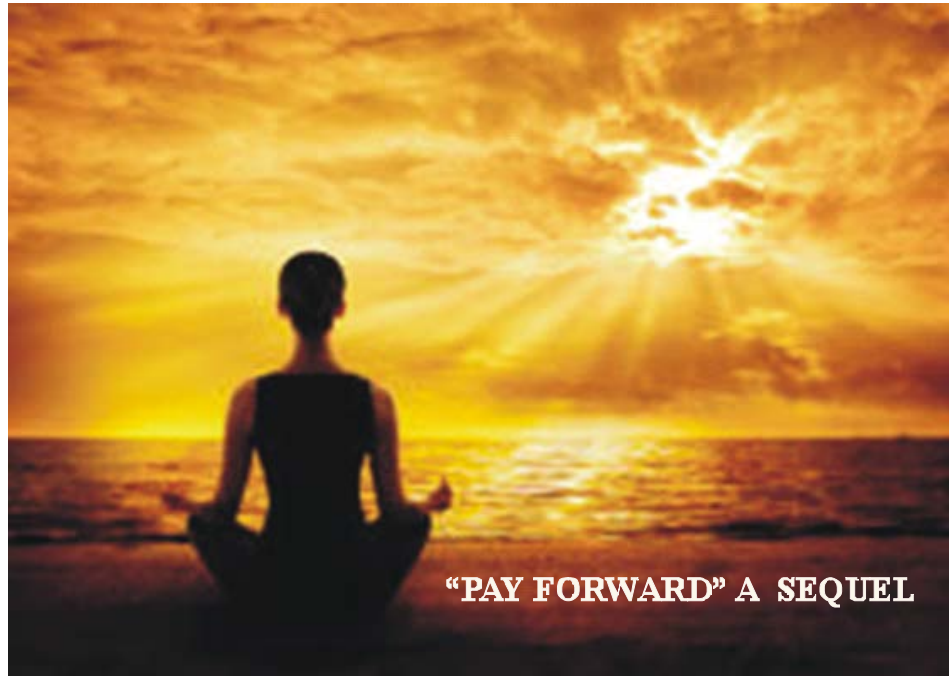


"Pay Forward"

YEAR TWO OF
AL KOHALLEK'S
DAILY PRACTICE
OF THE
"PAY FORWARD"
GIFTS

"SOUGHT THROUGH
PRAYER AND
MEDITATION TO
IMPROVE OUR
CONSCIOUS
CONTACT WITH
GOD
AS WE UNDERSTOOD
HIM, PRAYING ONLY
FOR KNOWLEDGE
OF HIS WILL
AND THE POWER
TO CARRY
THAT OUT."



"PAY FORWARD" A SEQUEL

"FOR HE SHALL GIVE
HIS ANGLES
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

SHARE
THE DAILY
"PAY FORWARD"
GIFT
WITH THOSE YOU
LOVE
AND THOSE
YOU DON'T

"Do small things with great love" Mother Teresa.



Come, let us love one another

FOREWORD

“PAY FORWARD” Year Two, 365 New Daily Gifts To Share.

Al Kohallek continues to be inspired by the “Pay Forward” 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 could have a lot of fun sharing this and make a good difference, if you choose. Come. Let us “Pay Forward” together.

“Do small things with great love” Mother Teresa.



ACTION IS THE MAGIC WORD

“Pay Forward” is offering you a daily gift of love to pass on, in doing so your love and my love will increase.

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

Come, let us love one another

What If Enough Of Us?
“Pay Forward” Gift # 1

Today’s “Pay Forward” gift is – What If Enough Of Us?
“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. Thy Love, Thy Will be done.

“Do small things with great love” Mother Teresa.



There Is Always A Purpose For Everything, Everyone
“Pay Forward” Gift # 2

Today’s “Pay Forward” gift is – There Is Always A Purpose For Everything, 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.

Come, let us love one another

Forgiving Is For Giving
“Pay Forward” Gift # 3

Today’s “Pay Forward” gift is – Forgiving Is For Giving – An Opportunity To Give – The True Affirmation For Abundance. The willingness to forgive everyone from a petty annoyance to the worse harm done to me and the withhold love from me, is to open my consciousness to an abundance. “You shall know the Truth and the Truth will set you free.” “It is well to give 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. And is there aught you would withhold? All you have shall someday be given; Therefore give now, that the season of giving may be yours and not your inheritors” The Prophet by Kahlil Gibran. I was made aware of how petty my lack of forgiveness can be by a self-centered person that continues to annoy me. It awakened my understanding about how many times I am a thorn in someone’s side. I don’t want others or myself to make my petty offence into a capital crime, some of which I have repeated too often. A very wise teacher was asked how many times we should forgive, seven times; He replied something like, how about seventy times seven. I desire for others and myself to be forgiven an endless amount of times. Then I must be willing to do just that for anyone, if I want to be set free. Practicing A.A.’s spiritual principles, I trade error for Truth, for Love. Thy Love, Thy Will be done.

“Do small things with great love” Mother Teresa.



Seeking Our Higher Self
“Pay Forward” Gift # 4

Today’s “Pay Forward” gift is – Seeking Our Higher Self. What I call divine discontent is that part of our guidance system that is telling us we are acting, feeling or thinking in a way that is contrary to our created Higher Self, that is always present, but too often our conscious mind is dwelling on something else. Let us remind ourselves that the food we ate is being transformed within us into everything we call life. As a human alone and unaided we cannot do that. It is an infinite intelligence within each of us doing the works. As long as we are alive that Divine Presence is present. I believe that Divine Presence is expressing Its Self as our Higher Created Self. Alcoholics Anonymous got it beginning in the Oxford Group. Some of our A.A. members had/have a problem accepting the Oxford Group’s Four Absolutes – Love – Unselfishness – Purity – Honesty. I cannot practice those Four Absolutes more than a few short moments at a time. I am ok living AA’s three essentials – honesty – willingness – open-mindedness. “We are not saints. The point is that we are willing to grow along spiritual lines. We claim spiritual progress rather than spiritual perfection.” To live A.A.’s spiritual principles as a way of life, receiving the promises, involves loving it with our heart, mind, strength and soul; in other words it is seeking, and awakening to our Higher Power and our created Higher Self; it’s a very good investment. “Half measures availed us nothing.” Thy Love, Thy Will be done.

Come, let us love one another

Unfounded Idealism
“Pay Forward” Gift # 5

Today’s “Pay Forward” gift is - Unfounded Idealism. When I hear someone with some years in A.A. say, “If I just don’t drink” I will be just fine,” it turns me off. I enjoyed the simple message in the following story. A certain brother came to Abbot Silvanus at Mount Sinai, and seeing the hermits at work he exclaimed: “Why do you work for the bread that perishes? Mary has chosen the best part, namely to sit at the feet of the lord without working.” Then the Abbot said: “Give the brother a book and let him read, and put him in an empty cell.” Sometime after the ninth hour he went to the Abbot and said: “Did the brethren not eat today, Father?” “Oh yes, certainly,” said the Abbot, “they just had dinner.” “Well,” said the brother, “why did you not call me?” “You are a spiritual man,” said the elder “you don’t need this food that perishes.” “We have to work, but you have chosen the best part.” “...you can get along without food.” Hearing this the brother said: “Forgive me, Father.” And the elder said: “Martha (the worker) is necessary to Mary, for it was because Martha worked that Mary was able to be praised” (The (The wisdom of the Desert – Thomas Merton) There is a time for everything: A time to pray and meditate, a time to set up the meeting, a time to make the coffee, time to answer the phone, and a time to share. Thy Love, Thy Will be done.

“Do small things with great love” Mother Teresa.



Disciplines to Embrace or Avoid?
“Pay Forward” Gift # 6

Today’s “Pay Forward” gift is - Disciplines to Embrace or Avoid? Discipline is one of those words that turns people off. I served in the Marine Corps for a few years where discipline was a way of life. Discipline did build a sense of responsibility and character, which I lacked. Some A.A.’s thought it was too controlling or too much work. In Latin, the root word for discipline is discipulus = pupil. In Boot Camp, I became a pupil with a new way of life; based on submission to rules and authority. I was a student under the direct supervision of a teacher, called a D.I. (Drill Instructor). At first, I felt like the D.I. was punishing me not just training me. The training produces a pattern of behavior, molding me into a Marine. I learned a lot about discipline in Boot Camp. I learned a lot about sober discipline my first six months of A.A. I am grateful for the discipline I learned in A.A. and the Marines. It helped me practice the Program when I wanted to and when I did not. I learned not to drink alcohol no matter what. Discipulus is the Latin root word for a disciple. Disciple = One who embraces and assists in spreading the teachings of another. As I became part of Twelve Stepping I was like a disciple. I embraced this Program, and I carried the good news about sobriety’s way of life. I am an AA disciple. (OK don't take it so serious) Thy Love, Thy Will be done.

Come, let us love one another

Going Beyond Forgiveness
“Pay Forward” Gift # 7

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

“Do small things with great love” Mother Teresa.



What Can Change?
“Pay Forward” Gift # 8

Today’s “Pay Forward” gift is - What Can Change? What can we change or have changed for us? Can the past change? Yes, our experience of the past can change but not the past. For example, our experience as an alcoholic from one of the weakness, worthlessness, badness to a disease, this can transform into an asset. How about changing the present? Yes, by focusing on the here and now we have the power of choice. If I am lingering in the past, I am living out an illusion or projecting it into the future. In that case, I am letting the past equal the future. That is experience wise. How about changing the future? Once I realized what my heart’s desire was I can choose to live the present in a way that will move me toward my heart’s desire instead of a way from it. For example, I may have to have a skill that I don’t presently have. I can choose this moment to put myself in the place to learn that skill and take the action I need, here and now. I can choose to focus my attention on what I believe is my Higher Power’s purpose for me and take the next step toward it. “Truth is by nature self-evident. As soon as you remove the cobwebs of ignorance that surround it, it shines clear” Mohandas Gandhi. Thy Love, Thy Will be done.

Come, let us love one another

A Ripple In A Love Pond
“Pay Forward” Gift # 9

Today’s “Pay Forward” gift is - A Ripple In A Love Pond. Upon awakening I turn to You, our Father; I am filled with love and gratitude. Our Father sends rain on the clean and unclean car; I went ahead gave my car a bath anyway. Our Father sends His Love on the deserving and the undeserving; I choose to allow myself to accept His unconditional Love. Withholding love or blocking it because I will fall short, is like holding off giving my car a needed bath because it may rain. I choose to connect my heart and head so their love and wisdom can be shared. A.A. gives us many ways to love, even unconditionally. My expression of love is only a ripple in a tiny pond or my light only a candle’s worth, but it is enough. I need to let go of the negative idea that someone will block my ripple and blow out my candle. I am planting love seeds today, in the ground prepared for me and tend to them until the harvest time, then share the fruits. In the meantime, I am sharing A.A.’s daily fruits. If I am confronted with rain today, I am committed to return to the wash rack. If I am confronted with darkness, I am willing to turn on a light or light a candle. If I am confronted with love-less-ness, I am willing to return to love. Thy Love, Thy Will be done.

“Do small things with great love” Mother Teresa.



Teacher of the Day
“Pay Forward” Gift # 10

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

Come, let us love one another

The Periodic Alcoholic
“Pay Forward” Gift # 11

Today’s “Pay Forward” gift is – The Periodic Alcoholic. From time-to-time I find myself recalling my experience with two periodic alcoholic. A periodic alcoholic can drink alcohol with impunity free from self-guilt and punishment for extended intervals of time. All addictions are progressive, meaning in the periodic alcoholic’s case; the intervals between binges get shorter. When the obsession returns to drink they are likely to go on a binge, often disastrous. I had a dream this morning that points to the reason these periodic alcoholics came to mind. I have other addictions or defects that are periodic, they just popup. The first few moments after their arrival are golden. Knowing it for what it is, I can choose to own it and surrender it to our Father. I replace the thoughts and feelings with a little Step Twelve work or go to a meeting, and I don’t experience a hangover. Let’s remember our Program’s Solution is also progressive. Realizing I’ve fallen in a harmful ditch, I get out AS SOON AS POSSIBLE. I starve the addiction or defect with lack of attention, by letting our Father do for me what I cannot do. Thy Love Thy Will be done.

“Do small things with great love” Mother Teresa.



Give Credit Where Credit Is Due
“Pay Forward” Gift # 12

Today’s “Pay Forward” gift is – Give Credit Where Credit Is Due. I need to share what my heart, mind and soul intuitively know. I’ve experienced and witnessed others’ defects being transformed by our Father’s grace into assets. I willingly practice our Spiritual Principles in all my affairs, not misusing A.A.’s singleness of purpose, and not treating other areas as outside issues. In A.A. meetings, I have not given my greatest hero Jesus the credit for His teachings playing a major part of A.A.’s foundation. I used Bill W., our co-founder idea about using Jesus’ name and other great spiritual teachers’ names; we freely borrowed from, fearful that people would think Alcoholics Anonymous was another religion. Some uninformed people have. I feel guilty for not giving our Spiritual Heroes credit due. In some of my works, I’ve quoted My Hero Jesus and other spiritual teachers directly, too often I just plagiarized. “The Son of man [we are all our Father’s children] hath authority on earth to forgive sin.” Sin = missing the mark. As the result of living A.A.’s Program, we are awakened, we forgive = “giving” the Truth for “error” and healing follows. Out of enlightened self-interest, it’s best for me to share all my transformed assets, stating the True Source; I’m only a channel. As my denial continues to break down, other defects are revealed, I intuitively know what to do. I pray that I am able to give credit where credit is due. Thy Love, Thy Will be done.

Come, let us love one another

Germinating
“Pay Forward” Gift # 13

Today’s “Pay Forward” is – Germinating. Father, by Your grace I am loved, healed, taught, forgiven, empowered, enlightened, enriched, communicated to, co-created with and awakened. I am truly grateful to You and Yours Father for all I am and all I have, knowing it comes to me by Your grace, not my works. Father Your Holy gifts are sprouting and bearing fruit. I am truly grateful to all by brothers and sisters who share A.A. with me, enabling me to carry out what I believe to be Your Loving Will for me. I am never able to express enough gratitude to my wife who allows me all the time and space I need for sharing our Program. There is a Kingdom of abundance within us, and it is found by those who seek it and are willing to comply with the simple way of life, given to us. Let us plant the love seeds we are given, in the Spiritual ground prepared for us, and faithfully watch after those love seeds as they germinate and grow, bearing fruit to nourish us and to share. The results depend on our Father and never by our little works alone’. Our little works are important as proof of our willingness for ourselves, we become co-creators. In order to attract more of the blessing already given us, that life has to offer, we must truly appreciate, being grateful for what we already have. The proof of our gratitude is to plant more love seeds and tend to them. Thy Love, Thy Will be done.

“Do small things with great love” Mother Teresa.



Best Friend
“Pay Forward” Gift # 14

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

Come, let us love one another

Exchanging My Embattled Selfish-a-teer For An Enlightened
Self-interest Membership
“Pay Forward” Gift # 15

Today’s “Pay Forward” gift – Exchanging My Embattled Selfish-a-teer For An Enlightened Self-interest Membership.

“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,...” (Alcoholics Anonymous page 62) “...We were now at Step Three”(Alcoholics Anonymous page 63). At this point, we did not get to the condition and causes of our disease, troubles. “If we are painstaking about this phase of our development, we will be amazed before we are half way through.” The promises follow (Alcoholics Anonymous pages 83-84) When we reach Step Ten – “We have entered the world of the Spirit. Our next function is to grow in understanding and effectiveness” ...Continue to watch for selfishness, dishonesty, resentment, and fear. When this crop up, we ask God at once to remove them” (Alcoholics Anonymous page 84). By the mercy and grace of our Higher Power, we are no long bound by the negativity. Our major defects transformed into working assets, our self-centeredness now transformed into enlightened-self-interest. Now I love being sober; I love sharing myself through A.A.’s Program; I love this Spiritual way of life; this is truly enlightened-self-interest. If stuck on page 62 of our Big Book, and you are not joyous, happy and free, work the Steps, Traditions and do a little service work. This time be fearless and thorough from the start. We do not have to drink or do drugs to start over. Be quick to use Nike’s slogan – “Just do it.” Thy Love, Thy Will be done.

“Do small things with great love” Mother Teresa.



