He created us to be. We don’t have to do anything to win His love. We only need to accept what is already given; everything it takes to be the individual He created. We were created as sharing beings; perhaps we are temporarily a giver, or a receiver. In truth the giver and the receiver are one. We have to share with life to live. We may be blind to that for a time but the wakening will come. Many of us feel our A.A. sharing is our calling, not a job. A job is an activity performed in exchange for payment. A calling is the call to love from love, to love, sharing what we were given. We are here to share the love we are, enjoy. Thy Love, Thy Will be done.

Lighten The Load
“Pay Forward” #202

Today’s “Pay Forward” gift is – Lighten The Load. Keep it simple, when the load is too heavy I turn to our Big Boss for one of His promises. “Ask and it will be given to you.” I listen to His Holy Voice directing me in a way I can currently hear understand and follow. I see His Presence with my eyes of faith. I have learned how to carry a weight too heavy for me. The first thing I do is turn to the Boss for whatever I need. When it is a physical thing that is too heavy I take it apart and carry a little at a time. When it is a mental task I break it into a little at a time to dwell on. When it is a social thing I focus on one person at a time. When it is an emotional thing I take a deep breath and embrace it. As for the Spiritual I start off each day and each beginning by remembering my One True Source of everything. I have no more illusions Who’s the Boss, so I kiss up to Him as I pass through this thing called life. I realize nothing overwhelms Him; He is Omnipresent, Omnipotence and Omniscience. He is teaching me to take one moment, one task or one of whatever at a time. I believe our Boss asks nothing more, but will accept nothing less. Thy Love, Thy Will be done.

“Do small things with great love” Mother Teresa.



Come, let us love one another by giving of ourselves

Father Open The Ears Of Our heart
"Pay Forward" #203

Today's "Pay Forward" gift is – Father Open The Ears Of Our Heart. I am not trying to learn how to be holy, but I am trying to experience Your Holiness, Father. I know You don't love us because we are clever or good, but because You are our Loving Father, and we are Your children. Your Love is a solid foundation for our spiritual way, truth and life. We are not growing up to Your Love, but growing out of it. I realize my need to go beyond myself for any hope, strength, or confidence. In fact I have confidence in myself and my prayers when I have confidence in You Father. I am experiencing the tenderness and helpfulness that lie in these words, and the promise of Your Tender Love and Care. The words our Father means that all Your infinite Love, patience, and wisdom reach down to help us. Father I do love You, and my Hero, Your Son, 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. I start out by asking for what it takes to consciously and consistently extend all the love I am, we are. "The biggest adventure you can ever take is to live the life of your dreams" (Oprah Winfrey). "Whether you think you can or you can't – you're right" (Henry Ford). Thy Love, Thy Will be done.

"Do small things with great love" Mother Teresa.



All Creatures Are A Work Of Art - By A Talented Artist
"Pay Forward" #204

Today's "Pay Forward" gift is – All Creatures Are A Work Of Art - By A Talented Artist. I watched two young squirrels playing, chasing one another, having the time of their life. These little guys opened my heart. I was reminded what a work of art these little creatures are. I experienced a deeper gratitude I long for; a reminder of the presence of the Omnipresence of primal-love; the love present as every creature. All of us are a work of art, created by a very loving, talented Artist. We are responsible for our personal "reality," our conscious filter system. This is great news, we can rewire and rewrite it with what we want to experience and dismantle what we don't. If we put our Father/Creator first, we automatically put love first, not a bad choice! Even in this mortal world love gives us a taste of the immortal. I get the feeling that an act of loving service is an expression of immortality. We can only love all of ourselves when we are willing to love all; to exclude anyone is to cutoff ourselves. Loving all is only difficult if we make it so. All we are asked to do is to pray that everyone be the individual they are; in other words, God's Love/Will be done. We are not called to like, understand or approve of anyone's personality or anything they do or don't do. Come let us love one another. Thy Love, Thy Will be done.

Come, let us love one another by giving of ourselves

My Yearning For The Complete Trust In Our Father
“Pay Forward” #205

Today’s “Pay Forward” gift is – My Yearning For The Complete Trust In Our Father. Here I am in another sleepless night. Going over all I need to do, much of which I don’t have a clue how to get it done. I am reminding myself of who I am or believe I am and some of this life I am sure of. I did not create myself. The food I just ate is being transformed into what we call life. Humans cannot do those basic things. Due to the fact that our Father does all of that and much more I need to restate my trust in Him. He created each of us with some purpose. I am still alive because I have not finished His Will for me. When He is done with me, He will take me out of this body and world, that I know but what’s next? Who knows? Maybe His purpose for me was for this human condition only. Just in case there is life after life I want to do and be what I believe to be our Father’s Love and Will the best I can here and now. I am most happy when I trust You Father for everything, when I am living as if everything is a God Thing. I yearn for that innocence once again. I pray to be able to trust You Father for everything, and not having to trust myself or any other human beyond our ability to be trusted. Thy Love, Thy Will be done.

“Do small things with great love” Mother Teresa.



Spiritual Transformation’s Importance Cannot Be Overstated
“Pay Forward” #206

Today’s “Pay Forward” gift is - Spiritual Transformation’s Importance Cannot Be Overstated. I have witnessed far too many people leave Alcoholics Anonymous, or their religion, or marriage, I should say any area we greatly value. Our current world view needs an upgrade, not an abandonment. The Spiritual Transformation starts with everything that has been working in an important area is no longer enough, it’s served its purpose, and our present understanding has become obsolete. It’s calling for an upgrade. We must detach from our dependence on the area that has stopped working. The main purpose is to clear away our too limited world view that is blocking our ability to awaken to our Higher-Self – the individual created Self we are intended, our Father’s Will. Each Spiritual Transformation is an upgrading of our conscious, to a higher level. At the beginning stage even our prayers and meditations need upgrading or made simple – “Help.” Humans cannot complete the process alone and unaided, it takes the gift of grace. It’s equal to a dying and a rebirth of our personal “reality” as it is. It’s experiencing a way of awakening repeated throughout this life. When everything we presently understand stops working as it once did, let us stop fighting everyone and everything. It’s important that we continue doing the basic principles one moment at a time, no matter what we feel or believe, waiting for our Father’s grace to have His Way with us. It will pass, and everything will work better than ever before. Thy Love The Will be done.

Come, let us love one another by giving of ourselves

Prayer Provides Laborers
“Pay Forward”#207

Today’s “Pay Forward” gift is – Prayer Provides Laborers. “The harvest is plentiful but the workers are few. Ask the Lord of the harvest therefore, to send out workers into His harvest field.” I have found by being active in service work and business that there are about ten percent doers. “Ten were healed where are the other nine?” However when we really needed help and we pray for it and then ask people to help us, we most likely get what we needed. I noticed for whatever reason most people will not volunteer, but asking for help most will help out. I am sold on the idea to turn to our Boss in prayer and meditation at each beginning. It’s a very effective shortcut. The veil that hides the invisible world from us becomes wonderfully transparent through prayer when seen through the eyes of faith. I have confidence in my prayers being answered when I trust in our Father; it’s confirming our Source within doing the works called life. I am currently working on rewriting the Spiritual Transformation workshop. Even though all humans experience a number of these throughout our serendipity journey on earth, conscious known or unknown. The importance of the Spiritual Transformation cannot be overstated. The harvest’s need is great, but the laborers are too few. As soon as I have a few people test-drive the upgraded workshop and I can edit I will posted on www.12stepworkbook.org – I pray I will finish it within a month. Thy Love, Thy Will be done.

“Do small things with great love” Mother Teresa.



Be Specific
“Pay Forward” #208

Today’s “Pay Forward” gift is – Be Specific. This morning I feel a warmth and love deeper than words. Why can’t I take this with me the rest of this day or the rest of my life? The Presence of our Father, His Love and His Will is Omnipresent so it must be my little personal “reality” blocking my way. Let me turn to His inspired words and seek His Presence in my daily events. I need all the help I can get to learn how to be consciously consistent in His Omnipresence. I pray that I am open to help, both giving and receiving it. Let us accept A.A.’s opportunities for service. Each of us has only limited power. Just as we have our own specific field in which to serve our Father. What if I ask you for help, but I wasn’t specific, how could you help me? By the same token I must also make our prayers specific. I think I will enter radical prayer training. Father teach us to pray. First I ask our Father for guidance, and tender mercy. Now, I’ll ask myself a few questions. 1. What do I really desire? 2. Do I desire it in faith, expecting to receive an answer? 3. Am I ready to present my request to our Father and leave it there in His hands? “Do you believe that I am able to do this?” (Mark 10:51) I say yes - Thy Love, Thy Will be done.

Come, let us love one another by giving of ourselves

To Worship God In Spirit And Truth
“Pay Forward” #209

Today’s “Pay Forward” gift is – To Worship God In Spirit And Truth. This is difficult even to write much less understanding how to. I am reminded that anything that is truly important for our human condition turns out to be simple. I’ll start by asking for guidance, help. I have a fairly good understand of worshipping both “gods” and God, our Father. But, the idea of us doing it in Spirit and Truth is going to take an act of faith and trust. I believe the word spirit can be synonymous with consciousness, however at a much higher vibration. When I am writing about our Father I choose to use caps - Spirit/Consciousness. So, to worship our Father in Spirit is to Consciously worship Him. In this context, I believe Truth is not just being honest, but is Truth and Reality. Until I get a better understanding I’m going to Consciously Worship our Father as our Truth, as our Reality. I have lots of reasons to worship, to love and to be grateful to our Father. He raised me out of my self-made hell. I was a liability, useless and harmful to myself and others. I was bankrupt as a human being, mentally, physically, emotionally and socially. The only reason I was not bankrupt spiritually is because I did not have an account then. Now, I make daily deposits and withdraw. He has given me abundance in every area and a real purpose in life. Thy Love, Thy Will be done.

“Do small things with great love” Mother Teresa.



Who Am I?
“Pay Forward” #210

Today’s “Pay Forward” gift is – Who Am I? Getting to know ourselves sounds simple and easy, but we are far more than our finite understanding. A.A. gives us the tools to chip away what we are not, which opens us more to grace. If we are willing to accept ourselves, as is for now we can awaken to our Created individual Self. Alcoholics Anonymous is a great investment. Enlightened self-interest tells me to totally committed to practicing A.A.’s spiritual principles in all my affairs. Feeling comfortable and uncomfortable are sure signs we are getting to know ourselves better. Knowing ourselves means being willing to be with ourselves alone, and willing to share ourselves, in other words we feel part of instead of separate and alone. Our frantic search for meaning turns in to an enlightened Spiritual journey. We realize that we really do have choices and we are responsibility for those choices and our actions and we want to be. We learn how to turn within to the silent invisible Presence and awaken to our unique created Self. In conscious union with the Creative Power within we become co-creators, instead of illusion makers. We can fill our life with expressions of our loving heart’s desire. Go away with yourself and spend some time together with all your parts getting to know your wholeness. Practice this until you are great company, and then go give it away in loving service. Thy Love, Thy Will be done.

Come, let us love one another by giving of ourselves

Taking The First Step Is The End Of Our Wait
“Pay Forward” #211

Today’s “Pay Forward” gift is – Taking The First Step Is The End Of Our Wait. Father, 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. STOP – LOOK – LISTEN. I Stop the inner chatter. I Look for Your Loving Omnipresence. I Listen to Your Holy Voice in Your first language, silence; all else is a poor imitation. Out of enlightened self-interest I am seeking, a divine union with You, Father, Your Love and Will, on my serendipity journey Home. That journey is only the short distance from my head to my heart, if I don’t take too many detours. Just sharing our A.A.’s spiritual principle with another is a spiritual journey. For a few moments we can accept our illness and the damage done by us and to us as well as circumstances beyond our control, witnessing our defects being transformed into assets to be shared. Letting our Father within heal our wounds is not only a wise and useful beginning but is part of the continuing journey. Sharing with others help us to bear our own weakness with compassion, patience, and without expecting our ills to go away, but becoming useful gifts to share. Let us follow Johnny Apple Seed, who sowed apple seeds on his journey, only let us sow love seeds and everything else we want to return in abundance. Thy Love, Thy Will be done.

“Do small things with great love” Mother Teresa.



I Need To Reveal My Secret
“Pay Forward” #212

Today’s “Pay Forward” gift is – I Need To Reveal My Secret. I am my boldest alone early in the morning. God forbid I tell others that I want more than anything to do and to be our Father Love and Will. The word sin meaning is - missing the mark. Rest assured I have and will missed the mark a lot. I don’t want others to think, I think I’m perfect, however. I secretly want to be. That is if perfect means I want to be the individually Devine Design I was/am created as. I pray that we all are, no more or less. We all live and move and have our being within His Omnipresence. I’m trying to understand why there is so much anger in our world. Less than perfect humans demanding others to be extra perfect. Perhaps these accusers, like me have a secret deep within, wanting to be perfect, but fall far short. Father teach us to pray, to love and worship you in Spirit and Truth. Teach us to love one another as You created us. When we miss the mark let us be quick to forgive. I ask boldly that all of Your creatures do and to be Your Love and Will. With You, Father all things are possible. I ask that we accept Your abundant supply of all we need to carry out our given purpose. I boldly ask for whatever it takes for you and me to live our deepest secret silently and openly. Thy Love, Thy Will be done.

Come, let us love one another by giving of ourselves

Waiting For The Vine-ripe Fruit
"Pay Forward" #213

Today's "Pay Forward" gift is – Waiting For The Vine-ripe Fruit. In an A.A. meeting, a person was sharing his life right out of the Big Book. He told of his experience working the 4th Step the first time but felt he should do another one because he could see he had been dishonest. But, he had done the best he could for his first thirty days in Alcoholics Anonymous. Once I had a little taste of the spiritual way of life, I talked way over my pay grade. I wanted and needed a relationship with our Father so much that I could not wait for His vine-ripe fruit. The farmer waits for the precious fruit of the earth, waiting patiently for it until it receives the early or latter rain. In our spiritual nature, we too are under the law of gradual growth that reigns in all created life. Some of us have had a flash of awakening at times. However, for me the law of gradual growth, practicing my new awakening had to follow for the results to really change me. I was blessed with an abiding faith, turning into trust and then knowing that our Father has already sat up all we need to carry out His given purpose, blessing each of us. This is to be received in due season, His timing. Every believing prayer has its influence on our state of mind. It's easy to be patient when we know His Will is to be the outcome. Thy Love, Thy Will be done.

"Do small things with great love" Mother Teresa.



The Divine Wizard Within
"Pay Forward" #214

Today's "Pay Forward" gift is – The Divine Wizard Within. "We are at our best when the doctor who resides within each patient has a chance to go to work." (Albert Schweitzer) Our healing; becoming whole is a pure miracle. Our healing is done by the Divine Wizard within; due to our lack of understanding it seems odd. Why should we care who's the healer as long as we are healed; made whole? When we realize it is our Father, our Doctor within doing the works, we are reminded that all things are possible for the likes of us. We are more likely to give credit where credit is due and realize miracles are not magic or odd. Miracles come by the way of grace not earned. Perhaps those who know nothing about Alcoholics Anonymous think our way of life is odd, when most of us come to realize it is a miracle of mercy and grace. There are those with no firsthand experience with A.A.'s spiritual principles who may think we are brainwashed or it's a placebo. Well my brain did need a good scrubbing. I know A.A.'s spiritual principles works and it is not just thinking that makes it so, but experience. I am receiving whatever it takes to rewrite and rewire my personal "reality" with the Spiritual, mental, physical, emotional, social equivalents of Your Will, Father, for me on my serendipity journey Home to You. I am grateful for miracles, for mercy, for our Wizard. Thy Love, Thy Will be done.

Come, let us love one another by giving of ourselves

Let Us Share Our Gifts Freely
“Pay Forward” #215

Today’s “Pay Forward” gift is – Let Us Share Our Gifts Freely. What is the difference between choosing to serve and to be a servant? When we choose to serve we are still in charge. When we are a servant we are not in charge. I get the most out of my sharing when I am a servant to spiritual principles. Father this is the day You have made, let us rejoice in it and share the love we are. Thank You for this Intuitive Wisdom, Spiritual Discernment – all of your Gifts. I am reminded when our Father created the universe - He let it happen. “Let go and let God” is a statement I heard long ago and these words are just as powerful now as they were then. We co-create the love we want by letting it have its way. “Love your neighbor as yourself.” Let us love our neighbor as if that person is our self. The way many of us have treated ourselves we would have to say; “Poor neighbor.” A.A. teaches us to attend to the needs of others, even as we want our needs attended to. This practice of unconditional love opens us up to the deepest mystical union with our Father. The love of our Father inspires even the simplest act of service, which is ours to share. “Everyone who asks receives; and everyone who searches finds, and for everyone who knocks, the door will be opened.” (Luke 11:10) Thy Love, Thy Will be done.

“Do small things with great love” Mother Teresa.



Learning To Become A Good Listener
“Pay Forward” #216

Today’s “Pay Forward” gift is – Learning To Become A Good Listener. I was given a stone which had written on it “listener”. The person that gave it to me believed that I was a good listener. I was told that I listened with my heart, understanding and experience as well as with my ears. It caused me to take an inventory of my listening. I found that I was a good insightful listener - sometimes and a hearer of just sounds at other times. When I was paying attention I listened to what someone wasn’t saying as well as what they were, that way I am more likely understanding what they really mean and respond to that. Because our thoughts are many times faster than someone speaking; we go off on sidetracks. Sometimes we go off too far and we miss what’s being said, so our understanding of where they are coming from is very unlikely. Staying focused on what the speaker is saying is a big help. We can learn to help ourselves stay focused by asking ourselves questions about what is being said. What is this person trying to tell us? Can I understand the message? How useful is their information? Can I apply it to my life? “If you really want to understand me, please hear what I am not saying, what I may never be able to say.” (Anonymous) Let us listen with our whole being, even to ourselves. Thy Love, Thy Will be done.

Come, let us love one another by giving of ourselves

Your God Is Too Small
“Pay Forward” #217

Today’s “Pay Forward” gift is – Your God Is Too Small. This is the title of a book by J.B. Phillips. I’ve had a copy of this book for over 50 years, and never read it. I keep it above my computer so I can see the title. I felt like the title said it all, the contents would only be a commentary. I was seeking through other channels for an understanding of the attributes of God, I choose to call, our Father. Due to the sick relationship I had with my dad growing up I had to forgive our Father and my dad. I’ve been able to accept some of my habits of thoughts and feelings that was of no value or harmful as defects. When I understood the word sin’s root meaning was missing the mark, didn’t go off on the word sinful. I had done and still do too many “mark misses.” I realize we can never have too big a conception of our Father. Equally important is a reasonable “shelf” on which the unsolved perplexities may be left with confidence. Our Father is Love, and I’ve wrongly directed the power of love. It has either been turned in upon itself or given to the wrong things. The “awakening” called for by practicing A.A.’s spiritual principles is a reversal of the wrong self-centered attitude, and so is passing its fruit on. I’m committing to read this little book, and to share its wisdom. Thy Love, Thy Will be done.

“Do small things with great love” Mother Teresa.