A Life With Meaning
“Pay Forward” Gift # 16

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

Come, let us love one another

A Tri-partnership
“Pay Forward” Gift # 17

Today’s “Pay Forward” gift is – A Tri-partnership. I start each beginning with a prayer, enlisting a Tri-partnership; our Father, another person and myself. We are invited into our Father’s Presence. “First of all, we had to quit playing God. It didn’t work” Alcoholics Anonymous page 62. “We had a new Employer [Partner]. Being all powerful, He provided what we need, if we kept close to Him and performed His work well” Alcoholics Anonymous page 63. Our Tri-partnership is a full service outfit. Having our Father as our Tri-partner, we are able to be playful, not taking life so serious. Having Him as our Partner, we need others less, but we delight in loving and serving them more. I love Emmet Fox’s idea about meekness. He writes that meekness is a combination of open-mindedness, faith in our Father, and the realization that the Will of our Father for us is always something joyous, interesting and vital. That’s teachable state of mind, willingness to be led. Alcoholic Anonymous has given me the opportunity to try that idea on for size, and it works. As the result of living A.A.’s way of life, I find it possible to be somewhat meek, joyous, happy and free. Thy Love, Thy Will be done, a true path to meekness.

“Do small things with great love” Mother Teresa.



If You Want Give It!
“Pay Forward” Gift # 18

Today’ “Pay Forward” gift is – If You Want Give It! “Expect people to be better than they are; it helps them become better. But don’t be disappointed when they are not; it helps them to keep trying” Merry Browne. When I was fresh in Alcoholics Anonymous, there was a long-timer, Bill O., who practiced seeing the good in me; I was unable to live up at the time. But his gift of expecting me to be better than I was encouraged me to keep on keeping on, until I could be better. Over the years, I have seen a great many others and myself offer the same kind of unconditional love. We don’t have to stay stuck in disappointment; we only need to keep sharing the Program with whoever shows up. Not only will we see others getting better, but we are. Let us expect miracles and we will not be disappointed. Expect a negative out-come, and we will most likely experience negative stuff, that way we want be disappointed that we are disappointed. When I expect to be loved, my behave better. When I expect others are critical of me, I want to behave in a way my accusers are disappointment. Let us go about loving and expecting love; I expect our Father would like that. Alcoholics Anonymous is a great place to practice. Thy Love, Thy Will be done.

Come, let us love one another

Look To This Prayer
“Pay Forward” Gift # 19

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.
“When the day ends and the sun sets, I let my troubles go”
Albert Schweitzer.

“Do small things with great love” Mother Teresa.



Petty Rights And Wrongs
“Pay Forward” Gift # 20

Today’s “Pay Forward” gift is - Petty Rights And Wrongs. What I can do, let me do it with joy. What I cannot do let me quickly surrender it over to my Higher Power, I choose to call, our Father. I waste too much time and energy on the petty wrongs or not doing the petty rights. I need not overrate my efforts, good or bad. I am responsible for my actions and decisions and their consequences. Doing the best I can is enough if I turn the results over to our Father. I am willing to do His will, consciously known or unknown. I know I cannot earn His Love and Grace nor can I be so bad I cannot receive it. I remind myself that all of my efforts; Spiritual, mental, physical, emotional, and social depend upon His grace. The degree of divine union or wholeness I reach bears no proportion to my effort; it is a gift of love. My loving A.A. service is the fruit of my faith in our Father. Service without seeking any return characterizes the ultimate Reality of grace, a wonderful goal. For now, my loving service or just service has to be ok until I am transformed by Your grace, Father. I want to remember it is You, Father within me/us doing the works. Here I am Father use me up. Awakening to the Presence of our Father within activates our capacity to perceive Him in everything and everyone else – people, in events, in nature. Thy Love, Thy Will be done.

Come, let us love one another

A Spiritual Quest
“Pay Forward” Gift # 21

Today’s “Pay Forward” gift is – A Spiritual Quest. “Be quick to see where religious people are right. Make use of what they offer” Alcoholics Anonymous page 87. The A.A. members who had what I wanted were on a Spiritual quest. I took off on a Spiritual quest which took me around the Spiritual world. Alcoholics Anonymous has no theology, dogma or doctrine, yet has taken me on my greatest Spiritual journey. I’ve studied and applied most of Alcoholics Anonymous’ published literature. I gained some Spiritual insight from my first Spiritual awakening in Alcoholics Anonymous, which became a way of life. I became fluent; in A.A.’s language of the heart Alcoholics Anonymous has its foundation in Christianity, which became a big part of my Spiritual path. I was introduced Emmet Fox’s works, which some of our Big Book came from. I studied the Bible, The Greatest thing in the world, by Henry Drummond and other books by Spiritual writers. I studied and held meetings on The Science of Mind by Ernest Homes and The Course in Miracles. I am grateful to the Oxford Groups for giving Alcoholics Anonymous a starting place and to me a deeper insight into our Program. I loved The Prophet by Khalil Gibran and all the mystics I’ve come across since 1957. As far as I am concerned all Spiritual Systems lead us Home. An Attitude of gratitude is most salutary, and bespeaks the realization that we are now in heaven” Ernest Homes. I love sharing my Spiritual experience. Thy Love, Thy Will be done.

“Do small things with great love” Mother Teresa.



Tri-Partnerships
“Pay Forward” Gift # 22

Today’s “Pay Forward” gift is – Tri-Partnerships. A new approach to my mission practice is the upgrading of my tri-partnerships. I call one of these tri-partnerships into action at each beginning. If the human partner is physically present, I ask them if they are willing to join me in a moment of silence and the Serenity Prayer. If that partner is absent, I silently say the Serenity Prayer. This tri-partnership is made up of our Father, the senior Partner and the second tri-partner is a person who is physically present or a person physically absent at the moment. I am the 3rd partner. Another tri-partnerships is made up of; our Father, the senior Partner and the second partner are my Higher created Self, and the 3rd partner is my personal “reality.” At the beginning of this tri-partnership contact, I am most likely to state my heart’s desire affirmation; I am dedicated, devoted, and committed to be, to do our Father’s Love and His Will, known and unknown, 24/7. My spiritual tri-partnership during prayer, meditation, affirmation and contemplation is automatic present without being called up. For many years, I would say, Father to invite my consciousness to be in our Fathers Presence. At some point, I realized just saying Father was not including the other person. I changed that a while back by saying, our Father, which does include others. The tri-partnership is an attempt to expand the our Father concept. Thy Love, This Will be done.

Come, let us love one another

Just Do It
“Pay Forward” Gift # 23

Today’s “Pay Forward” gift is - Just Do It. I just read, “What is the essence of contemplation prayer? The way of pure faith. Nothing else. You do not have to feel it, but you have to practice it” Open Mind Open Heart. For long-time sobriety some of the time we just have to not drink we don’t have to feel like not drinking we just don’t drink. Only two times I need to go to an A.A. meeting, when I feel like it and when I don’t. Only two times I need to do a loving act, when I feel like it and when I don’t. Only two times I need to remember that our Father is my only True Source, when I feel like it and when I don’t. Only two times I need to forgive, others and myself, when I feel like it and when I don’t. Oops, this is looking more and more like a spiritual principle. If I am to practice Alcoholics Anonymous’ principles in all my affairs, I need to practice them at least two times, when I feel like it and when I don’t. I guess I’d better start here and now, this time I am willing and ready. There is two times I want our Father’s Love and Will to be done, when I feel like it’s the same as mine and when it doesn’t. It is safe to say, most days I have two feelings; one is like doing whatever and the other is not. Thy Love, Thy Will be done.

“Do small things with great love” Mother Teresa.



Where’s The Unconditional Stuff?
“Pay Forward” Gift # 24

Today’s “Pay Forward” gift is – Where’s The Unconditional Stuff? Yesterday I told a member what a great A.A. service he had done. He reacted with a deep sense of gratitude. Today I asked him to do a tiny act of kindness, and he reacted with a clear sign of displeasure. Why was I able to pick up his negative reaction? The way I judge anyone or anything is coming from my personal “reality” storehouse. I could remember, even in the near past when I reacted in the same way. I just celebrated my 60th year as a sober active member of Alcoholics Anonymous. I wanted to be treated special after the celebrated as special. I’ve shared the Program with a great many, my denial tells me, for the most part, it was done in a spirit of unconditional love. However, when some of those I have “unconditionally” loved didn’t come to my celebration, I reacted with displeasure, to say the least. When I was sharing my awakened insight with another, I realize a common defect. When I have done something, I believe to be special I want to be treated special in other unrelated events. An old defect pops up. If I believe, you believe I am special we have a deal, when I no longer believe you believe, I’m special we have a problem. Oops, It’s time to do the Moody Workshop again, www.12stepworkbook.org Thy Love, Thy Will be done.

Come, let us love one another

Omni-Love
“Pay Forward” Gift # 25

Today’s “Pay Forward” gift is – Omni-Love. The carbon atom is part of every living being, from the least complex to the most complex. I had just finished writing my Six Loves Workshop – www.12stepworkbook.org I was looking for a metaphor for these Six Loves. Returning from a silent retreat, a little prayer and meditation time, I stop at the McDonald Observatory for a little added inspiration. I view a film by Charles and Ray Eames, The Power of Ten. The film takes us on an adventure. Starting at a picnic by a lakeside, takes us to the outer edges of the universe. Every ten seconds we view we travel ten times farther out, until our own galaxy is visible only as a speck of light. Returning to earth, into the hand of the sleeping picnicker we go, with ten times more magnification every ten seconds. Our journey ends inside a proton of a carbon atom. Then my metaphor for the Six Loves came to mind. The nucleus within the carbon atom has six protons and six neutrons dancing with each other. Each pair of the dancing lovers represents one of the Six Loves, Agape, Storge, Philia, Eros, Primal-love and Self-love. Our Creator created each expression of life in a way that we must share with other expressions; that sharing is the Omni-love. The Divine union that heals us, fulfills us, is the ever-Present Love. Thy Love, Thy Will be done.

“Do small things with great love” Mother Teresa.



Who Gets The Leftovers?
“Pay Forward” Gift # 26

Today’s “Pay Forward” gift is - Who Gets The Leftovers? It is becoming clear to me that we are not to stay attached in the past, even yesterday. This "letting go" includes both our failures and successes. Both will limit us. Now is the only time we have in this life. We can sow seeds of abundance or lack and limitation. It is ok to see how the past opened and closed the doors for us, but it is not OK to dwell on them. We cannot be fully nourished on what is not, the past. “...give us this day our daily bread” I am grateful for the past nourishment both what worked and what didn’t, but our Father's abundance does not call for leftovers. Our Father is a God of the living not the dead; that's why we need to worship Him here and now in Spirit (consciousness) and Truth (reality of now). Instead of sharing our vine ripe fruit of the day too often our love one gets the leftovers. Fewer leftovers, the more energy we have. Alcoholics Anonymous teaches us that mistakes of yesterday can be canceled, and can even be transformed into assets by our Father’s grace. A.A. demonstrates that these constructive changes don’t require months and years of strenuous effort. The process takes ownership of our mistakes, our defects, and a willingness to surrender them to our Father and leave the results to Him. Thy Love, Thy Will be done.

Come, let us love one another

Conserving Time And Energy
"Pay Forward" Gift # 27

Today's "Pay Forward" gift is - Conserving Time And Energy. The older I get the more I have to take into account how I use my time and my energy. I find I have to conserve it for what's most important to me. When I was much younger, I did not even think about conserving anything much less time or energy. In Alcoholics Anonymous, our Higher Power teaches us about living in the presence in His Presence, to help fine-tune our purpose in this life. It was pointed out yesterday that when I fall into a negative ditch, I need to get up and out ASAP, quickly forgiving all and move on, to let go and let God do His thing. I cannot afford to dwell in anything but love by sharing my little mission. Now I am preparing for my unseen journey (A Real Spiritual Journey), that comes from my heart out into the world of expression, giving my Higher Power the glory. Who ever said? "Life is too short to waste even a moment" must have been an elder who had wasted too much time and energy. Awakening an old idea, habit and surrender it to our Father to heal or transform we are conserving and expanding our energy. An old idea is an idea that is no longer useful or has become harmful or too costly, wasting of energy. "Turn your face to the sun and the shadows fall behind you" Maori Proverb. Thy Love, Thy Will be done.

"Do small things with great love" Mother Teresa.



The Eyes Of Faith
"Pay Forward" Gift # 28

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

Come, let us love one another

Yes
“Pay Forward” Gift # 29

Today’s “Pay Forward” gift is – Yes. Today let us say yes to everything we experience in a positive way. Let us focus our yes on those things wanted. “Yes, is a sure sign affirming of my 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 it.” “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 everything is possible.” “Yes, I am responding to love; I am living, loving this moment.” “Yes, I am expressing loving, constructive feelings, energizing me.” “Yes, I am celebrating Breath Day, grateful for every breath, inhaling the gift of life and expelling what is spent.” “Yes, my life has meaning; leading others to say, yes.” Come let us say yes to the love we are, living, loving one breath at a time. The courage to imagine yes is a great resource to enjoying life. “Words have no legs, yet they walk” Mali Proverb. Thy Love, Thy Will be done.

“Do small things with great love” Mother Teresa.



Grace
“Pay Forward” Gift # 30

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

Come, let us love one another

An Alcoholic Is?
“Pay Forward” Gift # 31

Today’s “Pay Forward” gift is - An Alcoholic Is? While drafting The Foundation for Alcoholics Anonymous’ charter, Bill W., our co-founder, told the lawyer, the board would consist of nonalcoholic and alcoholic, the majority nonalcoholic. What characteristics distinguishing nonalcoholic from alcoholic, the lawyer asked? One of our members replied; the nonalcoholic can drink alcohol; the alcoholic cannot. The trustees Chair, Alcoholics Anonymous General Service Board wrote in the 2010 International Convention’s special edition of the Grapevine, One issue facing Alcoholics Anonymous is poly-addiction. Some A.A. members struggle to find the balance between singleness of purpose and poly-addiction. Many of those currently coming to Alcoholics Anonymous have multiple addictions. Some thirty years ago I began to offer open-workshops on how to apply our Program to every area of our human condition, “practice these principles in all our affairs.” What about the poly-addicted whose drug of choice is alcohol? Why did other types of addicts come to Alcoholics Anonymous? For years, other Twelve Step Programs lacked “long-timers” that knew how to apply the Steps and Traditions to their disease, so they showed up at our doors. When they learned how to apply the Steps and Traditions, they started their own groups. I caught alcoholism in about six months, going to A.A. meetings and hanging out with sober A.A. members. I am so grateful I was given time to find out what I was. How can we give the poly-addicted time to find their place? Thy Love, Thy Will be done.

“Do small things with great love” Mother Teresa.



Acting As If
“Pay Forward” Gift # 32

Today’s “Pay Forward” gift is – Acting As If. “Before they call I will answer; and while they are still speaking, I will hear” Isaiah 66:24. With an intuitive faith I am acting as if my affirmations are answered; and while I am still speaking, our Father within hears. Today 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 loving brother is. Affirmations are planting the love seeds, I want to bear fruit. I deny any power to selfishness and loveless-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. I choose to use all my senses and 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. I choose to be at one with the infinite rhythm of Life. Come let us be about our Father’s Business. Thy Love, Thy Will be done.

Come, let us love one another

Fix It Quick
“Pay Forward” Gift # 33

Today’s “Pay Forward” gift is - Fix It Quick. How about a quick fix for my drinking problem? The best an alcoholic like me, in the quick fix department is dryness but not sobriety. I never stop doing anything when I first realized it was bad for me. The A.A. member that took me to my first meeting said that I may be one who never takes another drink of alcohol. Wait until I tell the family what this A.A. “expert” said. I will show everyone how quick I’d get the A.A. Program; after all it is a simple program, right? At times working the Program flows easy, at times I have to grind it out. Growing pains can be long and drawn out, after all they are labor pains. I did not get in the mess I found myself in overnight. I had to dig deep to find patience. We cannot speed up the process by pushing ourselves harder. Spiritual, mental and emotional change will come in due course, not by pushing. To find your sponsor go to A.A., watch and listen for the one that has what you want. Ask that person to be your sponsor. If you want to be a sponsor, share your experience by walking your talk. “Any anxious thought as to the means to be employed in the accomplishment of our purposes is quite unnecessary. If the end is already secured, then it follows that all the steps leading to it are secured also” Thomas Troward. Thy Love, Thy Will be done.

“Do small things with great love” Mother Teresa.



Giving What I Have Now
“Pay Forward” Gift # 34

Today’s “Pay Forward” gift is - Giving What I Have Now. Let us give what we already have instead of our inheritors doing it. Giving some of what we have will bring an increase, and we will experience the joy of sharing, an act of love. It’s easy to imagine our gift must be spectacular, causing us to hold back until we have the perfect gift. Let us trust in our Father abundance to pass on as we become His channel. In sharing the ordinary things in our daily life our present faith and trust turn into knowledge and experience of generosity, an act of love; freedom from lack is a side-effect. As we share the love, we are, now, with whomever we are with, that love multiplies as it flows back to us. If we waited until we can share only unconditional love we may wait in vain. I am reminded that I have chosen the road less traveled, to go the extra mile. It’s a sad fact that only a small percent of people are willing to go the extra mile. I am so grateful that Alcoholics Anonymous has provided the vehicle for the extra mile(s). “There is something in this attitude of thanksgiving that carries us beyond the field of doubt into one of perfect faith and acceptance, receptivity ...realization” Ernest Holmes. I pray that you, and I will make a loving difference today. I ask our Father to use us. Thy Love, Thy Will be done.