Our Creator Is Love – Then So Are We
“Pay Forward” #218

Today’s “Pay Forward” gift is – Our Creator Is Love – Then So Are We. Come let us first love our Father, and then love as many of His creatures we can. I like Mother Teresa’s suggestion - “Do small things with great love.” If we do so we will become beloved lovers loving. I continue to go to A.A. meetings and I share one-on-one visits often, yet somehow I feel separate. I’ve wasted too much free time on mindless petty stuff. I realize giving more love; sharing me is the answer to my illusion of separation. Love is the most potent chemotherapeutic treatment ever devised. Love is a vital ingredient for the treatment of all our human conditions. Love changes us into our true selves. Lacking the ability to give or receive love is a major factor of alcoholism or any other addiction. Love’s treatments call for us to give up our selfishness, self-centeredness and self-seeking. Freeing us to surrender these defects to our Father, He will transform them into enlightened self-interest. It is safe to dispense love with impunity because we cannot overdose. By our Father’s grace we will never run out of love; there are no adverse side effects. Today I am willing to practice simple acts of love until my heart and mind are filled with a deeper love. “Love is the medicine for the sickness of the world; a prescription often given, too rarely taken.” (Dr. Karl Menninger). Thy Love, Thy Will be done.

Come, let us love one another by giving of ourselves

Yes, Our Father Is Love
“Pay Forward” #219

Today’s “Pay Forward” gift is – Yes, Our Father Is Love. Father I know that one of Your attributes is Love. Only when I dwell in love can I consciously come into fellowship with You. Your Son has taught us how deeply this is true. Let me see with the eyes of faith Your Loving grace, within us all. Teach me the pathway to my transforming awakening journey Home. I must own my personal “reality” as it is. As my denial breaks down, and I grow and awaken, I’m willing to accept my weakness and surrender it once again. I must be willing to die to that illusionary personal “reality” that I am. Surrendering all, I have been baptized in water. As an adult I am willing to do it again, if called for. Also, I pray to be baptized in Spirit and Truth. I want and need to accept my created Higher Self. The Proof of my created Divine Design, daily. Our Father’s Love and Will is nearer, clearer, and dearer than any earthly being. Let me become more and more childlike in my faith and trust in Him and my Christ Self, and my dear friend Jesus Christ my Christ’s big Brother. I have confidence in myself as I have confidence in those Three and the Holy Spirit (Consciousness of Wholeness); my true Quad-Partnership. Father awakens my childlike love and trust – opening me to the power of prayer. In Christ’s name I have the power to ask for anything. Thy Love, Thy Will be done.

“Do small things with great love” Mother Teresa.



The Divine Healer Within
“Pay Forward” #220

Today’s “Pay Forward” gift is – The Divine Healer Within. What if we take as a metaphor each of our body cells as if they were brothers as sisters? Our heart cells are just being the individual cells they were created to be. They most likely have no desire to be a liver cell or does the liver cell chooses to be a heart cell. What if we follow the wisdom of the physical body cells and just are the individual we were created to as? Each organ and its cells have a divine design to follow and so do us, here in lies our fulfillment. We can take part in spiritual healing; it’s simple, as most good ideas are. Our Father created each of us as individual Divine designs, one of a kind. When we are ill on any level, it is because we are out of harmony with our Divine design. Accepting our part of the defect, we may choose of holding on to it or surrender it to our Father for correction. When the greatest Spiritual Healer was asked to heal someone, He would say something like, do you believe I can do this. If that person said yes, He would say let it be done unto you as you believe. You may ask yourself the question – do you believe our Father within you can correct the out-of-harmony Divine design within. And, it will be done as you believe. Help our unbelief. Thy Love, Thy Will be done.

Come, let us love one another by giving of ourselves

Let Me Remember Even For An Instant
"Pay Forward" #221

Today's "Pay Forward" gift is – Let Me Remember Even For An Instant - To Hear The Voice Of God and Follow All His Ways. Father I do love You, and my Hero Your Son 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. I am willing to look for the Omnipresence of our Father and His Love within all of His creatures. I know I will fall far short expressing the goal consciously and consistently but I am willing to love all I can, that's a bunch, at other times it's only a tiny conditional bit. Let me remember each of us is given a purpose by our Loving Creator and accept that as a starter. When my little personal "reality" tries to divert me with statements like; "I have to be honest, you know that goal is beyond your pay-grade." Let me respond with; "shut up it is our Father within us doing he works." Whatever words I utter today will be chosen with care; other people may hear or read them. I want to be known as the best A.A. lover I can be. The meaning of our words is in the action they produce. I pray my actions reveal my deepest intent to express the love I am with the love you are, by walking our talk. Come let us be about our Father's Loving Business. Thy Love, Thy Will be done.

"Do small things with great love" Mother Teresa.



Senior Moments Are Intercessors
"Pay Forward" #222

Today's "Pay Forward" gift is – Senior Moments Are Intercessors. Upon awakening I turn to You Father, and I am filled with love and gratitude. All spiritual growth connects with a clearer insight into what our Father is to us. I am having "senior moments" of loving everyone as an expression of our Father's handy work. At eighty-eight I don't have to explain everything; I couldn't anyway. Sometimes my silence response is an outburst of wisdom. "Come here and listen to me! I'll pour the spirit of wisdom upon you and make you wise." (Proverbs 1;23) I am experiencing a wonderful feeling of love that is deeper than words. Enough love will cast out all fear; it's the greatest healing power there is. My senior moments are the releasing of my deepest love and compassion and I have no desire to waste my time and energy on not love. I love the life I am given because I can make a difference and I am so very grateful. It is our Father within us doing the works we call life and His Nature is Love, no wonder it is so fulfilling. All love is an extension of His Love. I am devoted, dedicated, committed to be and to do Your Love and Will Father, consciously known or unknown. "Write it on your heart that every day is the best day of the year." (Ralph Waldo Emerson) Thy Love, Thy Will be done.

Come, let us love one another by giving of ourselves

Upgrading Shame To Guilt To Gratitude
“Pay Forward” #223

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 past gifts of grace; our Father has not run out of His Gifts. Nor do I want to be bound by the wrongs I did. Shame is a negative belief of whom I am. Guilt is for what I did wrong or a right I didn’t do. Gratitude is when I experience love and forgiveness, and I am no longer bound. I am experiencing the upgrading for my long-term shame into guilt. When I am no longer causing my guilt and I’ve surrendered it to our Father, my guilt is upgraded to gratitude. It may be too late to fix my wrongdoing, but never be too late to forgive. I did do a really bad thing. I accepted the path of shame once again; I was a failure overnight. The shame I thought was long-gone was back in full force. I hit a new sober low. At some point I began seeking our Father’s Presence, but the habits of thoughts and feelings limited my seeking. I experienced a breaking down of my denial having to face an old dragon. I realize these defects caused me to seek and find our Father’s Loving Mercy and Grace, turning these defects into early warning signal. I am quicker to turn to our Father, as my solution. Here I am, Father use me. Thy Love, Thy Will be done.

“Do small things with great love” Mother Teresa.



Awakening Gratitude
“Pay Forward” #224

Today’s “Pay Forward” gift is – Awakening Gratitude. Our Father, from the depth of my heart, mind and soul I thank You for the blessed lesson that the path to a life full of answers to prayer is through Your Will and not mine. You created each of us as individuals with a purpose. Where else shall we go for the Solution? I have too much proof of my weakness trying to go it alone and unaided, that’s insane thinking. A.A.’s spiritual principle teaches me to clear away my useless, harmful, willful ways and turn to our Father for the way, truth and light. When I’m living, loving, doing and being these principles in all my affairs, I’ve come to experience His Divine Design for my life is the very best way. In my willingness to be and to do His Love and Will I find a boldness in my prayers and meditations a confidence in accepting the answers. I do believe in You and Yours Father, help my unbelief. I have the eyes to see with the vision of faith. I have the ears to hear your Holy Voice. I have the nostrils to inhale You Divine Inspiration and exhale all that is spent. I have the mouth to consume Your Holy Bread and a tongue to speak Your Holy Words. I have hands to grasp Your abundance of all I need. I have the arms to embrace all with love. I have the feet to take me about Your Business. Thy Love, Thy Will be done.

Come, let us love one another by giving of ourselves

The School Of Silence Within
"Pay Forward" #225

Today's "Pay Forward" gift is – The School Of Silence Within. "I myself am convinced, my brothers [and sisters], that you yourselves are full of goodness, complete in knowledge and competent to instruct one another." (Romans 15:14) This becomes apparent once we work A.A.'s Twelve Steps, having a spiritual awakening ["conversion"] and begin a daily living these spiritual principles. Our selfish self-centeredness is transformed into an enlightened Self-interest. In Step Eleven I was taught to turn within to my secret place and close the door, in that silence I pray and meditate. There, I improve my conscious contact with our Father and to improve my understanding of His Attributes. This place of silence has become my spiritual schoolroom. As long as I am occupied with my thoughts and exercises I cannot worship our Father in Spirit and Truth. If I can be still and silent even for a few moments I can listen to my Teacher. As I enter the school of silence within I am taught to pray and meditate, taking the lessons I'm given, and practice them, and trust our Father to show me His Way, Truth and Life. However, I am aware that all I'm given is not mine until I live it by passing it on. I am reminded that our Father is waiting for us. I would like to cultivate the blessed simplicity of a child as I draw near to His Omnipresence consciously. Thy Love, Thy Will be done.

"Do small things with great love" Mother Teresa.



Who Installed My Sensitive Buttons?
"Pay Forward" #226

Today's "Pay Forward" gift is – Who Installed My Sensitive Buttons? I share A.A. with a devoted church goer; he is a good sober member for over 20 years. Most of the time I enjoy our sharing. I get frustrated with him, when he pushes my overly sensitive buttons. I unload a few preconceived – prepackaged values on him. Popping out of hiding is parts of my undesirable defects, especially the emotional wounds buried in my unconscious warehouse. Often, some useful elements for my growth in faith, hope and divine love come along for the ride also. He will quote Bible scripture to prove Jesus Christ died for him, taking away his "sins." This turns me off; it reminds me of how I felt judged by some church people with a shot of the "drug" guilt and punishment. Of course I was most likely guilty, but I wanted to go for the 70 X 7 times forgiving Jesus. One of my worse defects was reacting to unfairness, real or illusion. I had to be treated extra special just to feel ok. By the time I was fifteen I knew I was better than and more loving than my choices and actions were proof of. I was a chronic guilt and punisher user. Until I was living A.A.'s spiritual principle I felt unfairly judged, by everyone. Good church people or powerful people became a target. I would find their weakness or defect and use it against them. No wonder I felt others put me down. Thy Love, Thy Will be done.

Come, let us love one another by giving of ourselves

The Harvest Is Indeed Great
"Pay Forward" #227

Today's "Pay forward" gift is – The Harvest Is Indeed Great. "Then He said to His disciples, "The harvest is plentiful but the workers are few. Ask the Lord of the harvest, therefore, to send out workers into His harvest field." For every one alcoholic that is using A.A.'s spiritual principles, there are seven using them for addictions other than alcohol. There is a great unspoken demand for "workers" to carry the message of recovery. For each of us who have received the grace of some level of healing we are given a worldwide field to share in. As a healed healer to pass on what we are freely given. For many of us we are given a way in which we can make a difference daily, if we choose. I humbly pray that we awaken to the spiritual realities of our usefulness. There is a large harvest perishing as it waits for a sleepy recovering worker to awaken to their priceless gift to share. What shall we do with our heart filled with compassion if not to share it with love with those who still suffer? Those of us who have had any degree of a healing recovery, out of enlightened self-interest can share in our Father's promises. It is difficult to understand how our Father can entrust such work and give such power to the likes of us. Making the story of His Prodigal Son turning Home to work in his Father's harvest a Reality. Thy Love, Thy Will be done.

"Do small things with great love" Mother Teresa.



Call The Clutter Buster
"Pay Forward" #228

Today's "Pay Forward" gift is – Call The Clutter Buster. We are the channels through which the love current flows let it be clear of clutter. If the doors of our consciousness were clear of clutter caused by our holding on to old useless or harmful beliefs, we are likely to experience the love we are. "It is necessary that we release all thought – as well as things – that clutter up our lives" (The Science of Mind). By surrendering my doubt my Spiritual and mental pipeline is cleared of clutter. I like to think of myself as a clutter buster, busting clutter at all levels. Then my denial brakes down. I was surprised how the cleaning out the physical clutter from my home and office helped me with my working the Twelve Steps again. If my office is clutter free when I opened my attitude is better. My wife is great at keeping our home clear of clutter, for that I am grateful. When we return from an out of town trip, both our home and office is free of clutter; that's a good feeling. I choose to put the right fuel in my body today and clear up my physical clutter. 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) Thy Love, Thy Will be done.

Come, let us love one another by giving of ourselves

Our Father Awaken Us To Your Love
"Pay Forward" #229

Today's "Pay Forward" gift is – Our Father Awaken Us To Your Love. You created each individual so that we have to have others; no created being can live alone and unaided. We have to have others, not just other humans but all other kinds of created life. There is One Life, that Life is perfect, that Life is our Father's Life. His Life is our life, my life and your life. I really want to get back in the consciously and consistently saying "our Father" at each beginning. That means I am to remind myself of our Source at each shift in my intended action and decision. My older brother and my dad had a wonderful earthly father and son relationship; they were best friends and life-long business partners. A.A. gave me the tools to let go of my resentments and jealousy. By forgiving my dad and brother, I later realized I had forgiven our Father for my illusions of unfairness. Building my "our Father" reminder is to improve my conscious contact [Step Eleven] and to satisfy my burning desire for a loving relationship with Him. "Which of you, if his son asks for bread, will give him a stone? Or if he asks for a fish, will give him a snake? If you, then, though you are evil, know how to give good gifts to your children, how much more will your Father in heaven give good gifts to those who ask Him?" (Matthew 7:9-11) Thy Love, Thy Will be done.

"Do small things with great love" Mother Teresa.



Ask In His Name
"Pay Forward" #230

Today's "Pay Forward" gift is – Ask In His Name. "Most assuredly, I say to you, whatever you ask the Father in My name He will give you." (John 16:23) When I mention or hear a name, it brings to mind what I believe to be the nature, attributes or characteristic of that being. To do a thing in the name of another is to come with their power and authority, as their representative and substitute. The power of prayer and its answer depend on the right use of the Name. While my Hero was on earth, service and obedience were uppermost in His sharing "The Good News." "...nevertheless, not as I will, but as You will." (Matthew 26:39) I've meditated on the attributes and characteristics of our Father, and His Son's Name, for a great many years. However, I didn't realize how valuable it is to pray in His Name. Let me hold on to the promise until it fills my heart, mind and soul, that I can ask for anything in my Hero's name, and it will be given. Ten important attributes I can count on that is part of my Hero's treasure house, also the foundation, and the daily spiritual tools for my serendipity journey to share. They are: loving, healing, teaching, forgiving, empowering, enlightening, enriching, communicating, co-creating, and awakening. These wonderful gifts of grace are deeply embedded in Alcoholics Anonymous' spiritual principles. My Hero, please teach me to pray in Your Name, Thank You. Thy Love, Thy Will be done.

Come, let us love one another by giving of ourselves

Letting Him Have His Way
“Pay Forward” #231

Today’s “Pay Forward” gift is – Letting Him Have His Way. I’m reminded of the difference between the finite and infinite; our Father’s grace and my personal “reality.” We can’t have too big a conception of our Father. The more my understanding grows the more I can see with the eyes of faith the never ending opportunities for a fuller life. Once I accepted the idea that our Father is Omnipresent, Omnipotent and Omniscience I could believe in the infinite possibilities. As I experienced A.A.’s promises my faith in His grace expands. The more scientific knowledge (in whatever field) advances, the greater becomes my realization of our Father’s vast and complicated wisdom; more proof of His Present, Power and Knowing. I find myself knowing, not just believing, that His Holy Spirit (Consciousness) is within, around and through each of His creatures. Each individually created being is proof that we all have a purpose in His Divine Design. As we awaken, and express it in our daily life, we find our greatest joy by just being who we are intended to be. We intuitively know the answer to a great many problems, and we can leave the unsolved perplexities in our Father’s Hands, and move on. Our Father is Love, then so are we as His children, it is clear that the power to love has been wrongly directed. Equally important is the realization that His grace will correct this misuse of love if we are willing to let Him have His Way. Thy Love, Thy Will be done.

“Do small things with great love” Mother Teresa.



We Don’t Have To Be Great To Matter
“Pay Forward” #232

Today’s “Pay Forward” gift is – We Don’t Have To Be Great To Matter. It is clear to me that I will never be a great person. I don’t worry about worldwide problems, like will we go to war or global warming. I’m concern with being the best A.A. sober member I can be. Some great people worry world hunger and solving it. I am worried about the junk food I ate. Some thoughtful people worry about being a worldwide peacemaker. I’m not always peaceful or loving myself or my closes friends 24/7. I have so many tiny projects which take up my worrying-time. As an alcoholic perfectionist I worry when just one person doesn’t respect or love me when I make everyday mistakes. A great person seems to do great things a lone and unaided. I am so caught up in everyday living I have to remind myself that our Father is the only True Source. Too often I have reminded myself He is my only Supplier by saying His sacred Name, Father at each beginning. I worry about the times I forget to include Him in my little projects. I am so grateful He is always merciful and loving about my little stuff, so if I ever have a big deal I can count on His loving support. I have a little project I better tend to, or I will start worrying, so I have to close. Thy Love, Thy Will be done.

Come, let us love one another by giving of ourselves

What A Single Thought Can Do!
"Pay Forward" #233

Today's "Pay Forward" gift is – What A Single Thought Can Do! "From a little spark may burst a mighty flame." (Dante Alighieri) The heart felt simple prayer – "help" – can bring on a Divine solution for our greatest problem. It is our Father within us always doing the works. A single spark can start a deadly forest fire, by a careless irresponsible act. As an alcoholic I could take a drink that would set off an uncontrollable destructive path. I have cried for help and I received a transforming gift of a purposeful way of life. Let us choose to use the spiritual principles we are given. Be willing to give of ourselves, and let the love of our father dwell within us. We are given the power to believe in the love that hears every prayer, for sure those that flow from a heart filled with gratitude. "The merciful will receive mercy; the meek will inherit the earth." Our Father, You are Love, and those who dwells, in love, even for an instant [a cry for help] can come into fellowship with You. Our Father I pray You flood our hearts with Your Love. Be a fountain of love inside us that flows out to everyone around us. A.A.'s spiritual principles can be the gate through which we find life in Your Love, Father. May we forgive everyone including ourselves daily whoever might offend us, the proof that Your forgiveness is our power and life of love. Thy Love, Thy Will be done.

"Do small things with great love" Mother Teresa.



A.A. As A Spiritual Treatment
"Pay Forward" #234

Today's "Pay Forward" gift is – A.A. As A Spiritual Treatment. The drastic conversion from this active alcoholic to a sober A.A. member, desiring to take part in a spiritual way of life was a reversal of the wrong way to the deliberate giving of the whole to love, first to our Father, and then to others. Once I experienced the joyful fulfillment by practicing A.A. spiritual principles daily, I had a burning desire to expand that path. I wanted to take part in what was called Spiritual Treatments. I believe carrying the A.A. message is a Spiritual treatment. I'm reminded when we are doing a Spiritual treatment for ourselves or someone else it is always our Father within doing the works. He will realign us with our individual Divine design, His Love, His Will. Prayerful treatment's root is centered within our interior and then exterior silence. In fact we are asking for our inheritance to come into expression, no matter what we think we are asking for. Hate is not the opposite of love, just not caring is. The uses of opposites are an important part of our warning system, they tell us what is working and what isn't, we can choose once again. My affirmation - Father I am as you created me, Your son and a loving brother to all. At first I hoped it wasn't another pipe dream. Then I realized it was the way it works. Now I know it is true as I experience it. Thy Love, Thy Will be done.