Come, let us love one another

Emptying My Old Tool Box
"Pay Forward" Gift # 35

Today's "Pay Forward" gift is - Emptying My Old Tool Box. The first order of preparing for my awakening was to own my old spiritual, physical, mental, social and emotional tools. Alcoholic Anonymous gives us a great set of tools we can freely use to practice honing our living sober skills. A.A.'s tool box includes; a wonder set of reality check, ownership, healing, inventory, awakening and love tools. I found that most of my old tools needed to be replaced or repaired; A.A. includes the ways and means to do that. Those of us, who hit our bottom are willing to completely empty our old tool box, at least what we are aware of. A tool is not a tool until it is used, and we cannot become skillful without practice. We cannot become successful or skillful practicing using broken, rusty and dull tools. With A.A.'s tools, we can seek to be who we are capable of being and do what we are capable of doing. Our Father created each of us to express His Love and His Will. Practicing His principles in all our affairs enables us to be the individual, He intended, with purpose and meaning. By His grace, we are given everything we need; we only need to be willing to receive His guidance, and to be teachable, and to pass on what we are capable of. Living A.A.'s way of life gives us the grace of order, so when disorder comes; we have the skill to reorder. Thy Love, Thy Will be done.

"Do small things with great love" Mother Teresa.



Living Amends!
"Pay Forward" Gift # 36

Today's "Pay Forward" gift is - Living Amends! I'm on making living amends kick this morning. As I look around I notice the "lower" creatures don't seem concerned with making living amends. They are just living, fulfilling their individual purpose without any fanfare or demanding credit for doing their job. Perhaps living amends is just doing our job. Our Higher Power's Divine Design for each of us is our job, just being ourselves, now that fires my imagination. I believe our individual purpose is a shadow of His Holy attributes flowing through each of us out into this world. I believe each breath, decision and action, we take effect the world a tiny bit. We are given an opportunity to be loved, healed, taught, forgiven, and awakened and a chance to share these gifts with others. Living Amends; to thine own self be true and encourage others to do the same. Let us share that which is passed on to us from the Higher Power within, flowing from our heart up and out into the world. At some point, I realized for me, there can be no real living amends unless I go with it, I have to be willing to give of myself. Today, my living amends is the art of transmitting myself to others, honoring the love they are, and I am. I am truly grateful that I am given the grace of living amends, here and now. Thy Love, Thy Will be done.

Come, let us love one another

Easter
“Pay Forward” Gift # 37

Today’s “Pay Forward” gift is – Easter. Bill W. our co-founder was asked why he didn’t give credit to the great spiritual leader whom he borrowed so much of his writings. He said he feared that Alcoholics Anonymous would be seen as another religion. In most of our A.A. meetings, we will not hear the name Jesus even though our program is based on Christian Principles. I want to be a hero, as long as I can remember. After I practiced Alcoholics Anonymous’ program for a few years, my understanding about the nature of a hero changed. I no longer want one who punished wrong doers or anyone else. I was drawn more and more to a loving, peaceful, forgiving way of life. The more I learned from the teachings of the Spiritual Leaders that Bill and early members of A.A. drew from, the more I want to be their kind of hero. I would not say that Jesus was my greatest hero in meetings, because I believe it would offend some A.A.s. We started an Eleven Step meeting, so we could feel free to talk of spiritual matters. “Easter is the celebration of the resurrection of Jesus. Its inner meaning and spiritual significance is the awakening and raising to spiritual consciousness of the, I Am in man” Charles Fillmore. Living Alcoholics Anonymous’ program in all our affairs we have an awakening of our spiritual consciousness. Perhaps the celebration of our A.A. birthday is our Easter. Thy Love, Thy Will be done.

“Do small things with great love” Mother Teresa.



Divine Union
“Pay Forward” Gift # 38

Today’s “Pay Forward” gift is – Divine Union. Mourning is a sure sign that we have accepted a loss. I was resisting a needed change when I let our Father have His way, Then I experienced the mourning. One of my side effects for resisting change is physical tiredness and weakness and my old companion; negative thoughts and feelings. This is a sign that I did not trust our Father as my only True Source. I pray when anyone -thing gets in the way of His Will and Love for me; I have whatever it takes to return to Him, ASAP. Turning to our Father this morning I had an insight about my faithful journey. The fruit of my faith in You Father is confirmation that You are my only True Source for my finite works. The fruit of my finite works is an opening of my consciousness to Your Grace. The fruit of Your Grace consciously realized is gratitude. The fruit of my gratitude is a love deeper than words. The fruit of my love is expanding my faith. The fruit of this expanded faith is the beginning of a greater trust and faith in You Father as our infinite Source. There is within all of us an urge to expand our horizons, to let our thoughts soar to greater heights, for that Divine union, which returns us to Love. We may call that urge many names, but it moves us to be whole to be fully Spiritual and fully human as one. Thy Love, Thy Will be done.

Come, let us love one another

Great Idea
“Pay Forward” Gift # 39

Today’s “Pay Forward” gift is - Great Idea. Do small things with great love (Mother Teresa). Let me live a life of loving service - let me go about it in the ordinary things of my purpose, my mission - not waiting for a big deal. If I cannot make a good difference in the small things, the ordinary daily things I will not be ready to do more or better loving service. As I learn to love and serve more I am preparing to love and serve more, a simple equation. I wasn’t given great talent when I came into this world, but I am willing to make the best out of what I was, what I am given. This is the reason Mother Teresa’s saying: “Do small things with great love” hits home. The new birth or transformation I seek comes not by observation or by loud proclamation. It comes by grace and through an inner sense of Reality, Love. A great gift is the awakening to the Presence of our Father within doing the works we call life. It is useful for me to affirm this by living it, sharing my little part, my mission with great love. I stand at the door of my consciousness as a silent invisible witness within me, waiting for His knock at the door of my consciousness. I pray that I quickly open that door to His Presence and Action. Thy Love, Thy Will be done.

“Do small things with great love” Mother Teresa.



– I don't believe
“Pay Forward” Gift # 40

Today’s “Pay Forward” gift is – I don't believe that our Father is ever disappointed in any of us, even when we do really bad things. I know beyond the shadow of a doubt, that our Father supports us as we go about His Business. It’s safe to say that any loving parent would not expect their newly born child to jump up and run like a deer on their first day. Unlike the deer, our Father has given us a very long childhood to learn how to be the individual we were created to be. When we reach a point where we stop learning, we die. Alcoholics Anonymous gives us the tools, the school and playground to be the individual our Father created us to be. We are both student and teacher at the same time, unlike any other individual, so we may as well enjoy it. There are two types of teachers in A.A., one to follow and one not to follow. “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. The courage to imagine the otherwise is a great resource. Oops, the bell just rang, got to go. Thy Love, Thy Will be done.

Come, let us love one another

Forgiveness The Pathway To Freedom
"Pay Forward" Gift # 41

Today's "Pay Forward" gift is - Forgiveness The Pathway To Freedom. We cannot continue to grow unless we deal with forgiveness. Whomever or whatever we hold bound is to hold ourselves bound. I started focusing on forgiveness last night and am still on it. I didn't have to go far to find the need to forgive a wrong or not doing a right by me or another. Being over concerned about forgiveness means I'm overdosing on the drug guilt and punishment. That is a sign of the hero who punishes the wrongdoer, instead of the loving hero I want to be. I believe that our Father is always ready to give us our inheritance of love, which is the fruit of His grace. I must think I that I have to beg for it or earn it. Our Father is omnipresent within each of us doing His works called life. It is better for me to dwell in His love, not my "crimes" or "illusions of separation." If I have judged myself or another for a perceived wrong or a not right done, it is a call for forgiveness. To be over grateful for that forgiveness is to discount our Father's Loving mercy and grace. Stuck in the need for forgiveness or my unwilling to give only delays my mission. Out of enlightened self-interest, I want my judgment changed that calls for the need to forgive. Love and forgiveness are healing powers touching "separation" into Divine union. Thy Love, Thy Will be done.

"Do small things with great love" Mother Teresa.



There's Always A Purpose
"Pay Forward" Gift # 42

Today's "Pay Forward" gift is – There's Always A Purpose. One day, I needed to get away from my office; I took a drive. I was still a practicing alcoholic. I came across a Private Bottle club. Before mix-drinks were legally served in Texas, bottle clubs provided setups, and you brought your own alcohol. I knocked on the Private Club's door, and a woman (Sunny M.) opened. I asked if I could buy a seven-high. She replied angrily; are you trying to be a smart aleck? I said ok, how about some beer; she angrily closed the door. That "private club" was Club 12 home of group 12 Alcoholics Anonymous, which became my home group. I was a prime candidate for A.A. then, if only I had a desire to stop drinking that day. If, ifs and buts were candy and nuts we would all have a merry Christmas. I had not hit my bottom - yet. "Every moment of your life is infinitely creative, and the universe is endlessly bountiful. Just put forth a clear enough request and everything your heart desires must come to you" Shakti Gawain. When I hit my bottom, I cried out for help, it was not clear who or what I was crying to or for; however, my crying for help was a clear enough request to be answered. Before long, my life was endlessly bountiful. I am so grateful my cry was heard by our Father, and he sent Alcoholics Anonymous. Thy Love, Thy Will be done.

Come, let us love one another

Open Doors
“Pay Forward” Gift # 43

Today’s “Pay Forward” gift is – Open Doors. For many of us fear blocked the doors of our relationships. We feared that we could never fit in; we would always be an outsider looking in. What is fear? Fear is the negative use of faith or faith misplaced. It is a belief in two powers instead of One. A belief there can be a Power opposed to our Higher Power whose influence and ability may bring us evil, for sure rejection. If we embrace our fear, it will change its nature. Fear is an illusion or a problem. If it’s an illusion, we can surrender it. If it’s a problem, it calls for a solution or acceptance. We treat these characteristics very different. We often waste too much time and energy on the useless and harmful by dwelling on illusions. For millions Alcoholics Anonymous is our solution, join us, you never have to be alone any more. “You are an A.A. member if *you* say so.” Another one of my time wasters was wanting something but couldn’t have it? I learned in A.A. to let go of what I thought I wanted and could not have and focus on the abundance I have already received, which I have not earn, it had come to me by our Father grace. As we let go of our disappointments, we unblock the flow of gratitude. Being alone and unaided is an illusion we made up. That which created us is always Present within us, let us turn back Home. Thy Love, Thy Will be done.

“Do small things with great love” Mother Teresa.



One Solution
“Pay Forward” Gift # 44

Today’s “Pay Forward” gift is - One Solution. The One Solution for all my “problems” is our Father within doing the works called life. His infinite Love is beyond the six loves, that we wrote a workshop on. Infinite Love like the first cause of every creation can only be seen through the eyes of faith. All creations is an outer expression of His silent, invisible Infinite Love. I’m remembering an old song “What the world needs now is love sweet love.” I want and need more Love and more faith in the Source of all Love My new commitment is to seek and find this Infinite Love, and the Six Loves seeds, and plant them. The fruits I harvest I willingly share. I pray that our Father is expanding my faith in His grace. Today, I am focusing on His Infinite Love out of which all the other loves flow. Agape is the pure give love asking nothing in return. I practice Agape by serving others, asking for nothing in return. I practice Storge through my sponsoring and being a more caring father, grandfather and great-grandfather. I’m sharing Philia by being the friend I want to have, having a common cause, a commitment to love. A deep passion for my mission is an expression of Eros, a warm intimate closeness with our Father’s Presence. I practice Primal love by seeking and finding our Father’s loving Presence within all of His creatures. Living this new commitment to Love is indeed Self/self-love. Thy Love, Thy Will be done.

Come, let us love one another

“Sin” No More
“Pay Forward” Gift # 45

Today’s “Pay Forward” gift is - “Sin” No More. Perhaps it is more “sinful” not sharing the love we are, or our deeper desire for a union with our Father within, fearful of what others may think. Nor to share that our love is a healing power, touching everything into wholeness, because our love is an extension of our Father’s love. Prayer and meditation are a great healer, because it is our Father within doing the works. Our faith continues to unfold with use; it is “sinful” (missing the mark) by not to use it. My first 5th Step released lots of guilt and shame, but I didn’t share about the controlling patterns I found, which were blocking the flow of grace. I was projecting my beliefs, believing it was “others” not me. Blaming others prevented my ownership of my stuff, and without that I could not surrender it to our Father. The Divine Design within each of us is our True Self. I could see through the eyes of faith that we were created in the image and likeness of our Father, which is Love. Our mission is to express love. Healing is to awaken to our Father’s Divine Design; we are. Every creation was once an invisible idea. Alcoholics Anonymous can awaken the silent invisible witness within, co-creating a desire to stop our over-controlling, blocking Our Higher Self, letting go, embracing and sharing the love we are. Increasing our practice, we will not “miss the mark” as often. Thy Love, Thy Will be done.

“Do small things with great love” Mother Teresa.



Why Not You and I?
“Pay Forward” Gift # 46

Today’s “Pay Forward” gift is – Why Not You and I? Our Father makes known His Love and His Will through His creatures. In this very moment, you and I can be a messenger of His Love and His Will. Listen with our heart, this present moment and we are likely to hear one of His ambassadors. After all, Alcoholics Anonymous is the language of the heart. Let us treat this present moment, as though there was nothing else to hope for in this world. This moment I am by grace letting the Healer within me bind up the self-inflicted wounds. True self-love is to love my enemies because I am the enemy. Have I drawn other self-inflicted wounded being into my life confirming my fear of love? In the silence of my soul, this moment I can call on the Infinite Love, the Father of all loves and silently practice loving, until I have the courage and grace to practice loving openly. Come let us keep His commandments to love Him first and then one another. I imagine this love is calling on a great loving Resource within, is this dreaming the impossible dream? Everything is possible through our Father within. Abandoning our personal “reality” to our Father this moment as an act of faith is all that is necessary. That which our Father does at each moment is a divine thought expressed by a created thing. Why not you and I? Come let us love one another. Thy Love, Thy Will be done.

Come, let us love one another

An Awakening Dream
"Pay Forward" Gift # 47

Today's "Pay Forward" gift is – An Awakening Dream. I've been seeking a new transformation that would fill my heart, mind and soul with love deeper than words. Blessing me with that infinite flow of intuition in A.A.'s Promises. Given the gift of Spiritual Discernment, I yearn for. Enabling me to love all I'm given to share with. He makes me a clear channel for His healing, and an unbound teacher of His Love and His Will. No need to forgive anyone because I would no longer have the judgment calling for forgiveness, knowing there is always a useful purpose. With the eyes of faith, I could see our Father's Presence within all. I would share the vine ripe fruit from our Father's grace. Love is the fruit of faith that is always in season. I would awaken to His Presence without shame or guilt. A Spiritual transformation is the restructuring of consciousness. It is not a flash of light that goes up in smoke. This restructuring is a Spiritual Journey on our way Home. I love my mission of service. For this Holy Instant let me be still and know You Father are the Source of our transformation. We cannot do anything good enough to earn it, nor can we do anything bad enough to stop it when our time comes. Our Father is in charge of all transformations and restructuring. Let us act as if, now is the time. In Alcoholics Anonymous, this Divine transforming and restructuring are an ongoing process. Thy Love, Thy Will be done.

"Do small things with great love" Mother Teresa.



Prayers Of The Heart
"Pay Forward" Gift # 48

Today's "Pay Forward" gift is - Prayers Of The Heart. Our Father always answers the prayers of our heart. If we predetermine its way or form (to outline), we may miss the gift. A prayer of the heart is to let our Father have His Way. The purpose for prayer, meditation, affirmations and contemplation are to open us to His alignment and union with His Presence and His Action, which is infinite not finite like ours. Our part calls for faith in His grace. In our meditation let us stop dwelling in the useless chatter, releasing our attachment to whoever or whatever. Listen in the silence for His Holy Voice. Be grateful to be in His Presence, even if He is not in your presence. Keep returning to the silence in an abiding faith. Our intention is more important than our attention. An abiding faith in His grace is more important than a mental or emotional contact. Faith is a knowing the sun is always shining, but we may have to wait for morning. Let's not dwell in the wilderness of our sub-conscious minds hidden in our illusions, where the sun is not shining. Keep turning in faith Home to our Father, His Light will show us the way Home. In the silence He will reveal to us His purpose for each of us. Our Father also makes known His Will through His creatures, including humans. "I say watch and pray." I am so grateful that He created Alcoholics Anonymous. Thy Love, Thy Will be done.

Come, let us love one another

Three More Essentials
“Pay Forward” Gift # 49

Today’s “Pay Forward” gift is - Three More Essentials. The three essentials in Alcoholics Anonymous’ Program is honesty, willingness, and open-mindedness. Three more essentials for me are the first Three Traditions. My dad told me, as he was firing me, that I could not work with others. Applying the Twelve Traditions to each area of my life was the solution. The Third Tradition, the first essential dealing with others “The only requirement for A.A. membership is a desire to stop drinking.” The first requirement for anything is to want “it.” The more we want “it” the more we will do to get “it.” The First Tradition is one of my essentials, “Our common welfare should come first; personal recovery depends upon A.A. unity.” I was a loner both by choice and by request. A group of A. A. members took me in. I soon wanted to be part of the group. The common welfare of the group came before my selfish needs. I am called on to do something for A.A., my business or my marriage that I don’t want to do, but if it is for our common good, I will do it anyway. Next Tradition “For our group purpose, there is but one ultimate authority; a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.” I chose many years ago to have only one ultimate source, authority, Boss, who will do for me what I cannot do, our Father. Thy Love, Thy Will be done.

“Do small things with great love” Mother Teresa.



A Labor Of Love
“Pay Forward” Gift # 50

Today’s “Pay Forward” gift is – A Labor Of Love. When I feel Spiritual or mentally or physically or emotionally or socially spent I am reminded that it is my Higher Power within me that will restore me, restock my storehouse. I do not have to organize a work party to be self-supporting. My personal “reality” blocks the flow of abundance. An old idea tells me that I have to fight for or earn my inheritance. My old habit of thoughts and feelings tells me that I must punish the wrongdoer even if that’s me. There is a great need to build the ability to love and to be loved. If we choose we can draw an abundance of love from our well-stocked storehouse within. The more we are willing and able to love the more supply of love we have. Instead of depleting our supply or just restocking it, we get a greater increase of love. It is proof that we are self-supporting as we share the love we are. Love is the Divine Fruit of His Grace. The love harvest is great, but the labors are too few. Alcoholics Anonymous is one of our Father’s greatest fields, offering an opportunity to give of ourselves, not as if it is a sacrifice; it is a labor of love. Come let us work in His fields and be part of the love harvest today. The pay is great, and the benefits are everlasting. Thy Love, Thy Will be done.

Come, let us love one another

Let Down Your Bucket
“Pay Forward” Gift # 51

Today’s “Pay Forward” gift is - Let Down Your Bucket. There is a story in Around the Year with Emmet Fox that encourages me to keep on keeping on sharing A.A.’s way of life. A party of shipwrecked sailors was drifting in an open boat on the Atlantic Ocean. They had no water, and were suffering agonies from thirst. Another small boat came within hailing distance, and when the shipwrecked mariners cried out for water, the newcomers said, “let down your bucket.” This sounded like cruel mockery. But when the advice was repeated several times, one of the sailors dipped the bucket overboard and drew up clear, fresh, sparkling water! For several days, they had been sailing through freshwater and did not know it. They were out of sight of land, but off the estuary of the Amazon, which carries freshwater many miles out to sea. I found some 125 miracles in the first 164 pages of the Big Book by keeping on keeping on – [The Promise’s Inventory – www.12stepworkbook.org]. We may not know how these miracles keep coming; they just do. We may not know how it is that chicken comes out of an egg, but it does. At times, we may only watch the process. Maybe the best we can do at times is to stay in contact with Alcoholics Anonymous, and let our bucket down. Our Father will fill our bucket; the amount we will receive depends upon the size of our bucket. Thy Love, Thy Will be done.

“Do small things with great love” Mother Teresa.



Labor and Rest
“Pay Forward” Gift # 52

Today’s “Pay Forward” gift is - Labor and Rest. I know it is our Father within doing the works, yet I don’t practice that realization 24/7. When I do I can step back and watch Him make things happen according to His will both in myself and others. I can let go even for an instant my anxious efforts, for a little while I can labor and rest, as He does at the same time. The energy I am given is spent but not wasted. I am most fulfilled when I freely serve the special needs of those around me. Let us labor and rest but do not forget to play, to have a little fun. I was told early in Alcoholics Anonymous that we can stay sober the rest of our life, one day at a time. We could say today is the best day of our life. Today is the only day we have. We could say the best moment of our life is this moment; it is the only one we have. At times, I have practiced staying sober and sane by delaying gratification for a temptation for something I should not do or have, one moment at a time. One moment at a time is not a bad idea for the good also; it enriches and expands that good experience. We all have times when we are able to step back and watch our Father have His way, let today; this moment be one of those times. Thy Love, Thy Will be done.

Come, let us love one another

Our Home Group
“Pay Forward” Gift # 53

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

“Do small things with great love” Mother Teresa.



“Ownership” Tool Kit
“Pay Forward” Gift # 54

Today’s “Pay Forward” gift is – “Ownership” Tool Kit. I make up illusions of separation from our Omnipresent Father. As I uncover and discover these illusions of separation, I own them and surrender them for dismantling and replacement. I used the “ownership” tool kit I found working Alcoholics Anonymous’ program, with some radical training; to build a new world view. An example of my “ownership” tool kit is - ***Once an alcoholic always an alcoholic.*** By accepting ownership of my defective pattern, and surrendering it to our Father, for correction, I no longer blamed my alcoholism on other people, places or things. I drank alcohol because I was/I am an alcoholic, sober now. Using my “ownership” tool kit on separation - ***Once a separator always a separator.*** I took full ownership of this defective pattern. I no longer blame anyone or anything outside of me for my illusions of separation. Father, every breath I take is proof of Your Life, Your Presence living me. Thank You for the mission You gave me and for all, I need to live it 24/7. The moment we accept ourselves as we are, our burdens begin to fall away. By our Father’s grace at any moment, we can start over. Thy Love, Thy Will be done.

Come, let us love one another

Questions. Who Am I?
"Pay Forward" Gift # 55

Today's "Pay Forward" gift is – Questions. Who Am I? Am I being true to my individuality, the created being I am? Am I dishonoring my True Self/self by making up a self who others want me to be? Am I too busy trying to make others be as I think they should be? Is my life about Self/self-discovery or self-abasement? Am I depriving myself-worth and my effectiveness by claiming I am only being honest with "myself"? Am I turning within to that intuitive wisdom, our Father within doing the works we call life? "I have said, Ye are gods, and all of you are children of the highest" (Psalm 82:6). Are we created in His image and likeness? Am I "created" in my personal "reality's" world view? Who will I serve this day? As for me, I choose to serve all I am drawn to by sharing my loving mission. Do I believe that my mission is our Father's will for me? Am I willing to claim and accept all I need to do His will? Can I see my purpose with the eyes of faith? Do I believe that my life isn't worth anything of real value apart from our Father's Will? In the silence [our first language] can I freely give all the love I am? How can I receive that which my mind refuses to entertain? Can I accept that our Father's grace is enabling me to develop the ability to receive His Love and His Will? Thy Love, Thy Will be done.

"Do small things with great love" Mother Teresa.



Good-bye Guilt And Punishment
"Pay Forward" Gift # 56

Today's "Pay Forward" gift is – Good-bye Guilt And Punishment. I am one of those people who says I glad I am an alcoholic. I am so grateful that our Father transformed my disease alcoholism into an asset. I have a wonderful gift to share with other alcoholics as a member of Alcoholics Anonymous. I have been a guilt and punishment drug addict, as long as I can remember. I've been a willing student for bad teachers. Like alcohol and other drugs, it gives us a "fix" or the illusion of one. This drug has been a big part of most of my relationships. I worked the Steps and Traditions on this drug, and it worked. "What we really have is a daily reprieve contingent on the maintenance of our spiritual condition" Alcoholics Anonymous page 85. I now say, "Good bye guilt and punishment and hello upgrades and corrections." From all Our Father's creatures, I choose to learn from the "good" and "bad" experiences. I choose to stop wasting time and energy on the harmful and useless. I choose to treat this physical body and world as a valuable service vehicle. I ask our Father for whatever it takes to dismantle the programs I make up, or went along with that "causes" me to react with guilt and punishment. I choose to do my part in righting the wrongs; real or illusionary and teach only love. My love for others is changing; I'm upgraded by Your grace Father. I'm grateful for my daily reprieve. Thy Love, Thy Will be done.

Come, let us love one another

Poor Neighbor
"Pay Forward" Gift # 57

Today's "Pay Forward" gift is – Poor Neighbor. My greatest hero once said that we are to love our neighbor as we love ourselves. There are times when I have to say – poor neighbor. By the grace and tender mercy of our Father, it does not have to be said as often. The common misuse of words like self-love, self-gratification and self-interest too often causes us to miss the Divine intent hidden within ourselves. Out of enlightened self-interest, I am learning to seek and find our Father's will for me and not His Will sooner. That's loving me and for sure it is Self-gratifying. The only time we can experience love is now, out of enlightened self-interest, I am extending the love I am, in concert with your love. Now I affirm we are all created by our loving Father, in His image and likeness, for love by love. Now, has immediacy about it. If not this love now, choose another now? Out of enlightened self-interest, I choose to carry out the loving mission our Father gave me. If I don't experience love and self-gratification, I am not on His Path Home. Giving and receiving love is one and the same. Even in A.A. self-love is often misunderstood. Out of enlightened self-interest, sharing our program is a great loving thing to do, both for others and for ourselves. Now, I'm going to an A.A. meeting; I'll experience a little self-love, and I will pass it on. We'll have a little immediate self-gratification. Thy Love, Thy Will be done.

"Do small things with great love" Mother Teresa.



A Divine Mystical Union
"Pay Forward" Gift # 58

Today's "Pay Forward" gift is - A Divine Mystical Union. One comparative religion scholar said the primary goal of the major religions was to seek and find that Divine mystical union. The word religion comes from a Latin word "religio" meaning "to link back" "to re-unite." Alcoholics Anonymous has done just that "to link us back to our Father for millions. I have sought after a Divine mystical union under another name, wholeness, unity. "A.A.'s Twelve Steps are a group of principles, spiritual in their nature, which, if practice as a way of life, can...enable the sufferer to become happily and useful whole." We were so fragmented when we came to A.A. we yearned for the wholeness promised by living Alcoholics Anonymous. "That God could and would if He were sought." Faith in our Father became more important. Using my finite human tools to grasp the timeless, space-less, silent, invisible, infinite, Omnipresent, Omnipotence, and Omniscience Creator in whom we live move and have our being, called for faith not the reasoning mind. With the abiding faith in our Father, we are always on time and in the right place. Everything and everyone in this finite world are subject to change, and everything is on His schedule. Prayer, meditation and contemplation with practice and grace become timeless, space-less, silent and invisible, more Real than anything we can see, hear or touch. Love is the Divine energy making us whole. It is the intuitive Divine Mystical Union with our Father within. Thy Love, Thy Will is done.

Come, let us love one another

Reality Or Personal "reality."
"Pay Forward" Gift # 59

Today's "Pay Forward" gift is - Reality Or Personal "reality." I have to remind myself that each of us was created as an individual with a purpose, individual Divine design. There is only one of each of us, we have no competition. My personal "reality" makes up illusions of separation and completion. An unspoken competition is between my made up personal "reality" and my higher created Self. The greatest gift is to be the individual we were created as, meaning we have a purpose-driven life within. For the full benefit of our gift, we need to accept it, live it and share it. Our personal "reality" can be changed. We need a willingness to build new habits and able to trust our Father to do for us what we cannot do. Our physical body is the image and likeness of our Father's Divine Design, in which we are all part of. Each cell in our physical body is programmed to carry out its purpose, collaborating with other cells to foster the purpose of the organ, they are part of. If we want to do a spiritual treatment for other or ourselves, we can pray that the default Divine design be re-booted. Each individual was created to be part of our Father's Divine Design, collaborating with others in what we call life. When I came to A.A. I was not a worker among workers; I could not get along with anyone. By the loving grace and tender mercy, our Father re-booted me. Thy Love, Thy Will be done.

"Do small things with great love" Mother Teresa.



If Not Now When?
"Pay Forward" Gift # 60

Today's "Pay Forward" gift is – If Not Now When? We often seek after freedom when we are the only one imprisoning ourselves. We are more likely to experience freedom when we stop thinking about ourselves and our self-importance. Alcoholics Anonymous tells us when all else fails to get out of ourselves by helping someone else. The opportunities are plentiful. Our spiritual principles seem to be contrary to the physical world; the more we give away the more we get back. Our selfish self-centeredness keeps us in our self-made prison. The only "obstacles" we have to our being the Divine designed individual are the ones we made up. We are only fooling ourselves if we think the infinite intelligence within that maintains our life moment by moment would waste its creative work by not giving all we need to complete His purpose for each of us. We have the tools to uncover and discover our self-made "obstacles" and to own our defects and surrender them to be transformed into assets. Or, we can sit forever, lamenting about how bad, how selfish and self-centered we have been. Or, out of enlightened self-interest we practice a more complete A.A. program. We are given all we need to be joyous, happy and free; the choice is ours. "We give but little when we give of our possessions, it is when we give of ourselves that we truly give." Start by silently extending the love we are, the opportunities are endless. Thank You Father. Thy Love, Thy Will be done.

Come, let us love one another

“To Thine Own Self Be True.”

“Pay Forward” Gift # 61

Today’s “Pay Forward” gift is – “To Thine Own Self Be True.” Which one? When I first used affirmations to help build a new set of habits or thoughts and feelings, I felt like a phony, a dishonest pretender. When I finally reach a point where I was sick and tired of the negative stuff, I claimed was just being honest, I surrender both my good and bad to our Father. I was given a new understanding about my being a phony, a dishonest pretender. I was not honoring our Father’s Love and Will for me by calling the facts I had drawn into my life Reality. Our Father created each of us as His individual Divine design, meaning we each have a Real Purpose. Honoring His Works within is the True meaning of; “To thine own self be true.” I am not denying the facts of my selfish, self-centered wrong-doings; they were a big part of my daily life for many years. A.A.’s tools have given me the ability to own my too limited personal "reality," not to dwell in but to surrender. Our Father has transformed my selfish, self-centered into an enlightened self-interest. Giving me the tools to chip away all that is not His Love and Will for me. I now affirm that I am, a beloved lover loving, healed healer healing, taught teacher teaching, forgiven forgiver forgiving. With a deep gratitude, I lovingly worship our Father, and all His created being with all my heart, mind and strength. Thy Love, Thy Will be done.

“Do small things with great love” Mother Teresa.



What’s Now?

“Pay Forward” Gift # 62

Today’s “Pay Forward” gift is – What’s Now? My life was much simpler before I began to awaken. I was just trying to survive most days. Before I learn how to read I didn’t have so many words to think with and about. Before there were so many systems of so many masters of the spiritual life, I didn’t concern myself with which prayers and meditations were more pleasing to our Father, in fact, we were not on speaking terms. Being a loner I did not have to spend so much time sharing with other. Before I found so many philosophy and psychology system, I wasn’t concerned with so many questions about the nature of mind, and the thought we have, or what to do with so much information. Through in a little science of the universe and one has no time to live a simple life. No deep pondering as to which came first the chicken or the egg. No problem; eggs for breakfast, chicken for lunch. Today I’m dwelling on three questions. What’s the most important thing to be doing? Who’s the most important person to share with? When’s the most important time? Now is the only time we have. The most important thing to do is what is at hand. The most important person is the one I’m with now. The only Real Source for the answers to these heavy questions is our Father. I had better go pray, meditation and rest in the silence in His Presence. Thy Love, Thy Will be done

Come, let us love one another

Diamonds In The Rough
"Pay Forward" Gift # 63

Today's "Pay Forward" gift is - Diamonds In The Rough. "Turn your face to the sun and the shadows fall behind you." (An Old Proverb) Let us face our Father's Divine Light, and our darkness will fall behind us. We are on a serendipity journey Home, on our way we are discovering new levels of grace. A.A. gives us the tools we need to be our true selves, authentic. Authentic is, owning our personal "reality" well enough to surrender it to that which is loving, harmonious; our Father's Love and Will. If we choose to align ourselves with our Father's Love and Will, His Presence, we are filled with His Divine intelligence, His Omniscience, for the moment. By the grace of His Omnipotence, we are empowered, to carry out what is at hand. Our delays come from taking "shortcuts" or quick fixes. Let's let our Father does the driving and stop telling Him from the back seat which way to go. When we remember what we forgot for the trip, don't dwell on what is not, we have enough, keep going forward. For the moment, we are part of the solution, not the problem. Let's enjoy the trip, letting our Father be our guide. Our prayers and meditations are our service station, to nourish and refresh ourselves. Thy Love, Thy Will be done.

"Do small things with great love" Mother Teresa.