Come, let us love one another by giving of ourselves

Who Am I?
"Pay Forward" #235

Today's "Pay Forward" gift is – Who Am I? Getting to know ourselves sounds simple and easy and it is at the current level but we are far more than this. A.A. gives us the tools to chip away much of what we are not, which opens us to grace. If we are willing to accept ourselves as is, for now we can awaken to our Created individual Self. Being totally committed to practicing A.A.'s spiritual principles daily is a very wise investment. Feeling comfortable and uncomfortable are sure signs we are getting to know ourselves better. Knowing ourselves is being willing to be with ourselves alone, and willing to share ourselves. In other words we feel part of instead of separate and alone. Our frantic search for meaning turns in to an enlightened Spiritual journey. We really do have choices and we are responsibility for those choices and our actions. We learn how to turn within to the silent invisible Presence and awaken to our unique created Self. In conscious union with the Creative Power within we become co-creators, instead of illusions makers. We can fill our life with expressions of our loving heart's desire. Go a part with yourself; spend some time together with all your parts getting to know your wholeness. Practice this time off with all of you until you become good company, and then enter the world of loving service. The harvest is great but the workers are few. Be one of those workers. Thy Love, Thy Will be done.

"Do small things with great love" Mother Teresa.



Be Still And Listen
"Pay Forward" #236

Today's "Pay Forward" gift is – Be Still And Listen. I can hear and see through my Silent Invisible Witness within my heart, His Holy Voice, saying come let Me love you, heal you, teach you, forgive you, empower you, enlighten you, enrich you, communicate with you, co-create with you and awaken with you, I will, I have, I am. Whoever is – "faithful with a few things; I will put ...in charge of many things." (Matthew 25:21) Upon awakening I turn to You Father, I am filled with love and gratitude. I am devoted, dedicated, committed to do, to be Your Will and Your Love, Father, consciously known or unknown. I am receiving whatever it takes to rewrite and rewire my personal "reality" with the equivalents of Your Reality, for 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 that we call life. Father I do love You, and my Hero, Your Son 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. Today I will rejoice in Your handy works, Father and share our love. Thank You for this Intuitive Wisdom, Spiritual Discernment and common sense. Thy Love, Thy Will be done.

Come, let us love one another by giving of ourselves

Spending A Day Loving All Of Our Father's Creatures
"Pay Forward" #237

Today's "Pay Forward" gift is - Spending A Day Loving All Of Our Father's Creatures. This idea came to mind – God is Love. God is omnipresent. Then His Love has to be within, around and through each of His creatures, those we will never meet or think about, and even within our enemies. Let's take this for our daily meditation. Spiritually, pray for whatever it will take to demonstrate this idea. Mentally, think about the possibilities of loving all of God's creatures. Emotionally, let our imagination play with the experience of loving all. Socially share our love silently or openly with everyone. Try a little childlike trust and faith believing we will receive all we need to practice the Presence of our Father [Love] within all. After all He is within each of us, transforming what we eat and drink into what we call life. Just for one day trust the process of struggle and growth into knowledge and strength that comes with the commitment to love all. Experience the maturity and ripeness that comes by grace as we enter into the fellowship of universal love for a holy instant. A process so radical will surely meet with conflict. "Howbeit this kind [of healing love] does not go out except by prayer and fasting" Matthew 17:21. Sharing the love we are here and now as spiritual children we are given all that is needed to become spiritual adults. Practice A.A.'s spiritual principles in all our affairs are expression of love. Thy Love, Thy Will be done.

"Do small things with great love" Mother Teresa.



Choosing Our Heroes and Heroines
"Pay Forward" #238

Today's "Pay Forward" gift is – Choosing Our Heroes and Heroines. I've been troubled by my old choices of heroes; the punisher of wrongdoers, the avenger. It is conflicting with what I believe is my purpose, my life's journey. My Beloved Heroes or Heroines include Jesus, Mother Teresa, Emmet Fox and Father Keating, all spiritual leaders. With Father Keating's passing none of these are still living. As far as I know they never harmed or punished anyone. The lesson for day 17 of my workbook "The Hero/Heroine's Journey" is about passing through the dark night of the senses and dark night of the Spirit. Perhaps this is why I've been so troubled about my old avenging heroes and heroines; they are so contrary to my current heroes/heroines. The "Dark Nights" are part of a Spiritual transformation we all experience, called by many names. I choose to disempower and replace my old avenging heroes and heroines, but I am powerless to do so alone and unaided, they are deeply entrenched. The dark night of the senses is when my old beliefs about the senses no longer work as they once did. The dark night of the Spirit is when my Spiritual practice is too limited. I need to return to the basic ways of growth and awakening; stop fighting everyone and everything. I need to surrender everyone and everything, let go and let God, our Father. I need to practice A.A.'s spiritual principles in all my affairs, "just do it." Thy Love, Thy Will be done.

Come, let us love one another by giving of ourselves

A.A.'s Roots
"Pay Forward" #239

Today's "Pay Forward" gift is - A.A.'s Roots. I see another stratum of A.A.'s Spiritual way of life. In the late 1920's the First Century Christian Fellowship changed its name to the Oxford Group. Rowland H. was a hopeless alcoholic who could not stay sober. Having exhausted every means he could find he went to Europe to be a patient of Dr. Carl Jung. He sobered for a while but went back to drinking. Dr. Jung who frankly told him of his hopelessness, so far as any further medical or psychiatric treatment might be concerned. Dr. Jung's statement was the first foundation stone A.A. was built on. Dr. Jung's only suggestion was for Rowland to have a Spiritual or religious experience - in short, a genuine conversion. If he could have such a conversion he would live by sharing it. Rowland joined the Oxford Group and helped other alcoholics sober. One of these people was Ebby T., Bill Wilson's sponsor. Bill shared the message with Dr. Bob and they gave us the A.A. message. This account of course is oversimplified. There are too many other miracles in the chain of event that brought you and me into A.A. to account for. We are given a Spiritual way of life that we can share that makes a good difference. By our Father's grace our defects are transformed into workable assets. Opportunities for loving, sharing and growth are endless. Sharing keeps us alive and gives our live meaning. Thy Love, Thy Will be done.

"Do small things with great love" Mother Teresa.



Father Teach Us To Live Your Inspired Words
"Pay Forward" #240

Today's "Pay Forward" gift is - Father Teach Us To Live Your Inspired Words. We are given a Spiritual Power Of Attorney. "Whatever you ask the Father in My name, He will give you" John 16:23. Father, teach us the meaning of asking in "My name," Your Son's name. "I pray - I speak to my Father. I read - my Father speaks to me." (Anonymous) "If you abide in Me, and My words abide in you, you will ask what you desire, and it shall be done for you." Prayer is not monologue, but dialogue - a conversation between our Creator and ourselves. Its most essential part is our Father's voice in response to ours. Listening to our Father's voice is the secret of the assurance that He will listen to ours. It shows our intention of our desiring to meet Him in prayer. I realize why my prayers have not been more believable and effective. I was more occupied with my speaking to You, Father than You speaking to me. I am coming to understand that the secret of faith is this - As we awaken to our individually created Self, we live it by sharing it. I love doing my daily prep-work; prayer, meditation, reading my A.A. literature and writing a "Pay Forward" affirmation. However, I must walk the talk to gain the fullness of the inspired words I'm given. Let the Words I am guided by cause me to perform, action is the magic word. Thy Love, Thy Will be done.

Come, let us love one another by giving of ourselves

Beyond My Pay-grade
"Pay Forward" #241

Today's "Pay Forward" gift is - Beyond My Pay-grade. I step out in this path of faith and trust in our Father's grace, nothing is beyond His Pay-grade. Father, I come to You in prayer, grant me the courage to come in boldness, asking to do and to be Your Love and Will. Here are a few things going on I don't want. I choose not to stuff them or cover them up. I choose to let our Father tend to them, there are beyond my "pay-grade." I choose to return to love, which I do have a burning desire for. Yes, I love miracles, which I have come to understand are a shift to a higher principle. That too is beyond my "pay-grade." I choose to see with the eyes of faith when I lack understanding, that's a miracle. Our Creator had a purpose in Mind when He created humans to walk upright. Maybe it is a sign of what our lives should be like. Perhaps we should be reaching for a higher level of living. An alcoholic lying in a gutter looking up at the passer-by, saying; "But for the grace of me there goes I." If we are unable to stand upright on our own, let us seek a sober "Spiritual Chiropractor." Alcoholics Anonymous has a great number of these Spiritual practitioners on call 24/7. Like the Prodigal Son we can turn back to our Father, where we are always welcome. Thy Love, Thy Will be done.

"Do small things with great love" Mother Teresa.



Returning To Love
"Pay Forward" #242

Today's "Pay Forward" gift is – Returning To Love. Unfortunately, much of religion, and some A.A. members have been trapped in guilt about being "flesh," while the great message of the Gospel and A.A. is, grace, healing, forgiveness and love, have largely gone unheeded. Obsessive guilt about our embodiment has too often kept us "from the greater matters of the law: justice, mercy, and good faith," as Jesus says to the Pharisees (Matthew 23:23). We must begin by trusting what our Father has given us. We cannot return to a healthy view of our own bodies until we accept that our Father has forever made human flesh the privileged place of the divine encounter. We have had enough of dualism; the separation of body and spirit, too much over-emphasis on the body excesses and addictions. We must return to Love, and respect this world for all the wisdom and goodness of the body. Our bodies are our Father's dwelling place and His temple, within each of us. Our Father has given us permission to learn wisdom and humility from our bodies. Remember, the steps to maturity are necessarily going to be immature. Our Father is an expert at working with mistakes and failure. Mistakes do not seem to be a problem for Him; they are only a problem for our ego that wants to be the "Boss." We first tend to do things wrong before we even know what right feels like. Is there any other way? Thy Love, Thy Will be done.

Come, let us love one another by giving of ourselves

The Answer Is On The Way
"Pay Forward" #243

Today's "Pay Forward" gift is - The Answer Is On The Way. I want so much to share each day an inspired affirmation. I ask our Father to give me something worthwhile to share during my morning prep-work. I do receive whatever it takes to do, and be what I have come to believe is my mission. We are all part of Your healing the world, Father sometimes the patient and other times the doctor. Each individual is the only one that can fulfill our true purpose and only then by our Father's grace. We have no competition spiritually. Each one of us have different abilities and frailties, we need one another to make a whole. I am reminded of an important part of a Spiritually inspired life. "The royal road to progress in spiritual understanding is to solve definite problems by prayer" Emmet Fox. In my early A.A. Spiritual innocence; everything was a God-thing. Every time we heal any condition by prayer we gain an increase in our faith and our Spiritual understanding. To experience that our Father is doing for us what we could not do for ourselves, and to make it real we need to express it. This is living the third part of Step Twelve; "... and to practice these principles in all our affairs." Perhaps we look too far for our inspiration, just turn within. We are given all we need to demonstrate our God given purpose; remembering it is our Father within doing the works. Thy Love, Thy Will be done.

"Do small things with great love" Mother Teresa.



Healing the World Is Ongoing
"Pay Forward" #244

Today's "Pay Forward" gift is - Healing the World Is Ongoing. I am devoted, deeply involved, and immersed in doing our Father's Love, and His Will. I am dedicated; faithful to His purpose, as I understand it. I am committed; I obligate myself to do Your Will Father, consciously known or unknown. I am grateful to be part of His Healing. In some ways, it may seem simpler to obey usually arbitrary rules about diet or sex than truly honor the living incarnation we are. Show me a single ascetical or anti-body statement from Jesus. Yet, as Pierre Teilhard de Chardin (1881-1955) said, "Avoiding the risk of a transgression has become more important to us than carrying a difficult position for God." I now realize I'm not seeing things as they are, I'm seeing things as I am. I think I will see this weed as a flower. I choose to see our Father's Presence in everyone. Now, I have to take some action, shall I pull the weed or the flower? I guess I will just let them alone, with the lack of rain they both have suffered enough. Oops, someone must have prayed for rain it has come in a great abundance. Come let us be about our Father's Business, whatever that turns out to be, has to be ok. Father I am as you created me, Your son and a loving brother to all. It is You, Father within me doing the works that we call life. Thy Love, Thy Will be done.

Come, let us love one another by giving of ourselves

Evergreen Perennials students
"Pay Forward" #245

Today's "Pay Forward" gift is – Evergreen Perennials students. I am devoted, dedicated, committed to do Your Will Father, consciously known or unknown. This is my highest form of my radical training. My instructors are from every-walk-of-life, and they are evergreen perennials students becoming taught teachers teaching who continue to upgrade through all my seasons changes. My guidance system notifies me, with a little feeling when I am on or off the path. Then I say, Father and that reminds me of my commitment to do His Will. "We will intuitively how to handle situations which used to baffle us." Alcoholics Anonymous page 84. Of course I would not need radical training if I remember to carry out my commitment 24/7. Those who have completed their schooling need not do radical training. I have never known or heard of any ordinary human whose has graduated. So far all the teachers I have known were also students and all students are teachers. The good teachers are giving away what they desire for themselves and as they do they become students for what they desire. If we want to know and experience a way or life, like love, give it away freely and we will be taught more about that gift of love. Let us teach what we want, without measuring how much or what is returned and our Father will take care of the rest. A.A.'s way of life offers us opportunities as teachers and students. Thy Love, Thy Will be done.

"Do small things with great love" Mother Teresa.



Let This Be A Yes Day
"Pay Forward" #246

Today's "Pay Forward" gift is – Let This Be A Yes Day. Today let us say yes to everything we experience in a constructive way. Let us focus our yes on those things we want. Let that yes, be for being the individual Divine Design our Creator intended. Yes, is a sure sign of affirming our living, loving gratitude. I say yes, to my awakening as I turn to You, Father. I say yes, for the love and gratitude I am now experiencing. Yes, I am devoted. Yes, I am dedicated. Yes, I am committed to do Your Will, Your love Father. Yes, I am receiving all I need to carry out Your Will for me Father. Yes, I am receiving all I need to rewrite and rewire my personal "reality" in concert with Reality. Yes, I am listening to Your Holy Voice, Father directing me in a way I can currently hear, understand and follow. Yes. I share all my gifts with whomever You will, Father. Every time I say, yes my consciousness expands at all levels. My yes, is confirming with my Source that everything is possible. Yes, I am responding to love, I am living, loving this moment. Yes, I am expressing loving, constructive feelings that is energizing me. Yes, I am celebrating Breath Day, grateful for every breath, inhaling the gift of life and expelling what is spent. Come let us say yes to the love we are, living, loving one breath at a time. Thy Love, Thy Will be done.

Come, let us love one another by giving of ourselves

A Spiritual Detoxing
"Pay Forward" #247

Today's "Pay Forward" gift is - A Spiritual Detoxing. I have hit my bottom with my illusions of separation. It is the primary block of my lack of conscious union with our Father and all others. I bought into the belief so long ago I cannot remember its beginning. Before our Father can transform my belief into an asset I must fully own it as part of my personal "reality," which goes far deeper than just a habit of thought and feeling, it is a way of life. The simple fact is our Father can only take away what I give or surrender to Him. Healing and Spiritual transforming are detoxing processes. We must die to an old "reality" before the rebirth. I have reached a point that I want a conscious union with our Father's Love and Will more than anything, even my little dying useless illusion of separation. I am willing to let go of all levels of my made up world of illusions of separations. I affirm there is one life that life is perfect, that life is our Father's Life, all life, my life now. I accept that every cell of my body all other bodies embody our Father/Creator's Presence as His body expressed in this experience called life. Come let us join one another as one life, one loving union. **The next four days I will share some ideas about the beginning of the illusion of separation, from God, others and ourselves. Thank you for your patience.** Thy Love, Thy Will be done.

"Do small things with great love" Mother Teresa.



The Illusion Of Separation Begins – Part One
"Pay Forward" #248

I felt the need to share this concept, real or an illusion, about "The Fall of Man" that came to me.

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

Come, let us love one another by giving of ourselves

The Illusion Of Separation Begins – Part Two
“Pay Forward” #249

There is One life, that life is perfect, that life is God’s Life, that life is our life, that life is my life.

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

“Do small things with great love” Mother Teresa.



The Illusion Of Separation Begins – Part Three
“Pay Forward” #250

Each one of His children has all they need to live, move and have their being as part of His Wholeness.

Today’s “Pay Forward” gift is – The Illusion Of Separation Begins – Part Three. The individual divine design is omnipresent – omnipotent – omniscience flowing within each being; for that unique expression of our Father’s Will. We are to glorify our Father here on earth – to worship Him in Spirit and Truth. Our created Higher Self and our personal “reality” are guided by the Holy Spirit in overcoming the big lie, that we could ever be separate from Him. Therefore, our human condition is in the image and likeness of Jesus Christ, being both Spirit and human. We are not here to glorify our personal “reality” but to glorify our Father. Jesus Christ [The Holy Spirit] came into this world to show us the Way – the Truth – the Light and the Life more abundantly. Showing us how to express our created individually, divine designed Self. Our personal “reality” is enlisted in our Christ’s service, as disciples/students. As we learn how to carry the Good News in His Name, by grace we become apostles/teachers. The outer expression of the twelve disciples are – faith – will – understanding – imagination – zeal – power of the word – love – wisdom – the spirit of the law – strength – elimination – repentance/regeneration. Each apostle is given an abundance of all they need to teach the Good News/The Gospel – loving – healing – teaching – forgiving – empowering – enriching – enlightening – communicating – co-creating and awakening all they are drawn to. Thy Love, Thy Will be done.

Come, let us love one another by giving of ourselves

The Illusion Of Separation – Part Four
“Pay Forward” #251

The Holy Spirit - The Spirit Of Wholeness

Today’s “Pay Forward” gift is – The Illusion Of Separation – part Four. The fruit of the Holy Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control, Galatians chapter 5. The fruit of practicing A.A.’s spiritual principles is Wholeness. After coming to earth as a man, for about 12053 days (33 years) 3 of those days were dealing with His Crucifixion and Resurrection, Jesus ascended to heaven, with power He didn’t have before. The Holy Spirit came to us with a new mission that He didn’t have before. Starting on page one of the Bible, the Spirit of God (Holy Spirit) was used to empower individuals for specific tasks. In the Old Testament He was invoked as the Spirit of God. At Pentecost He descended as the Spirit of the glorified Jesus, bring down and communicating to us the full fruit and power of the accomplished redemption, for the healing the illusion of separation, humans made up. Jesus Christ also communicates with us in the silence of our soulful prayers - more will be revealed - if you ask believing. The Holy Trinity – The Father – The Son – The Holy Spirit – One God in three Divine Persons. At the beginning of Jesus Christ’s mission, when He was being baptized in the Jordan River, the Holy Spirit came down on Him in the form of a dove; a sign of Devine Peace and Loving Unity. Jesus breathed into His disciples the Holy Spirit, empowering them to spread the Good News; reawakening our Wholeness. Thy Love, Thy Will be done.

Regeneration Is Our Returning To Love
“Do small things with great love” Mother Teresa.



“Do You Hear What I Hear?”
“Pay Forward” #252

Today’s “Pay Forward” gift is – “Do You Hear What I Hear?” I was given a stone which had written on it “listener”. The person that gave it to me believed that I was a good listener. I was told that I listened with my heart, understanding, experience as well as my ears. It caused me to take an inventory of my listening. I found that I was a good insightful listener sometimes and a hearer of noisy sounds at other times. My intention has a lot to do with what I pay attention to. When my intention is to be of service I listened to what someone isn’t saying as well as what they are. I have a better chance of understanding what they really mean and respond to that when I listen with my heart and mind. Because our minds are many times faster than someone speaking; we go off on sidetracks. Sometimes we go off to far and we miss what someone is saying and that is the end of understanding where they are coming from. It is a big help staying focused on the person speaking. If we ask ourselves questions about what is being said. What’s this person really saying? Are they making their point? How useful is it? “If you really want to understand me, please hear what I am not saying, what I may never be able to say.” (Anonymous) Come; let our intention be listening with our whole being. Thy Love, Thy Will be done

Service – A Joyful Act Of Love
Come, let us love one another by giving of ourselves

“Pay Forward” #253

Today’s “Pay Forward” gift is – Regeneration Is Our Returning To Love. The restoring or regrowth of lost tissues of the organs in the human body is becoming a reality. For quite some time the regrowth of some tissues; such as skin has been accepted. I no longer think the regeneration of other organs is out of the question. Ongoing research suggests there is hope for a variety of tissues and organs to be regenerated. The healing starts almost at once in a health body when wounded. Practicing A.A.’s spiritual principles in all our affairs rewards us with an awakening which is a real Spiritual regeneration. We can also experience a regeneration of our mind when we stop dwelling on the useless and harmful, focusing instead on what matters; our hearts desire. Our physical body under goes a regeneration process when we stop putting toxic stuff in, and take in only healthy nourishment. Our emotional life is regenerated when we share the love we are, and our fear is replace with love. We experience a social regeneration as we clear away the wreckage of the past. The highest form of active regeneration comes when we are reconciled with our Father/Creator within. I choose to conserve and share the grace of regeneration by not wasting the gift of life. Love is the healing and regenerating Power touching everything into wholeness, because our love is an extension of our Father’s Love. Thy Love, Thy Will be done.

“Do small things with great love” Mother Teresa.



“Pay Forward” #254

Today’s “Pay Forward” gift is – Service – A Joyful Act Of Love. Father this is the day You have made, let us rejoice in it and share the love we are. Thank You for this Intuitive Wisdom, Spiritual Discernment, common sense and all of your Gifts. The Divine Love is within each of us 24/7; if I cannot see it with the eyes of faith, let me look once again. I remind myself that the food I ate is being transformed within into what we call life. If I still cannot experience His Omnipresence, I boldly ask Him for the vision of His Son. Love reaches out to all who come into my consciousness. I am radiating the love we all are and I choose to let it flow freely. Love dissolves all my fears, cast out all my doubt and sets me free to serve. I am asked to share the love I have received by the grace of our Father through practicing A.A.’s spiritual principles. One of the most important principles is to give away what I want to keep and expend, through the simple act of passing on what I have been so freely given. I pray for whatever it takes to be loving, wise and useful, for those I share with and myself. I pray that I may make a loving difference as I share the gifts I am given. Come let us be about our Father’s Loving Business. Thy Love, Thy Will be done.

Come, let us love one another by giving of ourselves

Friendship Called Into Question
“Pay Forward” #255

Today’s “Pay Forward” gift is – Friendship Called Into Question. The basic meaning of a friendship is, those who have a common purpose, goal or cause. Too often I have tried to get someone’s acceptance who’s desires or life style were nothing like mine, nor did I want anything they had to offer. That I a sure sign of my insanity, seeking approval from those I don’t even want to kill time with. Time should be to fill not to kill. When dealing with those we don’t have a common purpose, goal or cause, it’s wise not to waste our time and energy on their opinions, which is a real outside issue. Let us focus on acts of love such as: patience, kindness, generosity, humility, courtesy, unselfishness, good temper, good sense of humor, sincerity, and innocence, these enrich our lives. These acts of love are a great way to use our free will. These simple acts of love that we share pay great dividends. Let us not defer or delay these opportunities because we will not pass this way again. Freely we are given and we do well passing it on, this is the unbound flow of life’s loving energy. Our primary need is simple; being the individual we are. All we need has already been given to each of us, that is not an opinion, but the simple truth. Our part is to remember the gift and live it. Upon awakening I turn to You Father, I am filled with love and gratitude. Thy Love, Thy Will be done.

“Do small things with great love” Mother Teresa.



The Joy Of Being In Touch
“Pay Forward” #256

Today’s “Pay Forward” gift – The Joy Of Being In Touch. Upon awakening I turn to You Father, I am filled with love and gratitude. Let me remember even for this instant that it is You, Father within me doing the works that we call life. I speak this affirmation throughout the day - I am devoted, dedicated, committed to do and to be Your Love and Your Will Father, consciously known or unknown. I am receiving whatever it takes to carry out the mission You gave/give me, which is Your Love expressed. Our Created Self is that part of us that experiences loving emotions that are deeper than words. It is the part of us that can truly become aware of that Divine union we long for, consciously known or unknown. To feel real intimacy with another person we must be in touch with our vulnerability, with the love we are. Our love is a healing power touching everything into wholeness; our love is an extension of our Father’s Love. Radical learning intimacy calls for grace, courage, commitment and practice. Let us act on the opportunities that come our way, one at a time, the A.A. way of life. I wrap myself in the mantle of our Father’s Loving Presence and fall asleep, filled with peace. Through the long night it remains with me, at the break of day I shall still be filled with His Life and Love. I shall go forth into this day confident and happy. Thy Love, Thy Will be done.

Come, let us love one another by giving of ourselves

Building The Equivalents Our Heart's Desire
"Pay Forward" #257

Today's "Pay Forward" gift is – Building The Equivalents Our Heart's Desire. Most of us come into A.A. on the broad-road after we live the spiritual principles for a while the road gets narrow. We cannot get by doing some of the things we once did, nor can we settle for so little. Our Father motivates us with what we call Divine Discontent. "Let your eyes look straight ahead, fix your gaze directly before you" (Proverbs 4:25). We can be grateful when we realize our Father's role in our daily life. Father I am receiving whatever it takes to do Your Will, and to rewrite and rewire my personal "reality" with the equivalents of Your Will, Father, for me on my serendipity journey Home to You. Let's be realistic today: Plan for a miracle or two. I'm learning the secret for right relations with our Father, others and myself, by seeking the omnipresence in us all. That is a miracle plan of action that really works. Good plans by themselves cannot produce change of being; our effort must go in the same direction, with a little added grace. How can we deny that we each have a purpose, knowing we are individuals? We may not fully understand what our purpose is, but it is by grace. Each breath we take offers us an opportunity to be more like our individual selves. A.A. livers are blessed with the tools to be ourselves, as intended. Come let us be about our Father's Business. Thy Love, Thy Will be done.

"Do small things with great love" Mother Teresa.



Praying In Secret
"Pay Forward" #258

Today's "Pay Forward" gift is – Praying In Secret. "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." (Step Eleven) "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 see in secret shall reward you openly." When praying turn within and close your door to the outside world, our inner chamber is our place of worship. Our Father is waiting for us to reveal His loving kindness and mercy. Let us know He knows what we need before we ask. No matter, what is going on in our outside world let us make it a daily habit to turn within as often as we can, regarding our visit within as the highest privilege of our lives. All we have to do is to go to our Father with our emptiness, because He has everything to give. Let us remember it is not what we have to take to Him, but what He waits to give to us. It is within this secret place our Father Loving grace, and His Will is revealed to us, and our strength is renewed to carry out our individual mission. We are given the wisdom to see with the eyes of faith His omnipresence in our ordinary daily life, proof of His Love. Thy Love, Thy Will be done.

Come, let us love one another by giving of ourselves

Grace Beyond Our Greatest Dreams
"Pay Forward" #259

Today's "Pay Forward" gift is – Grace Beyond Our Greatest Dreams. Clearing away the wreckage of the past also includes the limitations I have accepted. The illusions of separation I bought into trying to cover up my guilt and failings "confirmed" my lack and limitations. A person like I was did not deserve abundance of any kind. I've heard it said that Alcoholics Anonymous is much like early Christianity. In my quest for a spiritual way of life like, A.A. is, Christ's journey became very important. "Therefore I say unto you, all things whatsoever you pray and ask for, believe that you have received them and you shall have them." What a promise! It is so large, so divine that my little heart and mind could not comprehend it. In so many ways I sought to limit what my personal "reality" told me. Once I was able to allow His promises, my beliefs to receive some of what His Love and Power they were already being done. I realized that faith is far from a mere conviction of the Truth of our Father's Word given to us, or a conclusion drawn from certain premises. It is the inner ear that has heard God say what He will do, and the eyes of faith that has seen Him doing it. Father, teach us to pray and receive an awakening faith in Your grace. Let me remember it is our Father doing the works, and believe that He will keep His promises. Thy Love, Thy Will be done.

"Do small things with great love" Mother Teresa.



No One Can Be A Better You Than You
"Pay Forward" #260

Today's "Pay Forward" gift is – No One Can Be A Better You Than You. Or, A Better Me Than Me. We are individually created Divine Designs. One of a kind, having a special mission; no one can express our gift of grace, better. Many have similar mission who do them better, and some not as good, but none the same size or effect. In reality we are not in competition with one another. We intuitively know that we can never be entirely the same. While sharing with another member of A.A., who is working on his defects, I awakened, that I'm doing what he is doing in a different from. As my denial broke down, I could see how I was comparing myself with others in a number of important areas; ok, sometimes they are petty. As part of my personal "reality" this major defect has become a way of life. I found myself envying others that did better than me, causing feeling of inadequacy. I will list a few examples - when someone, that is more gifted, shares or I hear about their success, like a devoted father, a good friend, an A.A. member, an effective writer or speaker, and many others, in other words my list would be shorter if it included just the areas I don't fall in a less-than ditch. I'm taking full ownership of this defect so I can surrender it to our Father, to be transformed into an asset, Thy Love, Thy Will be done.

Come, let us love one another by giving of ourselves

Non-Competing Cells
“Pay Forward” #261

Today’ “Pay Forward” gift is – Non-Competing Cells. I’m the best me I have ever been, and I’ll experience a better me tomorrow. I choice to stop motivating myself with negative comparing, and surrender this defect to our Father, as His child. I’m praying that He will transform it into an asset as He has with some of my defects. When meditating it came to me to use the cell in our human body as a metaphor as if each created being is a cell in our Father’s Body. In 2017 there were 7.53 billion humans on Planet Earth. For an example, our heart has billions of cells to carry out its daily operation, and not competing with any other organ. A healthy body is in harmony with all its cells, when each one is tending to its own business. As an individually created being I need to tend to my purpose, and not another. Then my chances are better at being in harmony with other created beings; letting each one be about our Father’s Business. My heart cells do not have to understand my little toe’s mission; I can let it be the toe it is. I don’t need to understand anyone’s created purpose. It’s best for me to remember that each one of us is living, moving and having our being within our Father and He is within us. As members of our Father’s Body He places His Power and Love at the disposal of His children who completely trusts Him. Thy Love, Thy Will be done.

“Do small things with great love” Mother Teresa.



Oops, It’s Now Again!
“Pay Forward” #262

Today’s “Pay Forward” gift is Oops, It’s Now Again! I have to remind myself too often that now is the only time I have to do or not do anything. I have important projects I want to finish, and I really mean to do so, but I’ll put it off to later, what if there is no later? We are mortal and shouldn’t postpone our important things. I found myself yesterday wasting the time I had set aside to work on one of my valued projects. The circumstances could not have been more favorable. I brought the project up on my computer and then proceeded to waste the rest of the day. I spent my special time on some mindless TV, and on generating some useless information, and on other stuff not worth noting. I could use the excuse; I was not inspired to work on that project. The question is this; do I have to be inspired to work on this project? There are mechanical parts I could have worked on, that need on inspiration, in fact I could do them while watching mindless TV. Our time on earth is limited, therefore extremely precious, why not act like it? “There are many fine things which you mean to do some day, under what you think will be more favorable circumstances. But the only time that is yours is the present.” (Grenville Kleiser) Don’t bring flowers to the grave: rather, bring them home or send them to the person who’s precious, today. Thy Love, Thy Will be done.

Come, let us love one another by giving of ourselves

Hold On Inspiration Is On The Way
“Pay Forward” #263

Today’s “Pay Forward” gift is – Hold On Inspiration Is On The Way. I asked for inspiration this morning to share, when I opened one of my prep-work readings I was given an idea. “Inspiration comes from the Heart of Heaven to give the lift of wings, and the breath of divine music to those of us who are earthbound.” (Margaret Sangster) I’ve been too earthbound lately. I need to do the Prodigal Son thing; return to our Father a little faster. I am experiencing writers block on two projects. Yesterday I took about an hour and a half to write one short paragraph that I may never use. When I am in harmony with the Divine Loving Mind my life’s work is effortless, it’s not a burden, but a loving living flow. Sometimes my personal “reality” has to struggle to get even a tiny bit done. I have learned through my A.A. experience to do sober stuff no matter what, at some point the block will break. I follow this same rule with all my projects, fruitful or not I will do at least a tiny bit. It is so much fun when the Angels are pushing and pulling me the way of my mission path. I never know when those Hero Angels will show up or I should say when I am able to experience their Presence. We are dust and clay until inspiration from our heart breathes life into our sleepyhead. Thy Love, Thy Will be done.

“Do small things with great love” Mother Teresa.



Our Father’s First Language, Silence
“Pay Forward” #264

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

Come, let us love one another by giving of ourselves

Awakening
"Pay Forward" #265

Today's "Pay Forward" gift is – Awakening. All the life we have has been given by our Father/Creator, and He supplies all we need to live it. He created us with an intelligence and free will, thus making us more like Himself than any of the rest of His creation, as far as I know. By transforming the food we eat into the energy we call life, is proof of The living Presence within each of His creators, this then is His personal relationship with us. How did He do it? Not by the material world He gave us. Not even by the experience of the personal self-giving on the human level; this is but a shadow of His Presence. He decided to give of Himself to us. I was like a person given a present, and I did not appreciate it, and I rejected it. He had to send someone to show us the way to use His gifts of grace, such as intelligence and free will that was fully spiritual and human. A.A. is based on those spiritual principles that He shared. So, what was I to do? The answer was too simple, but not easy, that allowed me to receive, accept and practice the gifts of grace. I found the answer in practicing A.A.'s spiritual principles in all my comings and goings, which was to become my assets to pass on to others. Our Father's gifts of grace does not just sit there, they are being shared every moment. Thy Love, thy Will be done.

"Do small things with great love" Mother Teresa.



To Doubt Is To Be Double-Minded
"Pay Forward" #266

Today's "Pay Forward" gift is – To Doubt Is To Be Double-Minded. Tell me about the part of the A.A. Program you don't believe in. We use words that seem different but when we take a closer they are not. I want to be free from my harmful, useless stuff. I want to be joyous, happy and free. I want a Higher Power that will do for me what I cannot. When I am too hard on someone, I've committed a wrong or failed to do a right. Most likely I'm projecting my negative stuff on to another. This is an early warning signal for me to seek mercy, forgiveness and correction. I need to subtract what I don't want, and share what I do. I choose not to hide anything good or bad. The bad stuff, when hidden is percolating within me, waiting to popup. My hidden good is not being expressed, or enjoyed. Our Father doesn't need my aid and comfort. He does answer our true prayers because He gives them to us. I don't think He pays any attention to our illusions. It is a matter of enlighten self-interest that I trust His Loving Judgment, letting His Love and His Will be done. "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 is service is peace. (Mother Teresa) Come let us gather the vine ripe fruit and share it. Thy Love, Thy Will be done.

Come, let us love one another by giving of ourselves

When We Want Enough It Will Come
“Pay Forward” #267

Today’s “Pay Forward” gift is – When We Want Enough It Will Come. Out of a deep hunger and thirst for a conscious union with our Father’s Presence, His Will, I start my day in an affirming way. It is our Father within us doing the works call life. I seek and find proof of His Presence in every creature, now that I know He is within us all. I am cultivating an interior silence, external silence, with a non-possessive attitude, several times daily. Out of enlightened self-interest my hunger and thirst for our Father is welling up, demanding expression. My heart’s desire to serve our Father and my brothers and sisters creates the means for me to do so. Our Father can use even a person such as I am for a good purpose if I am willing, and that I am. All doors are opened by His grace when we choose to accept our Father as our only true Source. Is it any wonder why Alcoholics Anonymous by encouraging us to give freely of ourselves is such a powerful way of life? I can see clearly how the giving of ourselves brings us to an even deeper hunger and thirst to do our Father’s Will and His Love. That willingness to serve brings us to an understanding of our True Source, flowing into an experience of His omnipresence, and Divine Union. Come let us prepare and be prepared to carry out our tiny part. Thy Love, Thy Will be done.

“Do small things with great love” Mother Teresa.



All Created Beings Start Within The Silent Invisible Presence
“Pay Forward” #268

Today’s “Pay Forward” gift is – All Created Beings Start Within The Silent Invisible Presence. I am reminded once again that it is the silent invisible infinite Power within doing the works called life. All I eat and drink is transformed into what it takes to live. If I can stop telling it what to do and let it be as our Father intended, I would save a lot of time and energy this infinite Power gave me. Everyone, every event I am to share with is brought into my life for a purpose. Hatred does not go away with more hatred, but it is healed by the grace of love and forgiveness. I am facing temptations, some of which I will fall into and some I will pass through without giving into. All temptations will pass and will Self-correct and Self-reorganize, if we choose to cooperate. I will learn from them how to extend love and service or have to repeat the lesson, which will be more painful next time. All the challenges I am facing and will have to face are opportunities, answers to my prayers with a different mask. Within each created being a Divine seed is given, containing our mission. The acorn has a choice, to be an oak tree or not to be a tree, perhaps food for a deer. Each human has a choice to be the individual creation, willingly doing our Father’s Will and enjoying it or go kicking and screaming to who knows where, our choice. Thy Love, Thy Will be done.

Come, let us love one another by giving of ourselves

Finding Ourselves In A Dark Cocoon Again
"Pay Forward" #269

Today's "Pay Forward" gift is – Finding Ourselves In A Dark Cocoon Again. What I am inspired to write this morning will seem negative and perhaps it is, but it is part of our human condition. Once again I realize I have reached my current level of incompetence. My personal "reality" cannot take me beyond its ability. We must die to that limited made up self before we can experience a rebirth; a metaphor for part of a Spiritual transformation. My personal "reality's" trust and faith in our Father needs upgrading. I need to completely surrender all of me before I'm open enough to receive the Divine intervention of His grace, which I cannot earn. Here I am again in both the "Dark night of the senses and the Spirit." The "Dark night of the senses" is experienced as nothing in this physical body or world can bring me fulfillment. The "Dark night of the Spirit" is experienced as the failure of my present Spiritual practices to open me to that mystical union with our Father within. Other people cannot determine my effectiveness of my mission in life, or transform me, only our Father can. However others can offer me their loving support; dedicated members of A.A. will do that. I choose not to remain in the dark cocoon, so I return to You Father for Your mercy and grace. I know it is our Father within doing the works called life, so let me live like it. Thy Love, Thy Will be done.

"Do small things with great love" Mother Teresa.



Don't Go Batty!
"Pay Forward" #270

Today's "Pay Forward" gift is – Don't Go Batty! The bat is a remarkable nimble creature in the air, but cannot take off from a level place. If it is placed on the floor or flat ground, all it can do is shuffle about helplessly and no doubt, painfully, until it reaches some slight elevation from which it can throw itself into the air. Then, at once, it takes off like a flash. How can we radiate the Divine light like a flash? Are we letting others turn our flash button on and off? The Divine light within us is omnipresent it cannot burn out and has no limits. It turns on and off with our changing moods. Can we accept the responsibility for letting others flip our remote switch? We can reconnect with that Divine light through prayer and meditation. If we choose we can use our Alcoholics Anonymous Program to chip away the blocks we placed in the Divine light's pathway. Shining our light for others, let them see how it works, and if they choose they too can follow an illuminated path. Let us take the remote control out of the hands of others. Let us radiate the Divine light from within and share that enlightenment. Let us remember it is our Father within us lighting up our universe. "Our capacity for the transcendent is precisely what distinguishes us most from the rest of visible creation. It is what makes us most human." (Father Thomas Keating) Thy Love, Thy Will be done.