Diamonds In The Rough
"Pay Forward" Gift # 64

Today's "Pay Forward" gift is - Diamonds In The Rough. "The diamond cannot be polished without friction, nor the man perfected without trials." Chinese Proverb Yes we are diamonds in the rough. Practicing the A.A. Spiritual principles in all our affairs while passing through daily trials, will clear away the 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 diamond 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. 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

Becoming Chip-less
"Pay Forward" Gift # 65

Today's "Pay Forward" gift is – Becoming Chip-less. I was reading about how a simple act of kindness, a smile and cup of coffee made a person's day. The story brought to mind, how it was, what happened and what it is like for me now. Why do you have a chip on your shoulder? A question to often ask me before I came to Alcoholics Anonymous. I am so grateful I found a group of A.A. lovers, workers, coffee-servers. I had caused so much anger, fear; I walked around with a chip on my shoulder. I did not trust anyone nor did anyone trust or feel safe or welcome around me. When I walk through A.A.'s doors I was greeted with a genuine welcoming smile; it was hard for me to accept but I did. For the first time I could remember I felt a genuine welcome, and to my surprise that I wanted to be there. I was not asked for anything, I just got a shot of "old-time" Alcoholics Anonymous. I am truly grateful for all the people who have touched our hearts and lives with love. People who are deeply loved are more likely to feel accepted. Those who radiate love, touching the hearts of others, are joyful people. I want so much to touch the hearts and lives of others with love. Tender loving care may not change the world, but it sure turns into a place I want to be, chip-less. Thy Love, Thy Will be done.

"Do small things with great love" Mother Teresa.



Spiritual Suicide
"Pay Forward" Gift # 66

Today's "Pay Forward" gift is – Spiritual Suicide. My first Spiritual Transformation came February 6, 1957. Alcohol, my last refuge was taken away. No longer could I count on the effects of alcohol to hide my incompetence. Before that day if I drank enough alcohol I had an illusion that I didn't care that I failed in every area of my miserable excuse for a life. I had to have help or commit suicide, which alcoholism was a slower form of suicide. Our Father, with whom I had no relationship with, had set my Spiritual Transformation into motion. Everything I counted as a "source" failed, I hit my bottom. Then I experienced the most wonderful life, beyond my dreams. There came a time when that level of life wasn't enough, I thought Alcoholics Anonymous had stopped working for me; the problem was my too limited understanding of the program. I learned early in my A.A. serendipity journey when my problems were overwhelming, that I was to increase my A.A. service and attendance, and not withdraw. Beholding another wonderful Spiritual Transformation was completed, taking me to a new level of awakening and growth. The idea came to me why wait until I hit another bottom, now that I understand how it works. I make up an artificial bottom, and that would cause a new wonderful Spiritual Transformation. That great idea turned out to be what I now call a Spiritual Suicide. Today, I choose to wait, and let our Father to have His Way. Thy Love, Thy Will be done.

Come, let us love one another

A Mystical Union
“Pay Forward” Gift # 67

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

“Do small things with great love” Mother Teresa.



Loving Opportunities
“Pay Forward” Gift # 68

Today’s “Pay Forward” gift is – Loving Opportunities. I had to let go of my doubt that I could not give or receive the love I greatly hungered for. To doubt is to be double minded. Living A.A.’s spiritual principle in my daily life, I experienced love, my doubt was replaced with acts of love. Writing the workbook on the Six Loves broadened and deepened my ability to love. www.12stepworkbook.org . Friend: two or more have a common purpose, goal or cause. No wonder it is so easy to make friends in Alcoholics Anonymous. With a working deflection for friendship, I could become a friend among friends. A.A. offers us a simple tool kit filled with everyday common tools for sharing. We have great opportunities to expression our love: patience, kindness, generosity, humility, courtesy, unselfishness, good temper, and good sense of humor, and sincerity, simple acts of love we can freely share, which pay great dividends. Let us not defer or delay these opportunities because we will not pass this way again. Our life experience is not just the passing of time but it is our gifts of love and service we share during the passing of time that makes a good difference. Freely we are given and freely we give; this is the Divine flow of life’s loving energy. Yes! Our love is a healing power touching everything, everyone into Wholeness, share it freely. Let us first love our Higher Power, in the same motion love one another. Thy Love, Thy Will be done.

Come, let us love one another

“Teach Us To Pray.”
“Pay Forward” Gift # 69

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

“Do small things with great love” Mother Teresa.



– Give Credit Where Credit Is Due
“Pay Forward” Gift # 70

Today’s “Pay Forward” gift is – Give Credit Where Credit Is Due. Let me remember that we need to credit the results to our Father, to take off our mask and practice His Principles in all of our affairs. Our primary need is simple; being the individual we are. All we need has already been given. Alcoholics Anonymous gives us the tools we need to chip away all that is not who we are. Practicing hasn’t made it perfect, but it sure helps. Our choice to be discouraged by our failure, or we learn from it. Pure faith and pure love may remain a mystery. The faith and love we have now is enough to grow on. Most of my troubles come when I have unrealistic expectations that – “I” - cannot fulfill. Yet when our Father is my only Source, and I trust Him to supply me with all I need, and if it is His Will, there are no unrealistic expectations. When I catch myself telling our Father how to tend to His business, I remember Jacob Riis’ affirmation. “When nothing seems to help, I go and look at a stonecutter hammering away at his rock, perhaps a hundred times without as much as a crack showing in it. Yet at the hundred and first blow it will split in two, and I know it was not that blow that did it, but all that had gone before.” Thy Love, Thy Will be done.

Come, let us love one another

Struggling Again!
"Pay Forward" Gift # 71

Today's "Pay Forward" gift is – Struggling Again! I've made the decision many times to stop bring up or dwelling on negative stuff, to avoid it at all cost. I went 25 years not watching the news, because "it made me negative." The spiritual thing to do, however, the news brought out my stuffed negativity. I bought into the childish idea that struggling was an unnecessary, even a bad thing for a loving spiritual kind of guy I wanted to be. Our Father must be holding back his loving mercy, and not rushing to my rescue, at the first sign of a struggle. I was reminded of the butterfly's struggle. The struggle to escape from the cocoon is nature's way of forcing blood to the extremities of a butterfly's wings so that when it emerges from the cocoon, it can enjoy its new life and fly to its heart's content. I am willing to accept our Father's Loving Will, for not intervening, because the struggle is preparing me for His Divine Grace. His Love is transforming us so that we can enjoy the Divine life to a greater extent, once our container is expanding. Now I can see the importance of my greatest past struggles. I had to be prepared to receive and live the loving grace I was given. If our Father's help comes too soon before the prep work is done, it may frustrate our ultimate ability to live the transformed life of grace. I pray that I trust our Father ASAP. Thy Love, Thy Will be done.

"Do small things with great love" Mother Teresa.



A Knock at the Door
"Pay Forward" Gift # 72

Today's "Pay Forward" gift is – A Knock at the Door. For a long time, I have been seeking that mystical union with the will of our Father. It never was lost; my personal "reality" has been playing hiding and go seek. "Behold, I stand at the door and knock: if any man hear my voice and open the door, I will come into him, and will sup with him, and he with me." (Revelation 3:20) I do hear Your Holy Voice Father with the ears of faith, Father. Within the silence of my soul, I open the door, which was never locked. I ask You, Father to come to my consciousness, or let me come into Your Presence, a journey; You prepared for me. I turned to Around the Year with Emmet Fox "Seeking and Finding," I feel that I am on the right path. "The vision that you glorify in your mind, the ideal that you enthrone in your heart, this you will build your life by, and this you will become " (James Allen). My personal "reality" mind made up an illusion of separation from our Father. "Your iniquities have separated you from your God; your sins [missing the mark] have hidden his face from you" (Isaiah 59:2). Within all of nature, there is the marvelous, His Presence. Let me stop, look and listen for the rhythm of life; this affirmation re-centers me. Let us see ourselves as our Father sees us through the eyes of faith in His grace. Thy Love, Thy Will be done.

Come, let us love one another

During Meditation
“Pay Forward” Gift # 73

Today’s “Pay Forward” gift is - During Meditation. I was doing my centering prayer last night, sometime during my meditation, I went to sleep. I awakened as if I had good night’s sleep, when it had been only a few minutes. I also practice Discursive Meditation; proceeding to a conclusion through reason rather than intuition, as part of my morning prep work. I often use Discursive Meditation to help set the tone for my centering prayer leading to contemplation meditation, that intuitive communication with our Father within. When I finished my prayers and meditation, I finish my daily prep-work; my daily reading and writing, I am willing to do my daily prep-work out of enlighten self- interest, it bears much fruit. Every moment of our life is creative; there are no neutral thoughts or feelings. Let our request be simple and clear co-creating, focusing on our heart desires. However, it will come to us in the way our Father intended if we keep an open-mind. I believe He placed our true heart’s desires within us, which may differ from our outlining. It is wise to put the disclaimer; if it is Your Will please, if not please, please, please don’t give it to me. I choose to interrupt my day by turning to our Father seeking His Will, Love and guidance. Our Father often speaks to us in our dreams and visions and in our daily lives. He demonstrates His presence in what we call life. He is Life. He is Love. He is. Thy Love, Thy Will be done.

“Do small things with great love” Mother Teresa.



Lies Have A Shelf-Life
“Pay Forward” Gift # 74

Today’s “Pay Forward” gift is - Lies Have A Shelf-Life. Most of our lies are fear based and will pass away if we let them and not stuff another termite. At some point, we will have to deal with these termites, or they will deal with us. Our choice, pay me now or pay me later. Sometimes lying is the loving thing to do. Sometimes being rigorous honest is venting our anger on to another, “it’s for your own good.” It takes courage to take off our armor, and stop lying to protect ourselves or others. There are times to withhold our rigorous honest from others but not from ourselves. We can silently tend to that by surrendering it to the Boss, our Father. Denial is not the same as lying; it’s a loving gift our Father gives us. When our denial breaks down we must do something about it, or we have to deal with a lie. We need not waste an opportunity dealing with what was hidden in denial because we now have the tools to deal with it. I have no illusions about lying. I pray that my lies have a short self-life. I pray that I can take off my armor AS SOON AS POSSIBLE concerning lies. I want to be warm and loving, kind and understanding, wise and intelligent, comforting and compassionate with others and myself. When I am lying to myself or others, I turn to the Spiritual within and let it be healed. Thy Love, Thy Will be done.

Come, let us love one another

There Is A Solution
"Pay Forward" Gift # 75

Today's "Pay Forward" gift is - There Is A Solution. For many of us, that solution is to live the A.A. Program. As we have found when practicing its Spiritual Principles in all our affairs, our life became happy and usefully whole. For every one alcoholic using these Spiritual Principles, there are seven using them successfully for other defects and addictions, it works. Are you standing on the back of a whale fishing for Minnows? That's what we are doing when we use the program of Alcoholics Anonymous just to stay dry. Just staying dry is more than enough for a while, but we are wasting an opportunity if we don't take advantage of one of the most powerful spiritual programs in this world. By using A.A.'s way of life, we can experience our heart's desire, beyond our greatest dreams. If I could do my life over what would I do different? I would ask more of our Father, more of the Program and more of myself sooner. I was asking for too little, because I did not know what to ask for. Living A.A.'s way of life I found what is of real value. Our Program offers us a wonderful, powerful tool kit that our Father gave us. To use these tools just to stay dry is a gross mistake. These tools are useless, unless we learn to use them and use them. If you have been settling for too little, join us on this wonderful serendipity journey. Thy Love, Thy Will be done.

"Do small things with great love" Mother Teresa.



Upon Awakening
"Pay Forward" Gift # 76

Today's "Pay Forward" gift is - Upon Awakening. Every thought we think and every word we speak is an affirmation, confirming our personal "reality" belief. Some mornings when I am awakening I am looking forward to the days unfolding. Some mornings when I am awakening it felt more like I'm just "coming to, from some kind of emotional hangover. I am in the habit of starting my day with reading something that may inspire me. I take time to pray and meditate. I give my physical body a little workout. My morning habits improve the days unfolding. On the emotional hangover mornings, my daily startup habits cause a little of emotionally sobering I need to take on my non-paying "job." As soon as I share A.A.'s Step Twelve in one form or another with another, I re-awaken, and emotionally sober up. I often wondered why the sharing A.A. can make such a good difference. Most likely, it's because it is an expression of love, and love cast out all fear. I've learned that I can re-start my day anytime by letting our Father do for me what I cannot alone and unaided. Then I can awaken in a place we have always been, in the Presence of our Father within. We are told by our spiritual teachers that the Kingdom of Heaven is within us. Realizing once again, the food I ate is being transformed within me into everything we call life, is being done by our Father within. Thy Love, Thy Will be done.

Come, let us love one another

Saying Hello To My Higher Self
"Pay Forward" Gift # 77

Today's "Pay Forward" gift is – Saying Hello To My Higher Self. For a great many years I've built on my spiritual relationship, mostly on our Father and His Son. I don't remember saying even hello to my individual created Higher Self. Most of my A.A. Step work has been focused on my personal "reality," where my illusionary patterns are housed. Spiritually, my attention was/is focused on our Father, His Son's teachings, and A.A. Spiritual principles. Our Father created each of us, giving us a purpose; His Will and Love. Being created individuals we have no competitors, there is only one of each of us. We are created in our Father's image and likeness, which means our Higher Self, has a more co-creating power than most of us will ever use. Our highest function is to be the individual; we are capable of being. It is not arrogant but humble to ask our Higher Self to be our friend and co-worker. All close relationships communicate often. Our Higher Self is in direct contact with our Father and all Spiritual Beings. The kingdom of Heaven is within us. I intuitively know this Heaven is populated with our Father and all His Created Beings. Perhaps we look too far away for all we need. My new commitment is to develop an ongoing best friend relationship with my Higher Self, keeping in mind that our Father is always the first cause. I'm committed to ask my Higher Self what would You have me do? Thy Love, Thy will be done.

"Do small things with great love" Mother Teresa.



Best Friends
"Pay Forward" Gift # 78

Today's "Pay Forward" gift is – Best Friends. "Your friend is your needs answered. He is the field which you sow with love and reap with thanksgiving. You come to him with your hunger, and you seek him for peace, and let there be no purpose in friendship save the deepening of the spirit" Kahlil Gibram. My True Self, the individual our Father created me as has become my personal "reality's" best friend. Because my True Self, (Created Self) is in direct union with our Father within, He is my personal "reality's" needs answered. I can turn to Him 24/7 for the answers to my questions and guidance. When the relationship between our True Self (Created Self) and our personal "reality" has the same goal, and this goal is the Will of our Father (Creator) it becomes a Holy loving friendship relationship. This is the purest form of friendship. It is so very important that I seek daily within my best friendship the Spiritual Discernment as to what our Father's Will is, and what is not, and live it the best I can. It is when all three of these are at-one-ment, which I most likely find a Spiritual Union, that Mystical experience of a direct conscious union with my Best Friend, I long for. Is this possible? Yes, when it is by Grace, it is simple and easy. So how do we open up to Grace? There is a Love within us that can answer that question. Be Still and know. Thy Love, Thy Will be done.

Come, let us love one another

Extraordinary Love
“Pay Forward” Gift # 79

Today’s “Pay Forward” gift is – Extraordinary Love. By the grace of our Father awakened within as I live the program of Alcoholic Anonymous I am enabled to live my ordinary life with extraordinary love. The Spiritual principle I realized in applying Tradition one taught me to live in long-term relations as well as the passing relationships. Sometimes I have to unselfishly do something for the relationship, because the relationship is more important than having my way. My fulfillment, love, joy and forgiveness come through my sharing and joining with others in our common welfare. I need only to give what I already have to experience the joy of life. To think that I must be spectacular in my sharing, caused me withhold my love. I trust in our Father to give me all I need to share the love I am; my fulfillment is a side effect, and that love flows back to me. If I waited until I can share only unconditional love I may wait in vain. I tell myself if what I have to share was of real value I would be giving to more instead of a few. I am reminded that I have chosen the road less traveled. Now I am willing to go the extra mile(s). Come let us take this loving serendipity journey together, trusting our Father to guide us. I ask our Father to use me; as a beloved lover loving, sharing a little extraordinary love. Thy Love, Thy Will be done.

“Do small things with great love” Mother Teresa.



- Mercy And Grace
“Pay Forward” Gift # 80

Today’s “Pay Forward” gift is - Mercy And Grace. Prior to A.A., I was jealous of those who were successful in life; family, friends, finance, on and on. I didn’t have an inferiority complex. My inferiority was complex, having many parts. I was forced to stay sober, for a while for medical reasons. I was unable to produce working for my dad and brother, and they fired me. I had just remarried and had very little money and no skills. I found a car dealer who let me sell my cars off his lot. I got a car dealer’s license and went to work. I was forced to learn the car business from the ground up. I became a work-a-holic. For a while I did well, then I started drinking again, and my inferiority returned. I had no one or Higher Power to turn to for help. I couldn’t handle my life. I was unable to recover on my own. I was angry, which turned out to be fear, and I felt sorry for myself; I couldn’t stay stopped drinking, and I wanted to die. I was brought to AA. I was a total failure, causing me to be open to our Father grace and mercy. I’m filled with love and gratitude beyond words. My life has been meaning, now I can make a good difference. I am dedicated, devoted and committed to be, to do Your Loving Will Father; I am given all it takes. Thy Love, Thy Will be done.