Come, let us love one another by giving of ourselves

Our Source's Divine Shopping Center – Open 24/7
“Pay Forward” #271

Today's “Pay Forward” gift is - Our Source's Divine Shopping Center – open 24/7. Like all Created individuals I have a purpose, a life to share. Once I was made aware of my mission by living Alcoholics Anonymous' way of life, my life became a simple path, but not always easy. When I am not on that path it is no mystery why. I have returned to my negative ways and my worse defects, I can no longer get by with that way of life. By our Father's loving grace one of my worse defect, Selfishness and self-centeredness has been transformed into enlightened self-interest. I only need to return to the Solution and re-center my thoughts and actions into alignment with my mission. I need not wait to be drafted for service, I volunteer, and I refocus my attention on our Father's intention. I find it in my enlightened self-interest to be generous in my giving of myself, time and energy, not always waiting for others to ask. I am kind and understanding of others, most of the time. Often, I have experienced some of what they are going through. I'm given the A.A. promise of intuitively, knowing what to do. I pray and meditate, linking my mind with the Divine Mind. I have confidence in myself when I have confidence in our Father. We can shop online or visit the Divine Mall within. Come let us love and serve one another and go shopping together. Thy Love, Thy Will be done.

“Do small things with great love” Mother Teresa.



In And Out of Context
“Pay Forward” #272

Today's “Pay Forward” gift is – In And Out of Context. Sometimes we can take an idea out of context and it has a ring of truth. For example we can act our way into sobriety. Just don't drink no matter what, that is good advice. Let's not forget that our decision not to take that drink preceded the non-action of not taking the drink. The point is this; our beliefs, our habits of thoughts and feelings have to change to take us beyond the fix. We cannot separate our thoughts, feelings and action and expect any long-term change. Build yourself an affirmation of what you truly want, your heart's desire and practice it. Embody at least part of it every day for 40 days. Don't just repeat the words, but think of the ways you can use that day, in other words keep it in context. Think about it, feel it and act on your awakening understanding. At the end of the 40 days your beliefs will have been upgraded. Upon awakening I turn my consciousness to Your Presence Father, the Love I am, the individual I was created as. I am filled with gratitude for what You have in mind for me today. I hyperlink to You, Father for everything I need. My intention is to focus my attention on Your intention, Father. I am one of Your children, and all others are my brother and sisters. My mission is clear. I am sharing all I am given and it multiples. Thy Love, Thy Will be done.

Come, let us love one another by giving of ourselves

The Boss Is Never Too “Busy”
“Pay Forward” #273

Today’s “Pay Forward” gift is – The Boss Is Never Too “Busy.” I wasn’t going to write an affirmation today because I am too “busy.” When I take a little time-out to rest from my busyness; I realize the Infinite Presence I depend on never sleeps or take time-out or a day off, although some believe He does. I am reminded that I don’t attend to all my “important busyness” very well if I have to do it alone and unaided. I have many opportunities to watch the play of life and love unfolding. When I see a person experiencing lack of some kind, I extend silently, through prayer to that person what I perceive would be the most fulfilling, Whatever I extend to another I need the same or I need to give it away. Prayer does change us, it is love unfolding by grace, and it is fulfilling. I see so many calls for love. Some think or feel no one knows that their hunger and thirst for love is showing. Some are experiencing a “hidden” love affair, with our Father. No one could possibly know about it. Our minds are in direct union with the Divine Mind, calling us to come out a play, to express the love we are. I pray for the vision to see and hear beyond the surface the call for love and I extend it. Love is a healing power touching everything, everyone into Wholeness. Love is our teacher and forgiver. Thy Love, Thy Will be done

“Do small things with great love” Mother Teresa.



Pray Any way
“Pay Forward” #274

Today’s “Pay Forward” gift is – Pray Any way. Is my God too small? I need to grow, not our Father. I don’t have perfect health or understanding, but what I do have I will share today. All my prayers have not been answered - yet, but the ones that have I will share with others. In an act of faith I express my gratitude for our Father’s wisdom, mercy and grace. I cannot live on yesterday’s bread, but I can remind myself Who my true Source is, our Father. What if my prayers don’t harmonize with our Father’s Will and Love? Then let me pray for alinement with His. What if I feel my prayers have no real power? Then I can surrender my powerlessness over to our Father, and let Him empower my prayers and meditations. How can our Father’s Will and my will be reconciled. Let me ask for reconciliation, to be awakened once again. I can only be separate in my illusionary personal “reality.” Because I am alive His Presence is my presence. It is impossible to live, move and have my being separate from Him and my true created self, no one can. “Therefore, I say unto you, all things whatsoever you pray and ask for, believe that you have received them, and you shall have them.” I have come to understand that the answers come in our Father’s time and way. “However, this kind does not go out except by prayer and fasting.” Thy Love, Thy Will be done.

Come, let us love one another by giving of ourselves

Tender Mercy Would Be Nice
"Pay Forward" #275

Today's "Pay Forward" gift is – Tender Mercy Would Be Nice. I need to stop competing with those who are better equipped to share the same message I have to offer. As you can see I am no word smith, professional writer, but what I do have by the grace of our Father I willing share. I do have almost 62 years of active sober A.A. experience to pass on. I don't like making myself feel bad by comparing my gifts with other A.A. members who have a far more effective A.A. message, however. I pray that others will continue to find what I do have to offer as loving and useful. My overworked defect is to compare and compete with others in just about every field of endeavor. Even if I work 24/7 I couldn't come close to their level of their talent. Taking a closer look at this defect, I realized that I just wanted the love and attention that successful people was getting. As far back as I can remember I've wanted my life to make a good difference. I have produced 20 not-so-great 12 Step workshops and workbooks. Over the years I've been told my works were useful by a fair number, for that I am so deeply grateful. As always everything I share is free, our Father has been very forgiving and generous. Download - (12stepworkbook.org) Also I post an affirmation daily on Facebook, I use the pen name Al Kohallek, to protect the guilty. Thy Love, Thy Will be done.

"Do small things with great love" Mother Teresa.



My Guardian Angel
"Pay Forward" #276

Today's "Pay Forward" gift is - My Guardian Angel. "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." (Psalm 91:11-12) It is impossible to conceive of our Father bestowing any higher gift on His child, whom He gives His Loving spirit. Father I am as you created me, Your son and a loving brother to all. Once I asked if I had a Guardian Angel, if so who or what was it? What is the name of the one I call out to when something unforeseen happens? For many years my response was, "Oh Crap" when the unexpected happen, or I feared it would. That meant my Guardian Angel's name must have been "Oh Crap." I realized I was calling on "Oh Crap" to protect or help me. It was abundantly clear I needed to call on Him by His real name. The correct name of my Guardian Angel is "Father." As it turns out our Father has been my invisible means forever, I just didn't know it. Our Father can and does supply me with all I need to be the me He created as me. In harmony with His Love and His Will I am given all I need before I ask. I choose to call the name of my Guardian Angel, Father at each beginning, and that centers my conscious on my True Source. His Love, His Will be done.

Come, let us love one another by giving of ourselves

Living Our Vision
"Pay Forward" #277

Today's "Pay Forward" gift is – Living Our Vision. "The only thing worse than being blind is to having sight but no vision." (Helen Keller) I have never been physically blind so I cannot know what that is like. During my drinking days I had nothing to look forward to. Since coming to A.A. I do have a vision, it is to seek, find and live our Father's Will for me. Daily I offer help to others to find and live their mission, A.A.'s spiritual principles are a great set of tools. I'm disappointed with myself when I get off the track. Hidden in that problem is the illusion I must earn it. This is another case of the Prodigal Son going off in a far country on my own. I do pray for guidance plus whatever it takes to carry out my mission. This brings to mind the question, what is our Father's responsibility and what is mine? The answer is simple, what I can do is my responsibility, all else is His. Here I am, back to Step One and Step Twelve. I have no illusions that I can fulfill my mission in life alone and unaided. I am powerless, Step One. "...when other activities fail. This is our twelfth suggestion: Carry this message to other alcoholics!" When I am disappointed in my ability to live up to the fullness of my mission, I can share my experience, strength and hope with another, that works when all else fails. Thy Love, Thy Will be done.

"Do small things with great love" Mother Teresa.



So That's Where It Came From!
"Pay Forward" #278

Today's "Pay Forward" gift is – So That's Where It Came From! We may as well accept the fact that every person and events we experience are there because we have drawn them. If in alignment with our Father's Will we are co-creators, if not, it's another batch of made up stuff. "The difference between stumbling blocks and stepping-stones is the way one uses them." When we experience our Father's Love and His Will we can expand our co-creation by sharing it. When we are experiencing the negative stuff; fear, anger, sadness, depression, irritation or unrest, accept it, we've drawn to ourselves. If we are not conscious of calling it up, most likely it is coming from our subconscious storehouse. These thoughts and feelings are signs that something is stirring inside us seeking correction, for a return to love. Choose to surrender it; asking our Father what we can do to correct it. He can use the experience to expand our love and service. We can become the Good Samaritan for ourselves and for others. Everything that pops up has a purpose, embrace it, surrender it, this is the meaning of "loving your enemies." For those problems deeply entrenched that we cannot let them go, we can return to the judgment that caused the experience and change our judgment. If we stop our resistance to the negative, we will see that they offer us a source of wisdom and an opportunity for nourishment and growth. Come let us be about our Father's business. Thy Love, Thy Will be done.

Come, let us love one another by giving of ourselves

“If Only” I Could Or Would
“Pay Forward” #279

Today’s “Pay Forward” gift is - “If Only” I Could Or Would. If - if(s) and but(s) were candy and nuts we would all have a merry Christmas. I waste my time and energy living in the illusionary world of “if only.” I’m too busy with my “If only” to share my mission, and my love. In that mind-set I don’t trust our Father; I’m counting on my personal “reality” to do the works. I am getting better at owning my useless “if only” and surrendering it to be dismantled, and I’m upgrading my awareness of my true purpose. Regrets and recriminations are signals that I am off my mission path. I can be more effective by addressing my “if only” instead of pushing them out of the way. I can show a little understanding and compassion by realizing, if I could have done better, I would have. I can let go and let God do for me what I cannot, is an opportunity to grow up, the door swings open to a higher consciousness. I choose to embrace what is loving and good and leaving what’s not behind. “Repent, for the kingdom of heaven is near.” That kingdom of heaven is within all of us here and now, there is no “if only” about it. Today I am willing to empty my mind and ask our Father to fill it with His Reality. Father, teach me to pray and meditate. Thy Love, Thy Will be done.

“Do small things with great love” Mother Teresa.



Sharing Our Miracles
“Pay Forward” # #280

Today’s “Pay Forward” gift is – Sharing Our Miracles. “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 visit with a person having their 51st A.A. Birthday. I am happy for him, 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. I love being a channel for our Father’s miracles. Thy Love, Thy Will be done.

Come, let us love one another by giving of ourselves

Spiritual Restoration
"Pay Forward" #281

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.

"Do small things with great love" Mother Teresa.



How Did We Get Here
"Pay Forward" #282

Today's "Pay Forward" gift is – How Did We Get Here. A longer-timer in A.A. believed that each one of us was prayed into recover. I am beginning to believe that also. "You did not choose me, but I chose you and appointed you that you should go and bear fruit, and that your fruit should remain, that whatever you ask the Father in My name, He may give you" (John 15:16. "The joy of living is the theme of A.A.'s Twelfth Step, and action is the key word. Here we turn outward toward our fellow alcoholics who are still in distress. Here we experience the kind of giving that asks no rewards. Here we begin to practice all Twelve Steps of the program in our daily lives so that we and those about us may find emotional sobriety. When the Twelfth Step is seen in its full implication, it is really talking about the kind of love that has no price tag on it" (Twelve Steps and Twelve Traditions). Step Twelve gives us three gifts: 1. A spiritual awakening. 2. Sharing the love we are. 3. Living the individual as our created Self. 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 to do, and to be what we are intended to be. Thy Love, Thy Will Be done.

Come, let us love one another by giving of ourselves

Hidden in the By-product
"Pay Forward" #283

Today's "Pay Forward" gift is - Hidden in the By-product. A primary aim is not to drink alcohol or do drugs, but what about the by-products? 1. I stopped seeing and hearing stuff others did not (some were entertaining). 2. I slept almost all-night, feeling better, uselessness began to leave. 3. I had time and energy to work and be productive. 4. I had money left over; I lost contact with bill collectors. 5. I became a social being. 6. I started to go to meetings, and I am hanging out with sober alcoholics. 7. Pain, frustration, despair, and emptiness caused by repeated failures lessened. 8. My family and I became a family and my kids and my cat recognized me. 9. My sick emotions calmed down, depression and anger lessened for all of us. 10. I am grateful that my worse destructive behavior toward others, stopped. 11. The Program moved to a higher level, improving my conscious contact with my Higher Power. 12. "We had a new Employer, Being all powerful, He provided what we needed, if we kept close to Him and performed His work well." (Alcoholics Anonymous page 63). THEN I FOUND THE MOST IMPORTANT BY-PRODUCT KNOWN. A serendipity journey in which I followed far more than I ever dreamed. Just coming to Alcoholics Anonymous started the flow of by-products; I can only view them as everyday miracles. I began to experience abundance in every area; spiritual, mental, physical, emotional and social. I'm a Prodigal son returning Home. Thy Love, Thy Will be done.

"Do small things with great love" Mother Teresa.



"Why Don't I Act Like It?"
"Pay Forward" #284

Today's "Pay Forward" gift is – "Why Don't I Act Like It?" I was working at a rental and leasing company, I was getting a car ready for a customer, when something went wrong. I let out a string of curse words. He said to me, "You don't need to curse me." I replied, "I wasn't cursing you, I'm upset because I messed up." A few minutes went by, and I did it again. The customer questioned me, "Way don't you get a job you like?" "This is the best job I've ever had," I said. He came back with, "Then why don't you act like it." "If the doors of perception were cleansed, everything would appear to man as it is, infinite" (William Blake). I intuitively know that's true, then why don't I live like it? Why don't I live like it 24/7? If our Creator is Love and we are in His image and likeness why don't we extend love 24/7? In this human condition we are finite not infinite. Love comes in many shapes and forms as the core human condition. "All things bright and beautiful, all creatures great and small, and all things wise and wonderful: The Lord God made them all. (Cecil Frances Alexander) Today you and I can be ourselves, share the love we are. Today, I choose to share a little bit of love with someone in the Program. "But my God shall supply all your need..." (Philippians 4:19) Thy Love, Thy Will be done.

Come, let us love one another by giving of ourselves

Radical Acts Of Love
"Pay Forward" #285

Today's "Pay Forward" gift – is - Radical 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? Share these radical acts of love for one day and it change your world-view, and encourage you to "Pay it Forward." Thy Love, Thy Will be done.

"Do small things with great love" Mother Teresa.



Share Your Love Now
"Pay Forward" #286

Today's "Pay Forward" gift is – Share Your Love Now. This is the day our Father made out of the Love He is, the same thing He created us out of. 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.

Come, let us love one another by giving of ourselves

I'm Being Taught How To Prayer
"Pay Forward" #287

Today's "Pay Forward" gift is – I'm Being Taught How To Prayer. Our Father has a strange way of answering my prayers. I asked for inspiration this morning to do this affirmation and before I got started my cup of hot lemonade had a hole in it, I now have a sticky desk. When I fail at something I need to get out of the ditch as quick as I can and continue on my journey. I can call on my internal "Good Samaritan" to bind up my wounds. My cup with a hole is not a "disaster." It does remind me how a tiny mishap can delay my Spiritual journey. Is that His answer to my prayer? I was hoping for a profound life-changing message. I see why my prayers have not been more believing and effective. I was more occupied with my speaking to our Father for what I wanted, than with Him speaking to me about what He wanted. I understand that the secret of faith is this – there can be only as much faith as there is of living the gift of life I'm already given, and practicing our Fathers Presence. Once again the wisdom of A.A.'s spiritual principles is clear. I need to practice our 11th Step a lot more than I do. I have to go now, and share the gifts I'm given, if I want them to expend and grow. Come let us have compassion for one another in our needs, no matter the size. Thy Love, Thy Will be done.

"Do small things with great love" Mother Teresa.



Time Is To Fill, Not To Kill
"Pay Forward" #288

Today's "Pay Forward" gift is – Time Is To Fill, Not To Kill. "You cannot do a kindness too soon, for you never know how soon it will be too late." (Ralph Waldo Emerson) Maybe I do have time to waste on petty, useless, unimportant stuff; it is insane to do so. All of us will die but why waste so much time and energy on thinking and feeling about the illness we may get. I realize I cannot love and serve my purpose too soon or too much. I accept that I could be doing things that are much more fulfilling. I waste too much dwelling on wasting too much time. I need to practice radical training in a number of areas. Number one is to practice the Presence of our Father, and as many of His attributes as I can. Next I need to practice all the love and service I can. I need to keep my physical body in good running order, serviced and tuned up. I need a time and energy management course. I could be a better, more effective student/teacher. Some of the more important aspects of life cannot be taught or learned they come to us by grace, and are awakened to, such as love. I do acts of love most days, but I don't always experience love. So, I will keep on doing loving act of kindness, because it's a good way to fill my time. Besides, next Christmas is a year away. Thy Love, Thy Will be done.

Come, let us love one another by giving of ourselves

Service, Obedience And Faith
"Pay Forward" #289

Today's "Pay Forward" gift is – Service, Obedience And Faith. These three characteristics are at the center of our being joyous, happy and free on our A.A. serendipity journey. Of course we must be sober to live it. When I saw some of our A.A. fellows sharing their spiritual awakening by practicing these principles in all their affairs, I wanted that. Our willingness to be faithful in our daily obedience and service, we find the path to the higher blessedness that awaits us. That pathway will lead us to be what and who we were created as. Obedience, service and faith are simply three parts of one act of surrender to our Father and His Love and Will. As faith strengthens itself in order to be obedient, it is in turn strengthened by obedience. Faith is made perfect by service. Often our efforts to believe are unsuccessful because we forget we are a channel, and not the Cause, that's our Father's doings. All of this is simple, but not easy to practice these spiritual principles in all our affairs. We have invested a great deal of our time and energy building an illusionary personal "reality" of separation from our Father, others and ourselves. Now, I realize how important obedience, faith and service are. We don't have to worry whether we are weak or strong or whether the service is hard or easy, we can learn to leave the results up to our Father, and by His grace we will be fruit-bearing. Thy Love, Thy Will be done.

"Do small things with great love" Mother Teresa.



The Way Of The Mystic
"Pay Forward" #290

Today's "Pay Forward" gift is – The Way Of The Mystic. I have been given the pleasure of sharing Alcoholics Anonymous with a great many. I am reminded of an unspoken quest found in our promises. "We will intuitively know how to handle situations which used baffle us." "A mystic is one who intuitively perceived Truth and who without conscious mental process arrives at Spiritual Realizations." (Science of Mind page 419) Intuition is our Father within speaking through us in His first language, silence. A mystic just knows. Being a mystic has been my hidden heart's desire for many years. Let us not shrink from the gift of intuition. We are here on earth to express our Father's Will, His Love, and His Life. In Him and through Him we can complete our given purpose for being. It is not our power, but His, that we live and move and have our being. I am filled with awe at the proof of His handy work. I am so grateful I now to realize all beings have a purpose, known or unknown, seen or unseen. We may see with the eyes of faith what we cannot see otherwise. We may intuitively know what we cannot know otherwise. Hidden within each of us is our mystic Self, taking on many faces. It can help all human beings if they would accept it without doubting. To doubt is to be double-minded; a mystic is single-minded. Come let us share our gifts before we are asked. Thy Love, Thy Will be done.

Come, let us love one another by giving of ourselves

Love Is A Growing Opportunity
"Pay Forward" #291

Today's "Pay Forward" gift is – Love Is A Growing Opportunity. "He [God] cannot command the impossible. Love is a fruit in season at all times, and within reach of every hand. Anyone may gather it and no limit is set" Mother Teresa. If it were not for extreme experiences we would not have much of an opportunity to grow. Extremes are choices that we sometimes deny we had anything to do with it. Fear tells us moderation is the safe way. Most likely we mean by moderation as it has to do with the negative stuff, but never the good stuff. Without extremes, there is no depth or challenge in our life. When we hit our bottom, that is an extreme and we have to make a choice we have put off, perhaps, for a long time. Shall we continue to destroy or grossly limit our life, or choose to turn in an unknown sober direction? Perhaps we have taken great measures, according to us, to stop the downward path and could not maintain it. It is not a question of whether we will be extreme, but a question of what that choice will be. We can choose to return to love, to our Creator and take a stand. Our Creator is Omnipresent within, that's not a choice but an awakening. Sobriety is far more than just not drinking; it is a path to the fulfillment of our Created Self. Let our first choice be to trust our Father. Thy Love, Thy Will be done.

"Do small things with great love" Mother Teresa.



Spontaneous By Many Names
"Pay Forward" #292

Today's "Pay Forward" gift is - Spontaneous By Many Names. I'm going without my morning premeditation. I'm not sure I can start my day that way. I can't plan my how to, not; that would be contrary to spontaneity. I better hang out with some kids or untreated alcoholics; they seem to know how to be extemporaneous. I need to surrender my preplanned ideas and trust in a moment of grace. Well I already know I cannot make grace happen, but I can't stop thinking I should. I planned to ask our Father to bless me with His grace and help me be able to speak or get things done without preparation. I do recall how fulfilling being spontaneous felt, when it happened. I am reminded what I can do is my responsibility and everything else is our Father's job. No wonder the Prodigal Son had to return Home, he ran out of supplies and unplanned things to do. I don't have to go off into a far country to be impulsive; I can be still and trust in our Father's grace. I just spontaneously made the decision to turn my will and life over to the care of God. I give my assent to His loving Will, not mine. "Instead of trying to free us from what interferes with our ordinary human life, the Spirit calls us to transformation of our inmost being...into the divine way of being and acting." (Fr. Keating) All True Spiritual Awakening and Grace are Spontaneous. Thy Love, Thy Will be done.

Come, let us love one another by giving of ourselves

A Devine Economist
"Pay Forward" #293

Today's "Pay Forward" gift is – A Devine Economist. Our Father knows just the right amount it takes to fulfill His individual Divine Design; He created; that includes you and me. That was out of the question to accept before coming to Alcoholics Anonymous. I believed Whoever was running the show gave too much to those who knew how to kiss up to Him or He gave little to the rest of us. Being on the lacking side, I was filled with anger, fear and self-pity. The love and other things I wanted were going to others. When I did get someone to share with, I took them prisoner. I silently demanded their whole being, pushing everyone out of their life. I became insanely jealous, backing it up with violence. I increasingly became more of a person no one wanted to be around, including myself. I sunk deeper into my alcoholism, with all of its destruction, lack and limitations. Now, you can see why I am so deeply grateful to A.A. for awakening me to our Loving Father, and a wonderful, abundant life. I am learning to trust Him for everyone and everything, as I do my faith in His grace awakens and grows. I am one of His sons and a loving brother to all. And, when I fall into an old useless or harmful ditch, I'm given what it takes to get out quickly, dusk myself off and like the "Prodigal Son" I turn Home to our Father. Thy Love, Thy Will be done.

"Do small things with great love" Mother Teresa.



Divine Accounting Of Gifts Received
"Pay Forward" #294

Today's "Pay Forward" gift is – Divine Accounting Of Gifts Received. All my experiences, mostly unknown at the time, have enriched my life, enabling me to be of useful service, making a good difference. When my best friend died, he was the first person that saw the good in me, I cried so hard I couldn't stop. That was the first time I let myself feel such a loss. At other times, I have laughed so hard I cried; releasing the pent-up joy as it burst free. A few beings I've loved so much I didn't want to live without them. I have been angry to the point I could not sleep until I punished the "guilty." I have been so depressed, I believed I could never be happy again. Once I realized where the Power to live, move and have our being come from, our Father/Creator, I went on a quest, a spiritual journey to seek a real relationship with Him. After I had given up all hope, our Father awakened me to His loving Presence. Father, I am devoted, dedicated, committed to experience Your Presence, consciously, consistently within me and everywhere to be realized; to live Your Will for me, as my mission, empowered by Your grace. I pray You use all of me Father. Every day is a Sabbath; a day of worship and rest. Omnipresence, in a perfect circulation. In perfect assimilation of His abundant grace. And, perfect elimination of all that is spent. Thy Love, Thy Will be done.

Come, let us love one another by giving of ourselves

Opening Our Treasure-house
"Pay Forward" #295

Today's "Pay Forward" gift is – Opening Our Treasure-house. Are we willing for the hidden blocks in our unconscious mind to be exposed; awakening to our conscious mind? Our gift of denial will protect us from an early awakening. If the time is right for our denial to break down, according to our Father within, not our impatient personal "reality." Are we ready to have these defects transformed, healed? This requires some courage, trust and persistence. When we can slow down the chatter, analyzing or planning and place ourselves in the Presence of our Father within in, we may open ourselves to the contents of the unconscious. Being willing and ready to have our personal "reality" corrected and transformed by our Father's grace, is saying yes to His Love, His Will to be done. "I am here! Don't be afraid." We are best off if we put into practice what we already know, ready to move on when we are called to move up to the next level, perhaps a Spiritual advancement. "When you are inspired by some great purpose, some extraordinary project, all your thoughts break their bounds: Your mind transcends limitations, your consciousness expands in every direction, and you find yourself in a new, great, and wonderful [A.A.] 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) To me that am the A.A. promises restated. Thy Love, Thy Will be done.

"Do small things with great love" Mother Teresa.



Imagination Our Co-Creating Tool
"Pay Forward" #296

Today's "Pay Forward" gift – is – Imagination Our Co-Creating Tool. "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.

Come, let us love one another by giving of ourselves

Co-Creating Or Making Up Our World View Our Choice
"Pay Forward" #297

Today's "Pay Forward" gift – is - Co-Creating Or Making Up, Our World View, Our Choice. "Above all, watch with glittering eyes the whole world around you because the greatest secrets are always hidden in the most unlikely places. Those who don't believe in magic will never find it" (Roald Dahl). "One of the most important things to remember is that we are always causing something to be created for us; Real or illusion. 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 willing detach from that which is no longer useful or is harmful. Thy Love, Thy Will be done.

"Do small things with great love" Mother Teresa.



Miracles Everyday Events
"Pay Forward" #298

Today's "Pay Forward" gift - is - Miracles Everyday Events. Accepting them for many years was beyond my pay-grade. With a negative personal "reality," we don't believe 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, first a likelihood, then a miracle. My early spiritual innocence told me, everything was a "God thing." I believed as many as a dozen impossible things becoming possible before noon. 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 know I am loved by our Father, some others and me. I've come to love all of our Father's creatures, when I remind myself each one is a Divine Design. 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. The earthworm, an incredible creation, to them everything is edible. If humans, loving spiritual creatures, made in the image and likeness of God, ate what the earthworm ate; we would die from food poisoning. The earthworm eats all these poisons, digests them, and eliminates a nontoxic waste material the serves as fertilizer. The next time you think of an earthworm show a little gratitude. The earthworm is just going about being its self, sharing a little of our Creator's love. Thy Love, Thy Will be done.

Come, let us love one another by giving of ourselves

The Harvest Is Plentiful
"Pay Forward" #299

Today's "Pay Forward" gift is – The Harvest Is Plentiful. 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 take a look at some of the fruit we may harvest. 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' spiritual principles in all our affairs. Gentleness - is a participation in our Father's way of doing things; gentle but firm, living A.A.'s 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.

"Do small things with great love" Mother Teresa.



Encourage Me
"Pay Forward" #300

Today's "Pay Forward" gift is – Encourage Me. "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, showing 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. "Our task must be to free ourselves from this [self-imposed] prison by widening our circle of compassion to embrace all living creatures and the whole of nature in all its beauty. Nobody is able to achieve this completely, but the striving for such achievement is in itself part of the liberation and a foundation for inner security" (Albert Einstein). Thy Love, Thy Will be done.

Come, let us love one another by giving of ourselves

Remembering Our Purpose
"Pay Forward" #301

Today's "Pay Forward" gift is – Remembering Our Purpose. I went on a walk before daylight, the street was dimly lit, and it was hard to see the sidewalk's uneven in places. I feared I would trip over one of those sidewalk hazards. 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, most likely I will have a tripping experience. I think I will think about what I want to experience. "There is one thing in the world that you must never forget to do. If you forget everything else and not this, there's nothing to worry about, but if you remember everything else and forget this, then you will have done nothing in your life. ...That work is the purpose and each is specific to the person" (Rumi). 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.

"Do small things with great love" Mother Teresa.



One Day It Will Burst Out Of Hiding
"Pay Forward" #302

Today's "Pay Forward" gift is - One Day It Will Burst Out Of Hiding. "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 feelings or talk about them, if we don't they will let themselves be known, causing big time problems. That which is hidden will be uncovered. While I was learning to think, I forgot how to feel. I experienced my 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, as I practiced Alcoholics Anonymous' spiritual principles, I was given a solution. "Love is everything it's cracked up to be. It really is worth fighting for [even worth letting the unwanted come out of hiding]. being brave for, risking everything for. And the trouble is, if you don't risk everything, you risk even more" (Erica Jong). Thy Love, Thy Will be done.

Come, let us love one another by giving of ourselves

I Chose This Road
"Pay Forward" #303

Today's "Pay Forward" gift is – I Chose This 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. There are no illusions of separation when I act out of love. My mission is my way to bring our Father's Love into 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. 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 choose to forgive everyone including myself, for whatever, this act of love is the road I now travel. 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.

"Do small things with great love" Mother Teresa.



Mirror, Mirror On The Wall-less Wall
"Pay Forward" #304

Today's "Pay Forward" gift is - Mirror, mirror on the wall-less wall. My bathroom mirror lets me see my personal "reality" mask, hiding my True identity. If I had really loved what I see in the mirror, wouldn't a little bit of it always linger? 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, so 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, lets me believe I'm 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 I can be? 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.

Come, let us love one another by giving of ourselves

What's A True Friend?
"Pay Forward" #305

Today's my "Pay Forward" gift is – What's A True Friend? "A True friend is someone who thinks that you are a good egg even though he or she knows that you are slightly cracked" (Bernard Meltzer). The following are some loving things I have learned in Alcoholics Anonymous. 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. I've learn in A.A. how to create beauty where none exists, how to be generous beyond my means, how to change a small corner of the world, into a wonderful fulfilling life of service. I realize that my life can serve a good purpose. Thy Love, Thy Will be done.

"Do small things with great love" Mother Teresa.



Letting The Unwanted Go
"Pay Forward" #306

Today's my "Pay Forward" gift is – Letting The Unwanted Go. 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.'s spiritual principles chipped away what was not like the individual our Father created me as. Clearing the cluttered up world I made up by living A.A.'s way, was a lot less of a hassle than I thought it would be. Once I saw how well the program was working for so many others and myself, I no longer had any doubt. I made a firm commitment to do whatever it would take. When I took possession of what I found in my inventory, I could own the patterns I found. I was more than willing to surrender them to our Father for their transformation into assets. Our Father took care of the useless, harmful stuff as soon as I got out of His way, revealing 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 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 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.

Come, let us love one another by giving of ourselves

Our Purpose Is Omnipresent
"Pay Forward" #307

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

"Do small things with great love" Mother Teresa.



Let Us Make A Good Difference
"Pay Forward" #308

Today's "Pay Forward" gift is – Let Us Make A Good Difference. "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. What if enough of us consciously participated in our world's spiritual transformation as the individual our Father created? What if the road less traveled became the road most traveled? What if enough of us expressed enough of the love we are silently and openly daily? What if find within a peaceful heart, mind and soul? What if enough of us love and worshiped our Father here and now? What if enough of us loved one another as if all of us were one? What if enough of us were proactively being the world we want to be? Ten were healed – only one turned back to express his gratitude – and he was asked where are the other nine? Perhaps we can encourage the other nine to join us. Our circle of influence is ever expanding, and by our Father's grace we will be enough. What if each of us would get one other person to travel this road with us, just for today? Affirm this with me: I am dedicated, devoted, and committed to be and to do our Father's Love and Will – known and unknown – 24/7. Alcoholics Anonymous has given a great many a daily way to make a good difference. Pass it on. Thy Love, Thy Will be done.

Come, let us love one another by giving of ourselves

How Can Wrong Be Right?
“Pay Forward” #309

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

“Do small things with great love” Mother Teresa.



An Abundance Of Love To Spare
“Pay Forward” #310

Today’s “Pay Forward” gift is – An Abundance Of Love To Spare. Why am I withholding my love within, which is waiting to be expressed? What if I extend the love, I am withholding to our Father? He is the Divine Presence of Love within all of His creatures. That means that we can extend love to every creature. The fact that I am extending my love first to our Father, which then goes out to all His creatures, is the fulfillment of the Commandments to first love our Father with all our hearts, mind and strength, and others as I love myself. How can I consistently keep these greatest commandments to love? This simple question is one of the most profound, yet the solution is profoundly simple. In other words, the love within me goes first to our Father who is within all His creatures. I am now finding it easier to see the Presence and Love within all with the eyes of faith. Practicing A.A.’s spiritual principles I’m learning to love better, which enables me to believe that I am truly loved. I understand more as I share my love, both silently and openly. By grace I am becoming a beloved lover loving. I must love to be in alignment with our Father’s Will. Love is the key that unlocks doors I long to pass through. Today I take a stand against my fear of love. I pray an angel of love touches our hearts, minds and souls, today. Thy Love, Thy Will be done.

Come, let us love one another by giving of ourselves

Zombies
"Pay Forward" #311

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

"Do small things with great love" Mother Teresa.



The Grace Of A Mystical Union
"Pay Forward" #312

Today's "Pay Forward" gift is – The Grace Of A Mystical Union. I have experienced a few moments of that mystical union with my Higher Power; I choose to call our Father. I experienced a love and gratitude deeper than words and a sense of well-being and peace. I cannot make it happen; it comes only by grace. At each beginning I say my Higher Power's sacred name, Father, which centers me. I visualize opening the doors of my consciousness for my Loved One, letting Him come in. Yes, anonymity is the Spiritual foundation, the first cause; our Creator is silent and invisible to our human senses, and we can only see Him with the eyes of faith. I've experienced what I believe are stages of spiritual development. We begin this life with the blessing of being created in the image and likeness of our Father, Who is Love. Early in life, we seem to forget our origin and who we really are. We built a container to house our illusionary personal "reality." The home of our selfish, self-centered ego. Our True created Self went into hiding, and our Father seemed to be disguised. Along came Alcoholics Anonymous and we were re-awakened to who we could be. Our Father helps us to dis-identify from our preconceived ideas by enlightening us from within, and encouraging us to entrust ourselves completely to His Infinite mercy. Seeking Him by faith, that is, for Himself, and we will find Him. Thy Love, Thy Will be done.

Come, let us love one another by giving of ourselves

Entertaining Angels
"Pay Forward" #313

Today's "Pay Forward" gift is – Entertaining Angels. "Let brotherly love continue. Be not forgetful to entertain strangers; for thereby some have entertained angels unawares" Hebrews 13:1 – 2. If I want peace of mind as much as I say I do, I cannot get by finding fault with others. I must seek and find the good within all, or I will not find the good within myself. It was said of my older brother that he never met a stranger. We were snowed in the Chicago airport for two days, by the time we were free to go my brother knew something personal about every other person in the airport. I was pretending to be reading a book so no one would talk to me. The fly sits on the filth as well as on the honey, but the bee seeks only the honey and avoids the filth. May I follow the example of the bee, not the fly? May I seek to follow the example of my older brother and not my illusions of separation populated with strangers? Alcoholics Anonymous has taught me to share the program with everyone I am drawn; now I do out of enlightened self-interest. Gossip has no place in A.A.; we may cause someone to stay away from the fellowship, which could be signing their death warrant; alcoholism is a fatal illness. Judging others is judging us. Forgiving others, is forgiving us. With the eyes of faith see our Father's Loving Presence within us all. Thy Love, Thy Will be done.

"Do small things with great love" Mother Teresa.



Now's The Time To Practice
"Pay Forward" #314

Today's "Pay Forward" gift is – Now's The Time To Practice. A.A.'s Twelve Traditions are spiritual principles, as are our Twelve Steps. My misunderstanding of the Twelve Traditions came from my too limited view. To practice A.A. spiritual principle in all my affairs, is not an outside issue; they are lovingly inclusive, not exclusive. A.A.'s way of life introduced me to a Higher Power, I choose to call our Father, and to my Higher Self. I wanted so much to practice these gifts in all my affairs. When I began to practice the Twelve Traditions as spiritual principles, first in A.A., then my home, my business, all my relationships, silently and/or openly, they become a way of life. For years, I believed the Twelve Traditions were like rules or "have to" stuff. When I started treating the Traditions as Divine Wisdom and common sense, they give me a set of spiritual tools that gave me a way to deal with others. None of my family had a higher education, "book learning." The "book learners" were made fun of. When I join the U.S. Marines, I soon found what my family called common sense, was no more than common consensus, practiced for generations. Living A.A.'s three Legacies: Recovery, Unity and Service as a way of life by grace I experienced Real Common Sense, enlightened self-interest, the "Easier, Sifter Way." Spiritually, I am able to see through the eyes of faith our Father's Presence in all my affairs and passing it on. Thy Love, Thy Will be done.

Come, let us love one another by giving of ourselves

Nevertheless - Your Will Be Done
"Pay Forward" Gift #315

Today's "Pay Forward" gift is – Nevertheless - Your Will Be Done. My prayers are not to change our Father, or to get something from Him, but upgrade me. As I have an open mind and open heart our Father can give me all I really want, because my will - will be one with His. As I awaken I choose what He wants, that's enlightened self-interest. Divine Love is compassionate, tender, totally Self-giving: seeking no reward, unifying everyone, everything. We are created in His image and likeness, love. (See the Six Loves – 12stepworkbook.org). To consciously receive the Divine Love I truly want I must let go of what is not His Love and to give away what is. As I share the love, I am given, the more my capacity to receive increases. The happiness I long for is found in the experience of a union with our Father, not things. That experience also unites us to everyone else in the human condition and to His Reality, transcending my personal "reality." I made up the illusion of separation. Alcoholics Anonymous has shown me that it was my selfishness and self-centeredness needing transforming into an enlightened self-interest, awakening me to the Divine union and Love. We are most fulfilled by giving of our enlightened self. I'm feeling grateful. I'm meeting bound. I share the acts of love that I'm given daily, but I don't always feel like it; I do it out of enlightened self-interest. In other word it's best for me. Thy Love, Thy Will be done.