Come, let us love one another

Teachers And Students Are One
"Pay Forward" Gift # 81

Today's "Pay Forward" gift is - Teachers And Students Are One. My prep reading this morning was focused on life as a classroom, and everyone is our teachers. We are both the teacher and the student. If we want to keep what we learn, we must teach it. If we doubt A.A.'s Spiritual principles, and keep a closed unteachable mind, they will not work for us. We must do our homework by walking our talk. I choose to learn and teach what I want instead of what I don't. I say yes, Father Your Love, Your Will was done is done and will be done. As I learn more about prayer and meditation by practicing some of the many forms, I am a student and by living what is revealed to me, I am a teacher. I am learning how to use my mind into a conscious union with the Divine Mind, as a student and by sharing my findings, I am a teacher. As a student, I am learning more and more about the Six Loves and how to apply them [www.12stepworkbook.org]. I am learning how to practice the ordinary elements of love: patience, kindness, generosity, humility, thoughtfulness, unselfishness and a good sense of humor. As I learn more and more about my purpose in this life, I am a student. As I share my mission as I understand it with whomever I am drawn to I am a teacher. Thy Love, Thy Will be done.

"Do small things with great love" Mother Teresa.



I Have Confidence
"Pay Forward" Gift # 82

Today's "Pay Forward" gift is – I Have Confidence. I Have confidence in myself when I have confidence in our Father. "When faith grows into confidence, the crisis of faith has done its work and the crises itself is resolved. Deep interior peace reigns" Father Thomas Keating. Living Alcoholics Anonymous' way of life causes crises in faith, when some part of my personal "reality," my false self is being dismantled. The fruit of this process is the confidence and freedom from my compulsions and fixations to decide what to do. "Put to death... your old self with its practices and...put on the new self, which is being renewed in knowledge in the image of its Creator...Clothe yourselves with compassion, kindness, humility, gentleness and patience." In other words; "practice these principles in all our affairs." A.A. gives us the confidence to be the individual we are created as. If two persons were exactly alike, one would be unnecessary in the scheme of things. Emerson said that imitation is suicide. That is a strong case for our seeking a God of our own understanding. As we are awakened to our Father within our faith grows into confidence. Unity means that everyone draws our strength, its power and its ability to live, move and have our being from One Source. Thy Love, The Will be done.

Come, let us love one another

Affirming Tradition Eleven
“Pay Forward” Gift # 83

Today’s “Pay Forward” gift is – Affirming Tradition Eleven. Let me remember that we must walk the talk. Our willingness to be our Father’s agent will attract what or whom we need to do His Will. Humility goes hand in hand with this willingness. Our A.A.’s Tradition Eleven points out the Divine wisdom for our dealing with the general public. Our public relations policy is based on attraction [love] rather than promotion. Living Alcoholics Anonymous as a way of life is an expression of love, which is the strongest attraction. Let us ask, from the bottom of your heart with an open-mind for our Higher Power to use us. Every moment is an opportunity to extend love openly or silently if we choose. Let us bring our gifts of love to all we are drawn to, that is attraction not promotion. We are fulfilled by giving what love we have to express now without fanfare, which will also help us maintain our personal anonymity. We can be grateful that we can make even a tiny good difference, instead of being the user we once were. A.A.’s program may pass through the minds of our members and yet bypass their hearts. If it does not pass through our hearts, we may sound good but our message will not be alive in the Spirit of love and Truth. Let our sharing flow through our loving hearts as well as our minds, our bodies, our relationships, including our prayers and meditations. Thy Love, Thy Will be done.

“Do small things with great love” Mother Teresa.



– Mysticism Replacing Moralism
“Pay Forward” Gift # 84

Today’s “Pay Forward” gift is – Mysticism Replacing Moralism. Mysticism – the belief that the conscious union with our Father; His Love and His Will have become a reality. “Having had a spiritual awakening as the result of these Steps.” That intuitive knowledge inaccessible to the intellect, as we surrender; letting go and letting our Father have His Way. “We will intuitively know how to handle situations, which used to baffle us” Alcoholics Anonymous page 84. Moralism is - letting our conscience be our guide; for this alcoholic that’s a really bad idea. Our conscience is made up our experience, starting very early in life; it is the storehouse for the “drug” guilt and punishment. The mystic experience is our alignment with our Higher Self, our personal “reality” with our Father. We become miracle-minded; a shift from the world of moral judgment to grace. The spirit of love flows out into the world without any thought of return, a 180 degree shift. Perhaps we were asking ourselves, “Where was I? Why was I hiding? What was I waiting for? Upon awakening we realize that our Father is Love, and pure Love judges not, so forgiveness is not called for. “It’s faith that really takes the courage, the belief in the things unseen” Jacquelyn Mitchard. Our Father has a habit of remaining anonymous until we are spiritually awakened, then - He becomes Omnipresent. Today I choose not to judge whom and what I cannot understand; asking the Boss what’s next, and please use me. Thy Love, Thy Will be done.

Come, let us love one another

More About Love
“Pay Forward” Gift # 85

Today’s “Pay Forward” gift is – More About Love. 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, Love within all of His creatures. That means that I am extending my 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. Loving all the ways I am learning in Alcoholics Anonymous to love I believe that I am truly loved. I understand more and more as I share my love, both silently and openly those we are by grace beloved lovers loving. Unless I am loving I am not in alignment with our Father’s Will. Enough love is the key that unlocks any door. 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.

“Do small things with great love” Mother Teresa.



When Wrong Is Right
“Pay Forward” Gift # 86

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

Come, let us love one another

- Ladybug Zombies
“Pay Forward” Gift # 87

Today’s “Pay Forward” gift is - Ladybug Zombies. Ladybugs are said to bring good luck, but one infected by the wasp species *Dinocampus coccinellae* is decidedly unfortunate. When a female wasp stings a ladybug, it leaves behind a single egg. After the egg hatches, the larva begins to eat its host from the inside out. When ready, the parasite emerges and spins a cocoon between the ladybug’s legs. Though its body is now free of the tormentor, the bug remains enslaved, standing over the cocoon and protecting it from potential predators. Some ladybugs survive this eerie ordeal [but become a real zombie]. (National Geographic November 2014) This is a useful metaphor for the active alcoholic’s journey. For many of us, the 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. Thy Love, Thy Will be done.

“Do small things with great love” Mother Teresa.



What Do We Do For Pleasure?
“Pay Forward” Gift # 88

Today’s “Pay Forward” gift is – What Do We Do For Pleasure? I was asked that question by a person who had just found an enjoyable pastime. When I told him my daily life of giving and receiving is my pleasure and pastime, he could not believe it. “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” Kahlil Gibran. Sharing one on one, or in a workshop or group or writing these affirmations is opportunities to co-create, and that gives me pleasure and purpose. Life is the medium and we are the canvas, our efforts to improve become an exciting pleasurable challenge rather than a task. When we are living our heart’s desire, we are given everything we need to live it, which is special kind of abundance. I have learned to laugh with others and at myself; it takes the pressure off and lightens the load. I can feel my body and my chemistry change with a little laughter, and that’s pleasurable. I pray that my serving others, my heart’s desire is truly a messenger of love, an expression of our Father Love and His Will. Each of us is given special talents and abilities, the giving and the receiving of pleasure are our need answered. Thy Love, Thy Will be done.

Come, let us love one another

His Presence Now
“Pay Forward” Gift # 89

Today’s “Pay Forward” gift is – His Presence Now. Now is the time to practice the Presence of our Father Within me and you whom ever comes into my consciousness. Now all created beings come to my consciousness, and I see Your Loving Presence Father within all with the eyes of intuitive faith. I depend on Your Divine Power and Intelligence for all I need to carry out the purpose You created me for; I am so grateful. Realizing Your Omni-love within all of Your creatures, I pray that each of us expresses Your Love and Your Will. If there is anything within me that denies Your Love, Your Will, Your Power, Your Presence, or Your all-knowing, I own it, I surrender it and let it go. I accept our ongoing upgrade. I accept the gift of grace for us all. Let us detach from the residue of our illusions of separation, preparing of for our transforming union. “He guides the humble in what is right and teaches them His Way” Psalm 25.9. Let us open our hearts, minds and souls His Divine outpouring. I shall not ask for more or less for myself or any other. Alcoholics Anonymous has taught me to pass on all I want to expand. Let us feast on what we want and fast from what we don’t want. Let us confine ourselves to the Presence in the presence, accepting His Grace preparing us to carry out His next errand, leaving the outcome to Him. Thy Love, Thy Will be done.

“Do small things with great love” Mother Teresa.



A Mystical Union
“Pay Forward” Gift # 90

Today’s “Pay Forward” gift is – 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 much 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

Who Or What Is My True Source?
“Pay Forward” Gift # 91

Today’s “Pay Forward” gift is – Who Or What Is My True Source? There is a time to say no. There is a time to turn to the one Source, and that time is now. I say yes to our Father’s Presence and Yes to His Will/Actions, and I am committed to do my part. Why we don’t have what we believe would make us happy, joyous and free? I made a list of what is it that is saying no to my need or desire. I’ve spent too much time and energy on no-inventories, instead a yes-inventory. I need healing for a problem that will not go away. I’ve was looking to doctors and meds to heal me. Doctors much like A.A., remove obstructions and create an environment where the natural healing takes place. “Moments of holiness happen when we experience moments of wholeness [healing] with ourselves” Anonymous. As my greatest hero said, “Don’t call me good it is the Father within me doing the works.” Today I turn to my True Source, our Father in Whom we all live, move and have our being. I’ve spent too much time looking to other people, things and events to supply my wants and needs, which has borne very little fruit. I want and need to share my life with others, but not as my Source. “He who sings frightens away his ills” Don Quixote. Thy Love, Thy Will be done.

“Do small things with great love” Mother Teresa.



Guess Who’s Coming?
“Pay Forward” Gift # 92

Today’s “Pay Forward” gift is – Guess Who’s Coming? I was taking to an old friend whom I sponsored more than 30 years ago; he’s living in another part of the world. Visiting with him is only on rare occasions. It was his 33rd A.A. birthday, and I want to tell him how important his living A.A.’s way of life. He was subjected to some really unfair stuff; he didn’t run away or turn to alcohol. He stepped up, re-building his life, and he stayed sober during the worst of times. Proving that one can stay sober no matter what. I intended to start off our visit on a positive note, instead I reminded him of the painful past. I should have said you are for me a great metaphor; like a Phoenix rising from the ashes. The way you were able to re-build your life and stayed sober, after some really unfair crap, takes a very special person, which you are. An AA friend of mine was going to a meeting with three others, every traffic light turned red - his sponsor asked, which one of you is praying for patience? I am sick and tired of bring up negative stuff, no matter the “reason.” I’ve been praying that I would not dwell on any negative stuff, consciously intended or not. Guess who’s coming? Now that I started a little non-negative radical training, every “negative-traffic-light” seems to turn red. Thy Love, Thy Will be done.

Come, let us love one another

Beloved Lovers Loving
“Pay Forward” Gift # 93

Today’s “Pay Forward” gift is – Beloved Lovers Loving. 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 infinite whole. At the human conditional 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, if we want loving, caring relationships, if we want to be joyous, happy and free, if we want an open heart, mind, and soul, then we must be willing to give all the love we can and forgive all we can, 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 helps 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.



New Radical Commitment
“Pay Forward” Gift # 94

Today’s “Pay Forward” gift is - New Radical Commitment. I am making a new radical commitment to love every created being. I am committed to love all. I choose not to waste my time or energy trying to like anyone whom I do not spontaneously like. To love all is not to approve or disapprove of their action or non-actions, or those living contrary to what I presently believe to be in conflict with our Father’s will. In other words, I love that Higher Self within all, in the spirit of the Saint Francis prayer. I may not care for parts of their personal “reality” not enlisted in our Father’s loving service. I choose not to resist any useless or harmful. I am willing to let it pass into the nothingness it is. This is an interesting idea, but it is useless, unless I demonstrate it. It is calling for radical training from within out into expression. “He that loves his brother [and sister] abides in the light” (1 John 2:10). We are created with purpose and meaning as a tiny part of an infinite potential, Whole. “A human being is a single being. Unique and unrepeatable” John Paul 2nd. Alcoholics Anonymous has taught me to honor my Divine Partner, by being the individual partner He Created. My radical commitment is to be about our Father’s Business. Thy Love, Thy Will be done.

Come, let us love one another

At Any Moment
"Pay Forward" Gift # 95

Today's "Pay Forward" gift is – At Any Moment. "At any moment, I could start being a better person – but which moment should I choose" Ashleigh Brilliant? I choose this moment – but now the need for action. I realize that the change I need is located within me - but its expression is outside of me. My experience tells me that the healing change must start from within, because the Power to change to be transformed is within. What does it mean to deny myself? It means giving up selfishness, the sense of "me" and "mine." It means loving our Father with all my heart, mind and soul. It means loving other as if they are me. "Half measures availed us nothing." "Why does the lover of God renounce everything for the sake of Him whom He loves? The moth after seeing a light does not return to darkness: the ant dies in the heap of sugar but does not turn back. So the lover of God gladly sacrifices his life for the attainment of divine bliss, caring for nothing else" Sri Ramakrishna. When I realized our Father within, everything changed for me. I began to see the beauty instead of ugliness, usefulness instead of uselessness, love instead of not-love; all out of a new enlightened self-interest. This began with my accepting A.A.'s Tools; the willingness to turn my will and life over to the care of One who loves us all and renouncing what is not, acting or not as I am guided. Thy Love, Thy Will be done.

"Do small things with great love" Mother Teresa.



Affirming Tradition Twelve
"Pay Forward" Gift # 96

Today's "Pay Forward" gift is Affirming Tradition Twelve. Anonymity is much more than a silent giver. One who lives in an anonymous state of mind is living closer to reality and humility. They awakened to the fact that all they have been given to them. If they choose to keep and expand it, they must make a point of passing it on. A God-centered person will pass on characteristics such as; love, service, forgiveness, unselfishness, willingness, gratitude, and humility. A self-centered person will pass on characteristics such as; resentments, fear, pride, arrogance, and selfishness. To place principles before personalities is like saying the moon reflects the light of the sun. Personality, the mask, reflects reality or illusion as filtered through our personal "reality" and our Higher Self. Like the moon, the personality has no light of its own, while our Higher Self is part of the Light. We can be grateful for both of these great teachers. One that helps us become the person we want to be and the other shows us what we don't want. I've been both self-centered and God-centered on the same day, maybe the same hour. When this conflict happens, I can find someone I can pass Alcoholics Anonymous on to. I can exchange my pride for humility. Willingness to forgive everyone gives me the courage to take off my mask. "You are never given a wish without also being given the power to make it true. You may have to work for it, however" Richard Bach. Thy Love, Thy Will be done.

Come, let us love one another

"Coincidences"
"Pay Forward" Gift # 97

Today's "Pay Forward" is - "Coincidences." "What I found were "coincidences" which were connected so meaningfully that their "chance" concurrence would be incredible."

C.G.Yung - 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. 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 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.

"Do small things with great love" Mother Teresa.



What's In Me Saying No?
"Pay Forward" Gift # 98

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, 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 unconditionally 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 bad enough 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.

Come, let us love one another

– “On Fire”
“Pay Forward” Gift # 99

Today’s “Pay Forward” gift is – “On Fire.” When you are inspired by some great purpose, some extraordinary project, all your thoughts break their bonds: Your mind transcends limitations; your consciousness expands every direction, and you find yourself in a new, great and wonderful 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. When I read this my heart and mind was awakened to my early naïve innocence experience in Alcoholics Anonymous, I was “on fire.” My innocence waned but by the grace of our Father my “on fire-ness” has never been completely extinguished, although it seemed to be. My innocent was childlike, but I was not free from wrongdoing. However, by our Father’s grace, my defects were being transformed, to a degree, into useful assets. I was filled with compassion and empathy with the ability to understand where others were coming from, giving my worthless-life purpose. I became an A.A. crusader, reformer and evangelist, and not always welcome. I had a mission; all alcoholics “must have” what A.A. had to offer. “The impossible is possible when people align with you. When you do things with people, not against them, the amazing resources of the Higher Self within are mobilized” Gita Bellin. The A.A. Long-Timers just watch my “on fire-ness,” knowing it would fizzle out, but they didn’t discourage me. When I was too radical one Long-Timer would take me for a milkshake. Thy Love, Thy Will be done.

“Do small things with great love” Mother Teresa.