"Do small things with great love" Mother Teresa.



Misguided Dependence
"Pay Forward" Gift #316

Today's "Pay Forward" gift is – Misguided Dependence. Technology, I thought was to serve me. Just let my computer, TV, phone, car, and any of my devices stop working. I am over concerned for the "lost," am I their servant? I want to include everyone and everything as a gift from our Father, as a means to return to Him, to Love, to carry out my mission, His will for me. Let something happen to delay a device's service, and I realize my attachment to these devices have become a dependence displaced. A device takes over my focus; I am dedicating too much time and energy on their "needs" instead of my mission. I intend for these tools, devices to improve my mission service. Their "demands" interfere with my prayer, meditation and contemplation. What was to be a quiet time becomes busy chatter? "Seek you first the Kingdom of Heaven and all else will be added." Well when one of my devices cries for healing (repairs) I call on our Father for help, "Oh God." The question of-the-day; am I serving my devices or is it the other way around? Lead us not into temptation takes on a whole new meaning. I am going to go pray about it, and then I'm going to an A.A. meeting. If I bring this attachment problem into an A.A. meeting, would it be an "outside-issue"? Is ever-day life stuff an "outside-issue"? Thy Love, Thy Will be done.

Come, let us love one another by giving of ourselves

Miracle Workers
"Pay Forward" Gift #317

Today's "Pay Forward" gift is - Miracle Workers. I love Mother Teresa's wise suggestion "Do small things with great love." A.A.'s way of life gives us opportunities daily to do, say, think and feel little acts of love. I've come to the realization that any act of love is proof of our Father's Presence. Wherever love is, He is. We are bound by our own personal "reality." I am reminded of a deeper meaning of Job's statement, "The Lord gives and the Lord takes away, blessed be the Lord." Jesus said, "Build our Treasures in Heaven." Let go of our attachments to the passing things of this world, and we will make room for the Good. I want to experience the Truth, that our Father has a good purpose for each of us. I do not have to understand at the moment what that is, I just need to accept it as is. I only need to trust in His motive, not mine. I am not surprised by His loving grace and mercy in any form; I count on it. I see through the eyes of faith, His gifts for my Treasure House to enjoy and pass on. If I have to have these blessings come in myself-approved form, I may miss them. I limit what He has already given by outlining. All are sacred because they come from one Source. Let me keep the doors to my Treasure House unlocked. A new load of sacred gifts are on the way. Thy Love, Thy Will be done.

"Do small things with great love" Mother Teresa.



Rebooting
"Pay Forward" Gift #318

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

Come, let us love one another by giving of ourselves

He Must Care For Common People
“Pay Forward” Gift #319

Today’s “Pay Forward” gift is - He Must Care For Common People. I’ve been so busy comparing my mission, my life to others, that I passed up a chance to be grateful for all I’m given. I am not a person with exceptional talents or powers. When I reflect on who I am, I’m reminded that our Father did not create many great people. He must care for common people more than then because He created so many of us. I notice when I complete a little loving service, I feel great. When I turn my termites away and replace them, building a faith in our Father's grace; knowing He is our only True Source, I feel part of His Will/Love. Even if I didn’t conquer a “kingdom,” or put a “big deal” together I’m grateful. As a result of following A.A.’s spiritual principles, I found my purpose, and I daily keep it in view. I give all permission to be our unique created Self, just as we are, not having to earn it. I am so grateful that I do have a purpose. When someone goes back out, Alcoholics Anonymous reminds me of the parable of the lost sheep and the steadfast love of the shepherd. If someone does find their way Home to A.A., no mention is made of scolding, abuse, or punishment; we welcome them, with compassion. Our Father/Shepherd loves each of us, just as we are; after all, He created us. Thy Love, Thy Will be done.

“Do small things with great love” Mother Teresa.



My Heroes 180 Degree Difference
“Pay Forward” Gift #320

Today’s “Pay Forward” gift is - My Heroes 180 Degree Difference. Until I had a Spiritual awakening living A.A.’s way of life, my heroes were those who punished the wrong doers. My current heroes found the key to fulfillment within our Father’s service, giving of themselves, committed to a power and a purpose greater than themselves. They aligned themselves with His Omnipresence, the kingdom of Heaven within. Understanding the true meaning of love and compassion, they became healers touching everything into wholeness. I wasted too much time and energy on quick fixes. I tried to satisfy my hunger and thirst for love and purpose with Spiritual, mental, physical, emotional and social junk food, delaying my serendipity journey. I choose to follow my greatest hero who said, “Don’t call me good it is the Father within me doing the works.” Let me remember at any moment that a dedicated purposeful surrendered life of love and compassion is the hero’s life I seek. I’m no longer the Prodigal Son going off into a far country; I’m very happy at Home. By our Father’s grace, I am well supplied with all I need. I claim my Divine inheritance and use it to share the love I am, with purpose and meaning. If I meet a hero who reminds me of my early heroes, I will not invite him in. He could be looking for me to punish. Thy Love, Thy Will be done.

Come, let us love one another by giving of ourselves

Demanding Respect Is A Sign Of Weakness
“Pay Forward” #321

Today’s “Pay Forward” gift is – Demanding Respect Is A Sign Of Weakness. Each of our Father’s creatures is part of Him, and He is Present within all. Standing up in anger for ourselves is a misunderstanding, while turning within is to honor and respect ourselves as His. So much of today’s hate and fear comes from the illusion that we must demand respect, driven by self-centered loveless, unforgiving people. When I was standing up for myself, demanding others to respect me, it was a sure sign; I did not trust the Divine Presence within each of us. In fact, we push others away when we demand that they love and respect; jealousy is a good example of that course of action. For a longtime, my hero was one who punishes the wrong doer; now-a-days my greatest Heroes forgive and love the wayward person. Our Father is Love and does not encourage us to hate or punish. Love inspires mercy and forgiveness. The need to stand up as our duty is our violence masquerading as our God-given right and authority, a license to kill. My greatest Hero noted, that we are to forgive someone 7 X 70 times; in other words, keep doing it until it’s done. When we have forgiven others and ourselves, we are most likely to be joyous, happy and free. There is a consequence for everything we do, say, think and feel. What’s our choice to be? Thy Love, Thy Will be done.

“Do small things with great love” Mother Teresa.



Look To This Prayer
“Pay Forward” Gift #322

Today’s “Pay Forward” gift is - Look To This Prayer. This is paraphrasing the Sanskrit Proverb, Look to this day. We found it useful to change This Day to whatever is most interesting or needed for today. Today we choose This Prayer. There are no neutral prayers, each one counts, choose well what prayers you dwell on. “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.” Our prayers are answered as we believe. “Go in peace, your faith has made you whole.”

Look to this prayer
For it is life, the very life of life.
In its brief course lies all
The realities and verities of existence,
The bliss of growth,
The Splendor of action,
The glory of power, of a decision
For the last prayer is but a dream
And the next prayer is only a vision
But this present prayer, well lived
Makes every past prayer a dream of happiness
And every future prayer a vision of hope.
Look well, therefore, to this prayer.
Thy Love, Thy Will be done.

Come, let us love one another by giving of ourselves

Anyway
"Pay Forward" #323

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.

"Do small things with great love" Mother Teresa.



Crisis Of Faith
"Pay Forward" 324

Today's "Pay Forward" gift is - Crisis Of Faith. There is a lot of wisdom in A.A.'s idea that we have to hit our own personal bottom before we will do whatever it takes to recover or grow. My efforts can take me only so far on my Spiritual journey, and then I reach my level of incompetence. My sensitive warning system, tells me, I am off the path. My crisis of faith; I'm not looking to our Father as my Source, I am disappointed in myself. I've been looking to myself alone and unaided, to do and to be whatever, giving it lip service, instead of turning to my True Source. Actions do speak louder than words or in this case inaction. When my inadequacy and incompetence shows up I am in a crisis of faith. It is time once again to turn Home and totally surrender my personal "reality." Like the Prodigal Son I turn toward Home, the sooner the better, willing to do whatever it takes to recover. Bill Wilson once said, "...we are problem people." Owning my problems I can surrender them for healing and transformation. I choose not to use the excuse "the devil made me do it!" Like the butterfly it is time to leave our self-imposed prison and fly around with the angels. A.A. has repeatedly given me the opportunity to rise to a higher degree of faith, and the crisis of Faith is over. "Change the consciousness and the false condition will disappear" Ernest Holmes. Thy Love, Thy Will be done.

Come, let us love one another by giving of ourselves

Imagination – Co-Creator Co-Creating
“Pay Forward” #325

Today’s “Pay Forward” gift is – Created Co-Creator Co-Creating. 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 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 have been 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. Thy Love, Thy Will be done.

“Do small things with great love” Mother Teresa.



Transformation – How Does It Work?
“Pay Forward” #326

Today’s “Pay Forward” gift is – Transformation – How Does It Work? “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. He noted, “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. 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. The transforming union is a restructuring of our consciousness, not just an experience. The fourth dimension is deeper than words. The transforming union was only a beginning, as great as it was. I was inspired to increase my service work; carrying Alcoholics Anonymous’ message, and practiced my spiritual awakening in all my affairs, only then it became real. I intuitively knew I was not living in the illusionary world I had be, I had a new world view. Thy Love, Thy Will be done.

Come, let us love one another by giving of ourselves

Simple – Complex - Complicated
“Pay Forward” #327

Today’s “Pay Forward” gift is - Simple – Complex - Complicated. There are no neutral thoughts, every simple or complex thought count. Each thought changes our personal "reality" 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. A.A.’s Program is simple, and not complicated, but it is complex, meaning it has many parts. I realized this when I started to practicing Its spiritual principles in all my affairs. Thy Love, Thy Will be done.

“Do small things with great love” Mother Teresa.



Is Love A Coincidence?
“Pay Forward” Gift #328

Today’s “Pay Forward” is – Is Love A Coincidence? Today I am focusing on seeing love within, around and through me. When I see not love I realize that I am not seeing correctly, or it’s a call for love. Today there is a perfect circulation of love. I am graced by assimilating this love, and I eliminate all the spent or not love. "What I found were "coincidences" which were connected so meaningfully that their "chance" concurrence would be incredible" C.G.Yung. I have the gift of willingness to do our Father's loving Will, 24/7. It is not by chance that my theme today is love. My prayers, meditations, affirmations, Spiritual discernment, a health body and a place to share the love we are, is confirmed. We have all the love tools we need and the perfect person to share with. If we replace the word love with Omnipresence, in effect, we are seeing His Presence within every creature, our Father is Love. Let us practice our Father’s Love/Omnipresence in all our affairs. “Life is a series of natural and spontaneous changes. Don’t resist them – that only creates sorrow. Let reality be reality. Let things flow naturally forward in whatever way they like” LAO-TSE. Is it a coincidence that you and I are pondering how we can share the love we are? Let’s not be afraid to extend the love we are, silently or openly to whoever comes to heart and mind, and it will not return to us void. Thy Love, Thy Will be done.

Come, let us love one another by giving of ourselves

What's In Me Saying No?
"Pay Forward" Gift #329

Today's "Pay Forward" gift is – What's In Me Saying No? I found a way to help others overcome a long-standing block of an important part of their lives. I ask them to make a list of what's saying no to their heart's desire; the real reason will pop up. When it does they can own "it" and surrender "it" to our Father to be healed and/or transformed into an asset. Most often "it" is something simple blocking the way. I need to take my own suggestion. My heart's desire is to be in conscious union with our Father and my Higher Self. I want to become fluent in our Father's language, silence, enabling me to communicate within my most important relationship; perhaps experiencing an intuitively knowing, or a Spiritual discernment. The first "no" that comes to mind is the fact that I don't deserve that wonderful union, because I still fall into a useless and harmful ditch at times. I really want to be loved warts and all, just as I am. At times, I experience our Father's loving grace unconditionally loving me, because of Who He Is, not for what I did or didn't do. We cannot be good enough to earn His grace or so bad to prevent His grace. I can see this simple Truth clearly for others, but sometimes I block His Loving grace for no apparent reason. Now is the time to make a searching and fearless inventory of "What's saying no," blocking His grace. Thy Love, Thy Will be done.

"Do small things with great love" Mother Teresa.



Show Me The Path
"Pay Forward" Gift #330

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

Come, let us love one another by giving of ourselves

Our Worse Crime!
"Pay Forward" Gift #331

Today's "Pay Forward" gift is – Our Worse Crime! I must say after sharing Alcoholics Anonymous for sixty-two years I have realized that our human condition's worse crime is that we don't know how to express our God-given Self/self. In other words, we don't know how to live as the created individual we are. I believe all humans know they are more loving and/or of greater value than we can prove. The root cause of much of our anger, frustration, rage and destructive acting out is due to our being unable to gain the respect and love we are; an expression of our Father Love. So many are demanding respect, believing it is others withholding love and respect. We don't know how to give and receive the love we are nor be the individual our Father created. Life is a preparation to be, to do our given purpose. There has always been a God-given plan for each of us, far beyond what we can imagine. Life is an opportunity to express our Father's Love and Will, His Kingdom to come; our True Home. When we awaken to the infinite possibility of the love we are, and respect that, and stop demanding it from others, we will experience a new freedom. And joyfully help others to become their True Self. Let us look for what is good within and around us. Within each of us, we contain everything necessary to be our Self/self, because it is our Father within doing the works. Thy Love, Thy Will be done.

"Do small things with great love" Mother Teresa.



Growth
"Pay Forward" #332

Today's "Pay Forward" gift is – Growth. It seems that nothing important is happening because we cannot see ourselves grow. I reminded myself that all great things grow noiselessly and out of sight or at least beyond my range to hear or see. By now I should know that growth is more like the ebb and flow of the ocean. Life proceeds at its little unseen modifications at its own pace. Our lives by its very nature is filled with trials and errors, awakenings and sleeping, learning and forgetting what we learned, maybe. Expecting ourselves to behave in some perfect way or to attain perfect results is not realistic. There are times when we need to lower our standards. There are times when we need to raise them, that take a divine wisdom beyond my pay-grade. There is an innate perfection within each of us; we are to be the divine individual we were created as. Awakening to the presence of that individual divine design and living it, I believe is our primary purpose for being in this world. As we're learning to recognize and follow the life force, we will realize real perfection of our Father's Love and Will. Seeking and finding our true place is our serendipity Spiritual journey. We are given all we need to make the finish line as a real winner. Come let us be about our Father's Business. Thy Love, Thy Will be done.

Come, let us love one another by giving of ourselves

Dos And Don'ts
"Pay Forward" #333

Today's "Pay Forward" gift is – Dos And Don'ts. I was told how important it was mentally and emotionally to keep physical clutter out of our home and office. I walked out to a friend's car, when he opened his car door, there his clutter was. I was told not to put sugar or water in our gas tank. I've been told what not to put into my body and did it anyway. I choose to put the right fuel in my body today and clear up my physical clutter where ever I find it. A.A. gives us the tools to clear away the clutter. I'm making a list of all those I want present and or their characteristics. My list is growing, it's taking more time making it up than I thought. I have to keep this morning's affirmation short. By the way affirmations are on the list. Wait I must add perfect timing. Ok, I'm back. Is it true; we are limited not by our abilities but by our vision? I better add vision to my growing list. Yes, I want to be the change I wish to see in the world. Oops, I need to add change. We awaken each morning with the potential to change the world, to make a good difference. We are co-creators. I'm adding that to my list for sure. Sorry, I have to go finish my prep-work. Yes, I put that on my list. I better put you on my list. Thy Love, Thy Will be done.

"Do small things with great love" Mother Teresa.



Beauty
"Pay Forward" #334

Today's "Pay Forward" gift is – Beauty. "Beauty is in the eye of the beholder." I bet you heard that a long-time ago, as I did, but a deeper meaning came to mind. It is the simple universal truth that we see what our personal "reality" tell us we are looking at. "It seem as though, when God wants to express to men what He is like, He makes a very beautiful character" Twenty-four Hours a Day. That reading set my mind into action; I began to recall my heroes and heroines, and how important they are. Their character has set a standard for me that only the grace of our Father can bring about. Yesterday I fall into an old ditch, and at once the "drug," guilt and punishment showed up. When I wanted to visit one of my hero's writings I didn't feel worthy. Yet, that Hero thought only love and forgiveness. Once again proof of the beauty, good, love and forgiveness is my personal "reality" call, not our Father's Heroes and Heroines. Some of my blocking "crimes" are so petty I don't want to tell others. Before the day is out I will share with someone the exact nature of that wrong, unblocking the path to love, good, beauty, and forgiveness once again. We could not see or experience love, good and beauty within others if that characteristic wasn't present within the beholder. In other words the oak tree was already in the acorn. Thy Love, Thy Will be done.

Come, let us love one another by giving of ourselves

About Prayer And Meditation
"Pay Forward" #335

Today's "Pay Forward" gift is – About Prayer And Meditation. Praying for what we need is an act of faith in our Higher Power as our Source. I find Centering Prayer most useful; it puts me in a listening mood. "Speak, Lord, for your servant is listening" (Samuel 3:9). I've practiced many different ways of prayer and meditation. A.A.'s 11th Step has been, and still is an important part of my daily life. My understanding of prayer is simple; when I love someone or really want something I'll find a way to communicate. When I love someone I want to know all I can about them, which is a great motive to meditate. I believe, every A.A. was prayed into seeking help sobering up. "A lake that is whipped into waves will hardly notice when a boulder is thrown into it. But if it is calm and still, a mere twig will send ripples a long distance. Don't be afraid to wait for the word. Waiting itself is prayer" (George T. Montague). For me healing and forgiveness are important prayer and meditation themes. George asked Francis MacNutt - "Do you know ahead of time that someone you are praying for is going to get healed?" "No. All I know is that God is going to do something. [It will be something better] It's up to him to answer as He pleases." Thy Love, Thy Will be done.

"Do small things with great love" Mother Teresa.



Ask While There's Time
"Pay Forward" #336

Today's "Pay Forward" gift is – Ask While There's Time. If you were to die this evening with no opportunity to communicate with anyone, what would you most regret not having told someone? Why haven't you told them? What is keeping you from communicating with them today? What are the most important things you have not done? Why haven't you done them? Why haven't you told someone you love them? Is there anything you want to ask someone to share with you, but you have not? Is there anything you want to ask your Higher Power for, but have not? Why not now? Is there anything you have not forgiven yourself for? Do it now. Is there anyone you have not forgiven? Do it now. What if you wake up tomorrow still alive are you going to take care of those things left undone? Are there people you envy enough to want to trade lives with them? What is it that you envy too much? Who are they? I did a recording of my dad telling his story growing up. I dearly value it. It changed our understanding of each other. Try it. Enough questions for one day. Are you willing to tell others what your answers and actions will be? Thy Love, Thy Will be done.

Come, let us love one another by giving of ourselves

Seeking And Finding Our Calcutta
"Pay Forward" #337

Today's "Pay Forward" gift is – Seeking And Finding Our Calcutta. "We all need to find our Calcutta" (Mother Teresa) She found her place in life to express her loving service, her mission. I found my Calcutta in Alcoholics Anonymous a place I can express my loving service. Our co-founders found their Calcutta, A.A., enable us to express their loving service in their unique way. Bill W.'s personality overpowered and intimidated me, yet his gifts of service empower me to be me. Dr. Bob is my hero, and Mother Teresa is my heroine. Their expressions of unconditional loving service are so desirable to me. Breaking down the word question in to multiple words is an answer to some of questions. Who am I? What should I be doing? Where do I go from here? [What] quest [am] I on? I know in my heart, mind and soul I am on my quest here and now. A.A. offers us the tools to carry out our expression of unconditional loving service. Acts of service must begin within my heart if they are to be acts of love and not a duty. "True mystics have not denied the reality of individuality. They have all agreed that the soul is on the pathway of experience, of self-discovery, on the way to the Father's House." (The Science of Mind page 419) When we find our Calcutta, share it. Thy Love, Thy Will be done.