Demonstrate It
“Pay Forward” Gift # 100

Today’s “Pay Forward” gift is - Demonstrate It. When I receive one of the gifts that symbolize my created individual Self, I need to pass it on. I intuitively realize that I cannot claim it as mine until it is demonstrated. The joy it brings flows out into the world. I can feel its importance. It does not have to be a deep mystery but just the way it is when my consciousness expands. My response to Divine Love is to pass it on appropriately, if only in the silence. My love's awakening is clear that it came about through those who believed in me before I could. As a user, I silently sought love from those who did not care for me, or I did not care for them. Until someone saw the good in me, the love in me, I kept the treasures of my love's awakening within. What can I dispense with confidence? The answer is no longer a mystery. I was given the Six Loves: Agape, Storge, Philia, Eros, Primal-love and Self-love; Six Loves' workbook, 12stepworkbook.org. We should not be surprised because our Father is Love and so are we. Let this day be a day of gathering from the Divine Vine its ripe fruits of love and pass them on. “Don’t try to force anything. Let life be a deep let-go. See God opening millions of flowers every day without forcing the buds” Bhagwan Shree Rajneesh. Let our love be a deep let-go, never force it. Thy Love, Thy Will be done.

Come, let us love one another

“In All Our Affairs”
“Pay Forward” Gift # 101

Today’s “Pay Forward” gift is – “In All Our Affairs.” Our 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 very personal Higher Power and to my Higher Self, and wanting so very much to practice these gifts in all my affairs. When I began to practice these Twelve Traditions as spiritual principles, first in A.A., then my home, my business, all my relationships, silently and openly, did they become truly a way of life. For too many years I believed that the Twelve Traditions were too much like rules or “have to” stuff. When I started treating A.A.’s Traditions as common sense, they worked for me in all my affairs not just in A.A. groups and meetings. Growing up none of my family had a higher education, “book learning.” The “book learners” were made fun of. When I left home to 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 I experienced Real Common Sense, enlightened self-interest, the “Easier, Sifter Way.” Spiritual is seeing through the eyes of faith our Father’s Presence in all my affairs and living that Reality by passing it on. Thy Love, Thy Will be done.

“Do small things with great love” Mother Teresa.



Strangers No More
“Pay Forward” Gift # 102

Today’s “Pay Forward” gift is – Strangers No More. “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 others, 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 read 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, and 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 as a stranger. Forgiving others and seeing our Father’s Loving Presence with the eyes of faith within all, includes me. Thy Love, Thy Will be done.

Come, let us love one another

Our Words Have Mean
"Pay Forward" Gift # 103

Today's "Pay Forward" gift is - Our Words Have Mean. "Whatever words we utter should be chosen with care, for people will hear them and be influenced by them for good or ill" (Buddha). Let our words make a good difference. We are expressing our life on many levels; what we do, say, think and feel will produce results, good or ill. Let our actions be consistent with our heart's desire? If our actions are not consistent with our message it is not honest. When we speak what we do not believe, we are being dishonest to ourselves and others. Each of us was given a purpose for this life. For this, purpose let us be true by doing our Father's will. That is making a good difference in this world. Let us be part of the world's transformation. Let us express the love we are, which is a healing power that transforms us and others at the same time. Even in the dark night of the soul we can let our loving light make a good difference. This could be our part in transforming this world into the image and likeness of our Father's will. "Expect people to be better than they are [including myself]; it helps them to become better. But don't be disappointed when they [I'm] are not; it helps them to keep trying" Merry Browne. Thy Love, Thy Will be done.

"Do small things with great love" Mother Teresa.



More Forgiveness
"Pay Forward" Gift # 104

Today's "Pay Forward" gift is – More Forgiveness. Not to forgive is not to understand how the human condition works or how vital forgiveness is to all my relationships. The willingness to forgive is the key that opens the door to healing relationships. "So at the outset, how to live and work together as groups became the prime question" (Twelve Steps and Twelve Traditions). We were created in such a way that we must share our individual lives. We may choose to share selfishly, in the illusion of separateness or choose to be closer to our Father Will/nature. God is love and so are we. Fulfillment depends on the maintenance of our Spiritual condition. This Tradition goes to the root of the human problem; selfishness and self-centeredness. Unity, which is love, the solution of the human problem. To ensure our long-term relationship it is useful to view it as if it is a "third-party." For our common welfare, we will do for our "third-party," our relationship, what we are unwilling to do for our partner at a given time. This loving act insures continuance when all else fails. There can be little or no recovery without unity. Love can unite human beings so as to complete and fulfill them. Love joins us for what is deepest within each of us, our Father's Love. No matter how many words of forgiveness or love we read or speak; they are of little or no value, if we don't act on them. Thy Love, Thy Will be done.

Come, let us love one another

Look Who's Changing
"Pay Forward" Gift # 105

Today's "Pay Forward" gift is – Look Who's Changing. My prayers are not to change our Father, or to get something from Him, but upgrade me. As I change our Father can give me all I really want, because my will - will be one with His, and I will want only what He wants. 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). For me 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. The more love I pass on, 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," which makes me more human. Consciously unknown to me was the Divine Love and union I've been seeking, I made up the illusion of separation. Alcoholics Anonymous has shown me that it is 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; A.A. is for-giving. Bob M. of La Mesa, Calif is 100 years-old, and still making A.A. meetings. He came into A.A. in 1947, 10 years before me. I'm feeling grateful. I'm meeting bound. Thy Love, Thy Will be done.

"Do small things with great love" Mother Teresa.



Look Who's Changing
"Pay Forward" Gift # 106

Today's "Pay Forward" gift is – Death Of A Friend. I just heard of the passing of a friend and it reminded me of The Prophet by Kahlil Gibran.

"Then Almitra spoke, saying, We ask now of Death. And he said: You would know the secret of death. But how shall you find it unless you seek it in the heart of life? ...If you would indeed behold the spirit of death, open your heart wide unto the body of life. For life and death are one, even as the river and the sea are one. In the depth of your hopes and desires lies your silent knowledge of the beyond; ...Trust the dreams, for in them is hidden the gate to eternity. Your fear of death is but the trembling of the shepherd when he stands before the king whose hand is to be laid upon him in honor. Is the shepherd not joyful beneath his trembling, that he shall wear the mark of the king? ...For what is it to die but to stand naked in the wind and to melt into the sun? And what is it to cease breathing, but to free the breath from restless tides that it may rise and expand and seek God unencumbered? Only when you drink from the river of silence shall you indeed sing. And when you have reached the mountain top, then you shall begin to climb. And when the earth shall claim your limbs, then shall you truly dance." Thy Love, Thy Will be done.

Come, let us love one another

– Attraction
“Pay Forward” Gift # 107

Today’s “Pay Forward” gift is – Attraction. Attraction is a universal principle, like most things we may use for good or evil. When used as a spiritual principle, attraction becomes a most powerful force for sharing love and unity. We grow weary of promotions living in a commercial, competitive world as we do. Everything we have ever done, said, thought, or felt contributes to the building of our world view. All of our experiences, conscious or not, real or illusion, determine to a large degree how we think, feel and experience life. Our personal “reality” draws to us people, places, and things we experience. This personal “reality” will be attracted or repelled, our real and illusionary experiences, confirming their “reality.” A shortcut to your inventory is nothing less than this: look at the people, places and things you are attracting and repelling. Then we can see how powerful the principle of attraction is. We may be the only Big Book a person may ever see. Not only is it important and fulfilling for each of us to practice our Alcoholics Anonymous way of life in all our affairs, but we will be attractive to the alcoholic who still suffers. Each of us has a circle of influence, which affects a number of people; family, friends, and coworkers. These people will see what a powerful program Alcoholics Anonymous is and will tell others outside their circle of influence, when we live it. This is the kind of advertising money cannot buy or attract. Thy Love, Thy Will be done.

“Do small things with great love” Mother Teresa.



Technology Dependence
“Pay Forward” Gift # 108

Today’s “Pay Forward” gift is - Technology 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 “needs” interfere with my prayer, meditation and contemplation. What was to be a quiet time becomes a busy chatter? "Seek you first the Kingdom of Heaven and all else will be added." Well when one of my devices calls for healing (repairs) I call on our Father for help, "Oh God." The question-of-the-day; am I serving my devices or are they serving me? 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

Blue-Collar Miracle Workers
"Pay Forward" Gift #109

Today's "Pay Forward" gift is - Blue-Collar Miracle Workers. I just passed on a wise suggestion "Do small things with great love" Mother Teresa. Our AA way of life gives us opportunities daily to do, say, think and feel acts of love. I am reminded that a small 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 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." Letting go of our attachments to the passing things of this world, we make room for the Good. I want to understand that our Father has a good purpose for each of us. I do not have to understand at the moment what that is. I only need to trust in His loving motive. I am not surprised by His loving grace and mercy in any form; I've come to 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 my gifts come in my self-approved form, I may miss them. I limit His gifts already given by outlining. All gifts are sacred because all come from one Source. Let me keep the doors to my Treasure House unlocked. I know there is a new load of sacred gifts on the way and ever increasing. Thy Love, Thy Will be done.

"Do small things with great love" Mother Teresa.



First Love First
"Pay Forward" Gift # 110

Today's "Pay Forward" gift is - First Love First. When I was around 15 years old, I had an experience, I could only understand its importance many years later. I was feeling sorry for me when I said; I will never have anyone who will let me love them with all the love I have. Of course, I was thinking of another human. This morning I realized I have always had someone to love with all of my heart, mind, strength and soul; it is our Father within, Who is Love. Loving Him first, I can realize the only way I can experience the fullness of that Love, is to love all of His creators, even myself. I am able to love the unseen, and the seen, which includes all expressions of our First Cause. I start in a safe place, where I go to co-creation; the invisible silence within. Thanks to Alcoholics Anonymous I have the love tools I need. I willingly give all the love I can; sometimes that's a lot and sometimes very little, but it's all I can do at the time, and my love skills are increasing. I am in awe at the Omnipresence of Love. Not judging is another way of letting go of fear and experiencing Love. When we learn not to judge others, and totally accept them, and not want to change them, we can simultaneously learn to accept ourselves" Gerald Jampolsky. Thy Love, Thy Will be done.

Come, let us love one another

– Rebooting
“Pay Forward” Gift # 111

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 back up. My personal life stopped working this weekend, in need of rebooting. First, I had to stop the negative power flow of energy, so I turn to our Father. I began the rebooting with a prayer and meditation. I remember how great my Heroes are; I love the way they shared. When I compare myself to my greatest heroes, I fall far short. When 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 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.

“Do small things with great love” Mother Teresa.



Love – Grace – Fellowship
“Pay Forward” Gift # 112

Today’s “Pay Forward” gift is - Love – Grace – Fellowship. Being put into my place is no longer a negative act. It is a place here and now that I can be the individual, I am created self. Love and grace joined me with the universal fellowship within every created being. I may react to my made-up world view of my finite personal “reality” by blaming You Father for my lack and limitation. I can choose to believe that You are within each of us doing the works called life in an infinite way we cannot fully understand. I can choose to use prayer, meditation and affirmations to dwell and act in this universal fellowship; I am guided into. I am offering myself for realignment, an ongoing upgrading. That’s being put into my place by our Father’s loving grace. I am to be the individual our Father chose for me. I am not free from faults, these causes me to return to Love. Let me detach from the worldly idea of perfection. I wound myself with my character defects. I choose to return to Love AS SOON AS POSSIBLE to be healed – made whole by His loving grace. Alcoholics Anonymous gives me the spiritual tools to share our Father Love, Grace and fellowship. I am so grateful for the new life I’m given. “You are never asked to do more than you are able without being given the strength and ability to do it” Eileen Caddy. Thy Love, Thy Will be done.

Come, let us love one another

Busy Comparing
"Pay Forward" Gift # 113

Today's "Pay Forward" gift is - Busy Comparing. I have been so busy comparing my mission, my life to others that I pass 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 the great ones 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 by 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 myself and others permission to live our unique life, 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 back A.A., no mention is made of scolding, abuse, or punishment, we welcome them back, 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.



Silence. Words are necessary
"Pay Forward" Gift # 114

Today's "Pay Forward" gift is – Silence. Words are necessary. They distinguish this from that, and that can be both good and bad. Our personal "reality" gets what it wants with words, most of the time. Our soul or Higher Self finds what it needs in silence, prayer, meditation and contemplation, when it flows from grace. The University of Virginia said that 67% of men and 25% women would sooner endure an unpleasant electric shock rather than be alone in silence for even 15 minutes! Our spirit needs silence as much as our bodies need food and oxygen. Our minds need thoughts and ideas. We need other humans to share our human condition. Our emotions need our emotional energy to flow freely. Our personal "reality" wants immediate answers before the question is fully understood. We want others to display moral perfection, love and acceptance. When our interior silence can feel and value the silence that surrounds everything and everyone else, we have entered the kingdom of Heaven, the Presence of our Father within. This is the very heart of contemplation. To practice A.A.'s Spiritual principles in all our affairs brings us to the possibility of silence, stopping the useless chatter, listening in the silence, and seeing our Father's good works through the eyes of faith. Silence is at the very foundation of all reality. It is that out of which all beings comes and to which all things return. Let us return to Love, His Will. Thy Love, Thy Will be done.

Come, let us love one another

Changing My Heroes
“Pay Forward” Gift # 115

Today’s “Pay Forward” gift is - Changing My Heroes. 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 spiritual journey. I want to consistently 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 to play the hero, I yearn to be by being the individual He created. 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.

“Do small things with great love” Mother Teresa.



Demanding Respect Is A Misunderstanding
“Pay Forward” Gift # 116

Today’s “Pay Forward” gift is – Demanding Respect Is A Misunderstanding. Each of our Father’s creatures is part of Him, and He is Present within. Standing up in anger for ourselves is a misunderstanding, while turning within is all we need, honoring and respecting ourselves as His. So much of today’s hate and fear comes from the illusion that we have to demand respect from self-centered loveless, unforgiving people, perhaps from everyone. Too often when I was standing up for myself, demanding others to respect me was a sure sign; I did not trust the Divine Presence within ourselves nor the other. 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 inspire us to hate or punish. Love inspires mercy and forgiveness. The need to standup as our duty is our violence masquerading as our God-given right and authority, a license to kill. My greatest Hero said when asked about forgiveness how many times we should forgive someone, He said 7 X 70 times; in other words, keep forgiving until it is 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 so let that consequence be a deeper love. Thy Love, Thy Will be done.

Come, let us love one another

Major Crime
“Pay Forward” Gift # 117

Today’s “Pay Forward” gift is – Major Crime. I must say after sharing Alcoholics Anonymous for over sixty years I have realized our human condition’s major crime; we don’t know how to express our God-given Self/self; In other words, we don’t know how to live. At some level, all humans know they are more loving and or more value than they can prove. I believe the root cause of much of anger, frustration, rage and destructive acting out are because we are unable to gain the respect and love we are as an expression of our Father coming in the world. So many are demanding respect, believing it is others withholding love and respect, because we don’t know how to give and receive the love, we are and 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 live 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 who we are 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 for ourselves and everyone else, instead of the negative. Within this, good contains 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.



My Project
“Pay Forward” Gift # 118

Today’s “Pay Forward” gift is - My Project. 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. If not in union with our Father’s Will, this project will be another of my illusions. “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

An Affirmation
“Pay Forward” Gift # 119

Today’s “Pay Forward” gift is – An Affirmation. At the center of each human is the individual Divine Design our Father created. Here, He transforms what we eat into our physical life’s needs and communicate with us in His first language, intuitive silence.

Consciously known or unknown we are all on His spiritual journey. Each of us was given a spiritual purpose by our Creator, with ten attributes; one or more as part of our heart’s desire.

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

“Do small things with great love” Mother Teresa.



The Introduction To Our Higher-Self
“Pay Forward” Gift # 120

Today’s “Pay Forward” gift is – The Introduction To Our Higher-Self. When I was 15 years-old I had an experience at the time was mostly self-pity, years later I realized it was my Higher-Self trying to communicate with my personal “reality-self.” Today I see the message as profoundly simple; I am far more loving than I’ve been able to demonstrate, giving and receiving. And I am of more value than my personal “reality” can prove; my Higher-Self is the individual our Father created me as. Sharing the program of Alcoholics Anonymous with others for a great many years, I have found the answered and unanswered message within them also. “Having had a spiritual awakening as the result of these steps,” the vision through the eyes of faith I could believe in the possibility of a spiritual way of life. ...“we tried to carry this message to alcoholics,” sharing our simple message is truly love in action. I began to see the possibility that I had all I need, by the grace of our Father to experience an opening to the giving and receiving of my unanswered love message. ...“and to practice these principles in all our affairs,” turns out to be the ways and means to practice spiritual principles as my Higher-Self. “Just as we cannot see our own face without looking into a mirror, we cannot know ourselves without looking into our soul” Anonymous. Let us seek to see ourselves as our Father see us, not our imperfections we see in our mirror. Thy Love, Thy will be done.