"Do small things with great love" Mother Teresa.



Our Heart Is Calling
"Pay Forward" #338

Today's "Pay Forward" gift is – Our Heart Is Calling. "God hasn't called me to be successful. He called me to be faithful." My greatest heroine, Mother Teresa said that. I still must think I have to win a useless argument or a difference of opinion. Working through the Hero/Heroine's Journey Workbook is calling up the hidden defects of the hero that punishes the "wrongdoer." My personal "reality" has a hidden need to overcompensate for my failing, which was stuffed in my internal warehouse. When I am working on a project I make it a little "god." "You can tell the man who rings true from the man who rings false, not by his deeds alone, but also his desires." (Democritus) My heart's desire is to be a beloved hero, not a punisher of wrongdoer's hero. Let me be faithful to my heart's desire and not complain. Let me accept success and failing as part of the training, not the result. By God's grace we intuitively know what rings true and what rings false. Alcoholics Anonymous is a great training ground, which I am truly grateful for. Today I choose to speak from my heart's desire. When I speak from my heart others hear with their heart. When I speak from my head others hear my opinions with their head. Come let us love one another, as He Loves us. Thy Love, Thy Will be done.

Come, let us love one another by giving of ourselves

Accepting Ownership
"Pay Forward" #339

Today's "Pay Forward" gift is – Accepting Ownership. I realize how important it is for me to accept what is as is for now. I don't have to like it or approve of it but I need to own whatever as coming out of my storehouse within, then I can surrender it to be transformed by grace. I love the story Emmet Fox tells about the huge hoist in action at the docks. The operator of the hoist lets it do the work. What a great reminder to let our Father do for me through me what I cannot do. Our whole character changes each time we reach upward in faith for what we need that we are unable to do alone and our faith increases. "In all things in nature there is something of the marvelous." (Aristotle) I am reenergized as I stop the useless chatter and listen and watch the infinite rhythm of life all about me. Yes, there is something very special within every creature, which is proof of our Father's Presence and His good works. Let us take a little time out today and rediscover the marvelous. Alcoholics Anonymous for many of us has given us the opportunity to see with the see with the eyes of faith. "Experience is not what happens to a man. It is what a man does with what happens to him." (Aldous Huxley) Come, let us seek and find the marvelous all about us. Thy Love, Thy Will be done.

"Do small things with great love" Mother Teresa.



Let's Enjoy Ourselves
"Pay Forward" #340

Today's "Pay Forward" gift is – Let's Enjoy Ourselves. I was reading a story about a doctor who would never take any time off. When he did take off three months most of his patients hadn't realize he had been gone. I have gotten in a habit of not taking any time off, however I do enjoy myself. When I feel like I can make a good difference I really enjoy that. This morning I realize how out of balance my life is. I am a workaholic there in no denying. When I am in alignment with my loving mission what seem like work or a struggle to others is joyful and fulfilling for me. I want so much to do our Father's Will/Love that I forget it is not up to me alone and unaided. I've been well provided for by our Father's grace. I can dispense with ordinary work independently and in a self-respecting manner. Practicing my workaholic addiction I have problems with my daily family life. I know we all live and move and have our being as expressions of our Creator, our Father who is for sure a Workaholic. If He ever takes any time off we are no more. I could use the cop-out that we are made in His image and likeness is the reason I am a workaholic. Thy Love, thy Will be done.

Come, let us love one another by giving of ourselves

Your Will Not Mine Be Done
"Pay Forward" #341

Today's "Pay Forward" gift is – Your Will Not Mine Be Done. When I'm envious of others I am dishonoring my Father's given purpose. I am better off acting as if I love and accept my mission with gratitude. When I'm hunger for another's daily bread, I'm caught up in the "law of lack and limitation. When I ask my Father with all my heart, mind and soul for something and there is no reply, what am I the think? Looks like He does not answer my prayers. Have I done something wrong, and He's punishing me? Didn't I ask right? I must think that I know what is best. However, looking back at all the miracles and blessings I've received, I must be insane, acting as if my wisdom, is better than His. My Father has been so merciful and generous to me I have no right to complain. I should know by now, He is my only Source and my true teacher. Our Father is longing to give the Holy Spirit to us if we will simply ask in childlike dependence on what He says: "If you...know how to give good gifts to your children, how much more will your Father in Heaven give the Holy Spirit to those who ask Him?" We are His workmanship, that word in the original language, Greek, is poiema, from which we get our English word "poem." Do I, the poem, know more than the Poet? Thy Love, Thy Will be done.

"Do small things with great love" Mother Teresa.



There Is No "Not" Love
"Pay Forward" #342

Today's "Pay Forward" gift is - There Is No "Not" Love. The only opposite love has is apathy, which is built on a lie. We may pretend we lack interest in love but that is a cover for our fear of love. The opposite of love is not hate. Hate, anger and resentments are illusionary attempts to punish and get revenge on others. These mental and emotional acts; thoughts and feelings to withholding love never leave the sender, until the sender returns to love and forgiveness. "Perfect love cast out all fear." Who has the capacity for perfect love? You and I in union with our Father's Love within are blessed with His grace to give of ourselves freely. Just watch the way your A.A. group unconditionally loves a newcomer. Yes, I want to learn more about love, better yet I want more love expressed through me . Let us offer hugs and kisses to all silently and perhaps openly to a few. "Imagination is stronger that knowledge. Knowledge is limited, limited imagination encircles the world." (Albert Einstein) Love in the imagination of an alcoholic can be enriching, enabling us to conceive a wonderful storehouse of love acts to share. "...any kindness that I can show to any human being let me do it now. Let me not defer it or neglect it, for I shall not pass this way again." (The Greatest Thing in the World – Henry Drummond) Thy Love, Thy Will be done.

Come, let us love one another by giving of ourselves

Unending Love
"Pay Forward" Gift #343

Today's "Pay Forward" gift is – Unending Love. God, our Higher Power is the only subject that more songs, stories, books and poems are written and talked about than love. You would think everything that can be said has been, however, love is infinite and can never be exhausted. As an attribute of God, Love is infinite with a great many agents, channels, and forms but these will not or cannot add up to the Whole. At the human level, we could be ever expanding. Love is the second most important and fulfilling thing in my life. Let us remember that we were/are created by Love, for love, to express love. If we want the fullness of life, with loving relationships, if we want to be joyous, happy and free, if we want an open heart, mind, and soul; we must be willing to give all the love we can and forgive all we can, even ourselves. Then we can look to our Higher Power to do the deed. Love is the great solvent of all problems, let us retreat into love. May the love we bring forth help cast out our fear. If the doors of our consciousness were clear of clutter caused by our holding on to old useless or harmful beliefs, accepting our part, we are likely to realize the love we are. Alcoholics Anonymous demonstrates that we can, through its process, become; beloved lovers, loving. A.A. is a great place to practice loving. Thy Love, Thy Will be done.

"Do small things with great love" Mother Teresa.



Growing Labor Pains
"Pay Forward" Gift #344

Today's "Pay Forward" gift is - Growing Labor Pains. "The diamond cannot be polished without friction, nor the man perfected without trials" (Chinese Proverb). Yes, we are unfinished. Practicing the A.A. Spiritual principles in all our affairs while passing through daily trials, will clear away the cloud like a cover hiding our diamond within. At the same time, it will polish our personal "reality." When the Divine Light radiates the sunlight of our Spirit flows freely it is a pleasure to see. It is not the passing of time that polishes our diamond, but what takes place during the passing of time. In this case, it's our loving service, driven by our Father's grace. The friction and our suffering are our resistance to His grace. Our natural beauty, our polished diamond is Omnipresent within each of us and always was. As we turn our stone over and over again we may chant "I know You are within me, reveal Yourself." My greatest Hero, Jesus said something like, even the least among us could do all that He had done, and ever greater things. "When you talk, you are only repeating what you already know; but when you listen, you may learn something new." (Dalai Lama) Alcoholics Anonymous awakens and teaches us to become miracle workers in our Father's service. It is the Father Within doing the works. Thy Love, Thy Will be done.

Come, let us love one another by giving of ourselves

The Not So Hidden Message
"Pay Forward" #345

Today's "Pay Forward" gift is - The Not So Hidden Message. "Always do right. This will gratify some people and astonish the rest" (Mark Twain). 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. "If you really want to understand me, please hear what I am not saying, what I may never be able to say" (Anonymous). Time-out while I reach out to a person, I have not seen in a meeting for some time. It does not mean they are not going to other meetings. Hold on while I check. I must have been inspired. I reached out to two people. 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.

"Do small things with great love" Mother Teresa.



Peace Talks
"Pay Forward" #346

Today's "Pay Forward" gift is - Peace Talks. 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 go. As we receive our Father's compassionate love and tender mercy let us "Pay Forward" the gift to others, silently or openly. "Each one of us matters, has a role to play, and makes a difference. Each one of us must take responsibility for ourselves, and above all, show respect and love for living things around us, especially each other" (Jane Goodall). Thy Love, Thy Will be done.

Come, let us love one another by giving of ourselves

Artist's Vision
"Pay Forward" #347

Today's "Pay Forward" gift is – Artist's Vision. "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. The true artist must see with the vision of a very special expression of love. "With love. You have to work out whether your roots have so entwined together that it is inconceivable that you should ever part. Because this is what love is. Love is not breathlessness" (Louis De Bernilres). Alcoholics Anonymous awaken and teach us, whose The Real Artist is. As we become more in the image and likeness of our individual created Self we are likely to realize we too are gifted with the vision of an artist. We will intuitively know whose speaking and that Good News is a gift well worth paying forward. Thy Love, Thy Will be done.

"Do small things with great love" Mother Teresa.



Loving Humankind
"Pay Forward" #348

Today's "Pay Forward" gift is - Loving Humankind. 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. "The shortest and the easiest pathway [to a Spiritual Quest] of all is the pathway of Love. It is the one pathway that is open to all, irrespective of what their personal conditions or circumstances may be. For everyman, everywhere, the true attainment awaits through the yoga of Love, for yoga means union and it is our union with God that makes the attainment possible" (Emmet Fox). Thy Love, Thy Will be done.

Come, let us love one another by giving of ourselves

Time Out
“Pay Forward” #349

Today’s “Pay Forward” gift is – Time Out. Emotional growth is put on hold when practicing our alcoholism and or other addictions. When they awaken out of a deep sleep they grabbed my attention, my reaction was primitive or childish. I stuffed them or overreacted or fought with them. 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. 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 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 am learning 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. Please, no more time out. I pray I let my emotions be as our father intended. Thy Love, Thy Will be done.

“Do small things with great love” Mother Teresa.



Trusting Or Distrusting
“Pay Forward” #350

Today’s “Pay Forward” gift is – Trusting Or Distrusting our choice. 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. That statement was so painfully true, I was taken in by an A.A. 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 these skills didn't happen overnight. My A.A. friends helped me clear up my past and my ongoing mistakes. I picked up Alcoholics Anonymous’ spiritual tools and began using them, first in Alcoholics Anonymous, and then in all my affairs. My people 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, otherwise. 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 I make, I am willing to forgive, and get out of the ditch, dust myself off and try again. Thy Love, Thy Will be done.

Come, let us love one another by giving of ourselves

Lacking Experience
"Pay Forward" #351

Today's "Pay Forward" gift is – Lacking Experience. One mistake I have made, too many times in many forms, is to believe for me to experience the Presence of our Father has to come with a feeling deeper than words. During my prayers and meditations if I didn't have a warm feeling 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 great 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 safer 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.

"Do small things with great love" Mother Teresa.



Give Me Soup-pie
"Pay Forward" #352

Today's "Pay Forward" gift is - Give Me Soup-pie. When a friend first came to this country, he would eat at the same Dali every day. He spoke very 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?" He didn't understand the question. He responded as always –"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' 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.

Come, let us love one another by giving of ourselves

Patience - An Everyday Love Ingredient
"Pay Forward" #353

Today's "Pay Forward" gift is – Patience – An 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.

"Do small things with great love" Mother Teresa.



Kindness – An Everyday Love Ingredient
"Pay Forward" #354

Today's "Pay Forward" gift is – Kindness - An 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.

Come, let us love one another by giving of ourselves

Generosity - An Everyday Love Ingredient
"Pay Forward" #355

Today's "Pay Forward" gift is – Generosity - An 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.

"Do small things with great love" Mother Teresa.



Humility - The Fourth Everyday Love Ingredient
"Pay Forward" #356

Today's "Pay Forward" gift is – Humility - An 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.

Come, let us love one another by giving of ourselves

Christmas Eve
"Pay Forward" #357

Today's "Pay Forward" gift is – Christmas Eve. In the beginning, we were created in the image of God, and we were to have dominion over earth and everything in it. (Genesis 1:27 – 28) Adam was created, and he was lonely, so he asked God what he could get for a rib. God took one of Adam's ribs and made a woman, they were to be one flesh. (Genesis 2: 21 – 24) As God's representative, they were to have everything done according to humankind's will. Adam and Eve were told not to eat the fruit from the tree of knowledge of good and evil, but (don't take the first drink) but they disobeyed. They became self-conscious, selfish and self-centered, and blaming others, which brought on the illusion of separation. Too bad there wasn't a 12 Step Program. We had to wait until 1935. God's planned redemption, however, brought the beginning of a glorious restoration. By the grace of our Father, the foundation of A.A. began over 2000 years ago, with the advent of His Solution. Tomorrow around the world millions of people will celebrate the birth of our Father's Son; my greatest Hero. Before my coming to A.A. I was much like Adam, I was repeatedly told not to partake of the forbidden fruit of the vine, but I did. I would not or could not stay stopped taking the first drink. I blamed everyone or everything for my problems, too bad I didn't have a snake to blame. Thy Love, Thy Will be done.

"Do small things with great love" Mother Teresa.



Merry Christmas - A Burst Of Light
"Pay Forward" #358

Today's "Pay Forward" gift is – Merry Christmas – A burst Of Light. What did we go out to see on our spiritual journey? The Light of Christmas grows in each of us as the Advent season progresses, a time of expectant waiting and preparation for our awakening, manifesting itself through flashes of insight. Our A.A. preparation is most likely working the Steps and living the spiritual principles, freely given. What do You want me to be, Father? Whatever it is I pray that You solve it. Rejoice in the Divine awakening Light with the angels, and share it with those you love and those you don't. As Thomas Merton put it, we are "to become what we already are." We are to awaken to our true self; an individually Divine design by our Father, which can only come by His grace, that deepest reality in us and in everyone else. His Holy Presence dwells in us in a mysterious but real way. Difficulties give our Father the opportunity to refine and purify our motivation. For me I must find someone to serve, to pass on the love I am. Let's pour out our love everywhere we go, and that love will come back to us. Our Father's greatest works takes place without our doing anything spectacular. When the love of our True Self is the principal motivation, ordinary actions transmit divine love. The joy of Christmas is the intuition that all limitations to growth into higher states of consciousness and love have been overcome. Thy Love, Thy Will be done.

Come, let us love one another by giving of ourselves

Courtesy - An Everyday Love Ingredient
"Pay Forward" #359

Today's "Pay Forward" gift is – Courtesy - An 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.

"Do small things with great love" Mother Teresa.



Unselfishness - An Everyday Love Ingredient
"Pay Forward" #360

Today's "Pay Forward" gift is – Unselfishness - An 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.

Come, let us love one another by giving of ourselves

Good Temper And A Good Sense Of Humor
Everyday Love Ingredients
"Pay Forward" #361

Today's "Pay Forward" gift is – Good Temper And A Good Sense Of Humor - Everyday Love Ingredients. 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.

"Do small things with great love" Mother Teresa.



Innocence - An Everyday Love Ingredient
"Pay Forward" #362

Today's "Pay Forward" gift is – Innocence – An 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 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.

Come, let us love one another by giving of ourselves

Sincerity - An Everyday Love Ingredient
"Pay Forward" #363

Today's "Pay Forward" gift is – Sincerity - An 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 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.

"Do small things with great love" Mother Teresa.



Look To This Prayer
"Pay Forward" Gift #364

Today's "Pay Forward" gift is - Look To This Prayer. This is paraphrasing the Sanskrit Proverb, Look to this day. We found it useful to change This Day to whatever is most interesting or needed for today. Today we choose This Prayer. There are no neutral prayers, each one counts, choose well what prayers you dwell on. "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." Our prayers are answered as we believe. "Go in peace, your faith has made you whole."

Look to this prayer
For it is life, the very life of life.
In its brief course lies all
The realities and verities of existence,
The bliss of growth,
The Splendor of action,
The glory of power, of a decision
For the last prayer is but a dream
And the next prayer is only a vision
But this present prayer, well lived
Makes every past prayer a dream of happiness
And every future prayer a vision of hope.
Look well, therefore, to this prayer.
Thy Love, Thy Will be done.

Come, let us love one another by giving of ourselves

Forgiving Quotes - Clearing Away The Wreckage Of The Past
"Pay Forward" 365

Today's "Pay Forward" gift is – Forgiving Quotes - Clearing Away The Wreckage Of The Past. "I can have peace of mind only when I forgive rather than judge." (Gerald Jampolsky) "Forgiveness says you are given another chance to make a new beginning." (Desmond Tutu) "The weak can never. Forgiveness is the attribute of the strong." (Mahatma Gandhi) "Mistakes are always forgivable, if one has the courage to admit them." (Lee) "When you forgive, you in no way change the past – but you sure do change the future." (Bernard Meltzer) "Forgiveness is the key to action and freedom." (Hannah Arendt) "There is love without forgiveness, and there is no without love." (Bryant H. Mc Gill) "When a deep injury is done to us, we never heal until we forgive." (Nelson Mandela) "Blame keeps wounds open. Only Forgiveness heals." (Thomas S. Monson) "Hate. It has caused a lot of problems in this world, but it has not solved one yet [Forgiveness has]." (Maya Angelou) "Forgiveness is not an occasional act; it is a permanent attitude." (Martin Luther King Jr.) "I forgive myself and set myself free." (Louise Hay) "Forgive others, not because they deserve forgiveness, but because you deserve peace." (Jonathan Lockwood Huie) "Forgiveness is a reflection of loving yourself enough to move on." (Steve Maraboli) "Forgiveness is the fragrance that the violet sheds on the heel that has crushed it." (Mark Twain) "Forgiveness is a virtue of the brave." (Indira Gandhi) Thy Love, Thy Will be done.

"Do small things with great love" Mother Teresa.



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. Go to www.12stepworkbook.org The Promises Inventory from the first 164 pages of Alcoholics Anonymous – for free downloads.

"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.

Come, let us love one another by giving of ourselves

“Pay Forward” gifts are Giving Of Ourselves.
This is my perfect way to share
this 62nd Celebration Year

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

Now is a good time to return to the beginning
And once again share the Love You Are
By sharing a “Pay Forward” gift
Each day

“Do small things with great love” Mother Teresa.



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

Workbooks

Pay Forward – Pay Forward A Sequel – Pay Forward 3rd ED
Six Loves

Al Kohallek Goes Stepping – 5th 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

Come, let us love one another by giving of ourselves

***OUT OF THE DARKNESS
INTO THE LIGHT***



"Do small things with great love" Mother Teresa.



Come, let us love one another by giving of ourselves

“Do small things with great love” Mother Teresa.



Come, let us love one another by giving of ourselves