Come, let us love one another

The Divinely Inspired
“Pay Forward” Gift # 121

Today’s “Pay Forward” gift is – The Divinely Inspired. Bill W. Wrote the book, Twelve Steps and Twelve Traditions while he was still in his 15 years of depression. Writing it helped him get out of that place. Perhaps going through the dark night of the Spirit did prepare him to share these wonderful works. It is clear that he wrote from three levels: his experience, his heart and his head knowledge. One thing stands out above all else, like the book Alcoholics Anonymous, both were divinely inspired. Bill W. and Dr. Bob were and still are great benefactors for millions around the world. Our co-founders came to believe that their message could help themselves and a great many others. After a slow start, other alcoholic come to believe. As we awaken, part of our learning is finding out what we already know. Doing is proof that we do know it. Sharing with others is reminding others that they know just as well as we do. We are all learners, doers and teachers. The simplest questions are often the most profound. How can we stay sober? How can we be joyous, happy and free staying sober? We had to find a power by which we could live, but where and how were we to find this Power? Our two Divinely inspired textbooks will introduce us to that Power Greater than ourselves, which will solve our problems. Unity is the One Source we were seeking has always been within, waiting to be awakened. Thy Love, Thy Will be done.

“Do small things with great love” Mother Teresa.



Healing – Wholeness - Divine Union
“Pay Forward” Gift # 122

Today’s “Pay Forward” gift is - Healing – Wholeness - Divine Union. We are part of One Life. At times, I make up an illusion, separation, so I can focus on understanding one part within the whole. I forget to return it to the whole. Our Father does not let that illusion of separation last long. That empty feeling of not belonging shows up, and a lack of a divine union with our Father; calling for a personal "reality" up-grade. I accept my insanity knowing that I am the maker-upper of that illusion of separation. Seeing with the eyes of faith, we are open to miracles of healing. I look too far for the Kingdom of Heaven; It is ever present within. While the mystical union is my quest, I am its quest. As I seek it, it is seeking to return me to Love. I choose to let the divine union, healing and wholeness flow from within me; Alcoholic Anonymous gives me opportunities to express it. As I see it in me, I see it in you and all of life through the eyes of faith in His grace. It is the Father within doing the works, the miracle we call life. There is one life, that life is perfect; that life is our Father's Life, my life, all life. I choose to surrender all I am, known or unknown to our Father within, without delay, for I shall not pass this way again. Thy Love, Thy Will be done.

Come, let us love one another

Enlightened Self-interest
"Pay Forward" Gift # 123

Today's "Pay Forward" gift is – Enlightened Self-interest. When our Father transforms our selfish, self-centeredness into an asset, it becomes an enlightened self-interest. It is in my best-interest to stay sober. It is my best-interest to share all I have been so freely given, and keep growing, to share the love I am, as a beloved lover loving, seek our Father's Love and Will for me and to live it, no matter what. We are told that we are created in our Father's image and likeness. Coming into Alcoholics Anonymous, I was, "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..." I had no idea the infinite intelligence of our Father within was transforming the food we eat into our physical needs. No matter what any of us has done or not done, He dwells within us 24/7. I saw the universe of many names and forms, which I believed to be real. My personal "reality," told me I was separate from our Father and all others. I was attracted by one person, place or thing, and repelled by another; obstacles to my spiritual path. I was trying to quench my thirst for life with alcohol instead of our Father's Love and Will. My burning desires to practice A.A.'s spiritual principles became most important as a way of life. "God was going to be our Director...He is the Father, and we are His children." Thy Love, Thy Will be done.

"Do small things with great love" Mother Teresa.



Starting A Chain Reaction
"Pay Forward" Gift # 124

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

Come, let us love one another

Great Prep Day
"Pay Forward" Gift # 125

Today's "Pay Forward" gift is - Great Prep Day. I am having a great preparation; I'm feeling a deep sense of love and gratitude. I am guided into this meditation and affirmation. I see the opportunity for a timeless present in our Father's Presence. Any rebirth of the past is transformed assets, to use for expressing my heart's desire, my purpose. My power to choose is now, the timelessness within a mystical union with our Father within doing the works, life. I now see with the vision of Christ His handy work, proof of His Presence and His Action, a timeless, space less, without separation. I am at-one with the infinite, the purest Love, above. I am at-one with the least pure the finite beneath. To the right, is my rational reasoning mind enlisted in His service. To my left my intuitive and psychic minds flowing freely in conscious union with the Divine Mind. Behind me, my past is transformed into useful assets. In front of me, my Hero draws me into a loving friendly embrace. At the center of me, I am pulsating with the infinite rhythm of Life/live. Every moment brings more blessings and greater self-expressions. I am prospering in everything I do, say, think, feel and pray for, in His Presence. My love is a healing power touching everything into wholeness. My love is an extension of His Love. Father I am now in your timeless care. I'm miracle-minded here and now by our Father's grace. Thy Love, Thy Will be done.

"Do small things with great love" Mother Teresa.



Change
"Pay Forward" Gift # 126

Today's "Pay Forward" gift is – Change. "All seeming change is merely the play of Life upon Itself; and all that happens must happen by and through some inner action upon itself" Science of Mind. As I think about change and embrace the Spiritual principle of change, I am able to love change. As I love change my love is changing. As I change the way, I look at people, places and things those people, places and things change. I am committed, dedicated and devoted to change into the fullness of the individual I am created as. As I reflect on my life-changes, I cannot remember any change great or small that I didn't first resist. Today my resistance and amount of time it takes me to accept change has been shortened, but still there. I should get down on my knees and ask our Father for more. I should know by now when I have a divinely directed heart's desire, which is in alignment with our Father's Love and Will, I've always been given the power or whatever it takes to make it come true. I may have to do my part for it to work, however. "You must be the change you wish to see in the world" Mohandas Gandhi. I have come to the realization that change needs to be appreciated more than it needs to be understood at the time of that change. I am learning to trust my silent invisible support. Thy Love, Thy Will be done.

Come, let us love one another

Blue-Collar Miracle Workers
"Pay Forward" Gift # 127

Today's "Pay Forward" gift is - Blue-Collar Miracle Workers. I love the wise suggestion from Mother Teresa. "Do small things with great love." A.A.'s way of life gives us opportunities daily to do, say, think and feel acts of love. I am reminded that a small act of love is proof of our Father's Presence. Wherever love is He is Present. We are bound and limited by our own personal "reality." Job's statement, "The Lord gives and the Lord takes away, blessed be the Lord" – tells us Who's the Boss. Letting go of our attachments to the passing things of this world, we make room for the Good. I understand that our Father has a good purpose for each of us. I do not have to understand what that is. I trust in His loving intent, and focus my attention on His intention. I am no longer surprised by His loving grace and mercy; I've come to count on it. In an act of faith, I accept His gifts. My Hero, Jesus tells us to, "Build our Treasures in Heaven." My Treasure House is filled with His gifts to enjoy and to pass on. Having to have His gifts come in myself-approved form, outlining, caused the delay of some great gifts. All His gifts are sacred, loving. I am committed to keep the doors to my Treasure House unlocked. I welcome with an open-heart, an open-mind and an intuitive faith the new load of Loving gifts on the way. Thy Love, Thy Will be done.

"Do small things with great love" Mother Teresa.



Best Friends Are On-The-Way
"Pay Forward" Gift # 128

Today's "Pay Forward" gift is – Best Friends Are On-The-Way. When I really want something enough I am willing to do whatever it takes, a gift from our Father. Out of enlighten self-interest I really want to do and to be our Father's Love and Will. I'm letting go of the idea I have to be good enough to earn His grace, or I can do anything bad enough keep His grace away; I may delay it, but He will have His Way. Willing to do my part opens me to receive His Loving grace. I've had an ongoing burning desire for a conscious union with our Father ever since I finished A.A.'s Steps the first time. However, my experience is more like two steps forward and one step back. I am grateful it is not the other way around. From time-to-time I've experienced the presence of my Higher Self; the individual our Father created. When it comes to working together my personal "reality" has not been overly encouraging to my Higher Self. I've wanted to have a best friend for a long time, but I've been unwilling to pay the price; it's a lot of work. What if my Higher Self and my personal "reality" became best friends? That's like the Prodigal Son and the Elder Brother becoming best friends that would take a miracle. I have an abiding faith in our Father's ability to do the impossible, so He could cause this friendship to happen. He is really good at miracles. Thy Love, Thy Will be done.

Come, let us love one another

Tradition One
“Pay Forward” Gift # 129

Today’s “Pay Forward” gift is – Tradition One. I went home for supper before our A.A. meeting. At home, I saw the important papers I asked my wife to take care of. She was too busy to take care of my simple request. I ate the cardboard she had prepared in silence. Without one word of criticism, I pecked her on the cheek and went to the meeting. My wife and I have an agreement; when something is wrong, in silence, we say to our self, “I don’t like this; I don’t have to like it; it’s wrong. I will confront her when I am cool down.” Most of the time it was something going on with me. The common welfare of our marriage is more important than being right. Each of us has to do things for our marriage, we don’t want to do at the moment. “Nothing pays off like restraint of tongue and pen.” Our loving relationship depends on unity, not being right. Returning to the office early to get out of the house, gave us time before the meeting to shared our weird experiences. I have a problem when I take a nap during the day, when I wake up; I’m a nervous-wreck. That afternoon I was reading and fell asleep; oops, that was the problem. The “important papers” had been setting out for a month. My wife is a great cook; myself-centered anger, and negative demands affected my taster. I am so grateful I practiced Tradition One. Thy Love, Thy Will be done.

“Do small things with great love” Mother Teresa.



Blocking My Transformation
“Pay Forward” Gift # 130

Today’s “Pay Forward” gift is – Blocking My Transformation. I have addressed my really big wrongs, owned them and surrendered them to our Father. He has transformed most of my major defects into working assets. The problems getting in the way of my continuing spiritual unfoldment are my termites. I have questioned myself for years about the termite problem and yet little has been done about these little guys. I do believe my personal “reality” is responsible for these little guys hanging around, coming and going at will. I should be able to overcome them, so why don’t I? I bought into the idea that a few of these little termites, habits of thought and feeling could never cause a whole lot of harm; they are just one of those human things; I remind myself I’m not expected to be a saint, oh really! I should have realized by now that termites destroy more relationships than the big stuff. These little guys have an underground stronghold, popping up most anytime to do a little unloving damage, and then back out of sight. I need to go into a radical spiritual training, owning each one of these little guys, and letting our Father take care of them for me as He has done with my major defects. If He transforms them into assets, I will have much more to share. I am reminded of the parable of the poor widow giving her little two mites, all she had. Thy Love, Thy Will be done.

Come, let us love one another

Divine Guidance
“Pay Forward” Gift # 131

Today’s “Pay Forward” gift is – Divine Guidance. Because Divine Guidance is so important for me at times I have made it seem difficult. It flows through our Father’s grace, which means it is our Father within doing the works. It is its utmost simplicity, which eludes me. Our loving Father created each of us with a special purpose, to express some part of His Love and His Will in this world, of course He is forever giving us the Divine Guidance we need to do just that. When I don’t experience His Divine Guidance consciously it is because my too limited personal “reality” setting up road-blocks. Alcoholics Anonymous has given me the tools to chip away my illusionary road-blocks. I have awakened to the importance for my daily prep-work, taking a definite time at least two times a day to express my gratitude and affirming His Divine Guidance through prayer, meditation and contemplation, in the interior silence, I am renewing my love for Him. It is our hearts that we are offering to our Father. I affirm that I do know what to do, and then let our Father do it through me. I don’t always feel or perceive His Divine Guidance, I am more than willing to accept in faith that our Father is keeping His promise, “We will suddenly realize that God is doing for us what we could not do for ourselves.” So Divine Guidance is ours for the asking, and no matter how crude that asking may be. Thy Love, Thy Will be done.

“Do small things with great love” Mother Teresa.



Let Go Let God
“Pay Forward” Gift # 132

Today’s “Pay Forward” gift is - Let Go Let God. The adage “Let, Go and Let God” takes on a much deeper realistic meaning. Most of my life I’ve been a worker. I’m likely to work at praying and meditating and affirming. I work at thinking of ways I can be more effective. I work at taking physical action. I work at sharing in a loving way. I work at what I believe is our Father’s will by sharing in a way that has meaning. I work at sharing my life with others the best I can each day. My hidden motive is the belief that my fulfillment is up to me, instead of our Father’s grace. I tell myself, I trust our Father for the results, am I? I turned to Emmet Fox’s Golden Key. It is so simple; stop thinking of the difficulty, and think about God instead. One of my readings today is, Let God Let God work through us instead of us doing the works alone and unaided. When we Let God do the works we are in alignment with the way He creates. Let there be _____. Let our Father express Him Self through each of us as, He wills, leave the results to Him, and do my little part, but not overdone my part. Now is the time for to Let Go and Let God and enjoy my serendipity journey. Thy Love, Thy Will be done.

Come, let us love one another

Home And Home Group
"Pay Forward" Gift # 133

Today's "Pay Forward" gift is – Home And Home Group. The meaning of the phrase "group conscience" is important for our understanding of these Traditions. One definition for a group is: people gathered or classified, having something in common. One definition for conscience: a sense of right and wrong. "We are people who normally would not mix...the tremendous fact for every one of us is that we have discovered a common solution" Alcoholics Anonymous page 17. We are attracted to partnerships, groups or relationships for a purpose. If we stay in it, we must have something in common with what we think is right and wrong, conscience and a willingness to forgive. How our Higher Power may express Himself to one group may be a good deal different from other groups. In other words, we are no more nor less than part of a Greater Whole; however, we are not the whole, nor were we intended to be. We need to be aware how we affect Alcoholics Anonymous as a whole. "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 page 87. These are spiritual principles, meaning they hold true for all our relationships, including our Home and our A.A. Home Group. Thy Love, Thy Will be done.

"Do small things with great love" Mother Teresa.



Simple But Not Easy
"Pay Forward" Gift # 134

Today's "Pay Forward" gift is – Simple But Not Easy. "What the caterpillar calls the end of the world, the master calls a butterfly" Richard Bach. When confronted by a seemingly insurmountable challenge, I am building the habit of turning within to our Father and to my best friend, my Higher Self; I choose to call my Christ. My resistance to the acceptance of my Christ is at times a struggle. Hidden in that struggle is the old misunderstanding that I have to be worthy or earn His grace. I remember the butterfly's tremendous struggle to emerge from the cocoon, but it must make the effort in order to survive. My resistance to change seems to call for a great struggle to emerge from my self-made cocoon. I will struggle until I return to the Love within for whatever I need. Simple, yes but not always easy to trust my ability to trust my Christ or our Father, to do for me what I cannot do for myself. Alcohol is not the only thing I am powerless over, not knowing how to live and trust is the main event. Perhaps I too need the struggle in order to spread my wings and be transformed. Struggling is not much of a problem when I'm willing to trust my best friend, my Christ or our Father; it's when my personal "reality" takes over, even out of good intentions. Thy Love, Thy Will be done.

Come, let us love one another

To Rewrite And To Rewire
"Pay Forward" Gift # 135

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

"Do small things with great love" Mother Teresa.



Spiritual Transformation
"Pay Forward" Gift # 136

Today's "Pay Forward" gift is – Spiritual Transformation. What is a Transformation Cycle? How does it work? What's in it for me? As spiritual beings, we pass through many different types of cycles, both short term, one 24-hour day; we are re-born each morning; we experience some growth and we "die" each night when we go to sleep. We have the forty-day cycle, and lifetime cycle: spiritual, mental, physical, emotional and social, symbolized by birth, infant, childhood, adolescence, adult and the elder. The Spiritual Transformation Cycle is the most intense, a profound meaning to the idea that we must die to be re-born. As Jesus demonstrated with his birth, life, death and resurrection. This process is repeated in every true Spiritual Transformation Cycle. One of the greatest fulfillments we can experience and the most fearful, painful and dangerous, and can be fatal. At some point, we experience everything stops working, called the Dark Night Of The Soul. Our fighting or resisting the natural cycle can cause great problems, fear, anger, depression, destructive acting out or turn on one's self. The more we try to live on "yesterday's-bread," the more pain, frustration, anger and fear. Many of us have done very destructive things to ourselves and or others. Our Higher Power or Higher Self will direct and guide us if we are willing to surrender to the process. Pain comes from our resistance, so let, go and let our Father guide us Home. Thy Love, Thy Will be done.

Come, let us love one another

Re-Commitment
"Pay Forward" Gift # 137

Today's "Pay Forward" gift is - Re-Commitment. I was told many years ago that I would have to work for myself or by myself because I could not get along with others. I have struggled for many years trying to overcome that defect. Any success has come to me by our Father's grace, and perhaps my willingness to be of service. A.A. has given me the tools and the opportunities to share the gifts I am given. I believe this is our Father's Will for me. Willingness to give and detachment from my defects with an open heart and open mind helped. "If He calls you, you shall say, "Speak, Lord, for your servant is listening" 1 Samuel 3:9 – Let me speak the Truth as given me with a great deal of love. In fact, let me practice each of my mission elements with all the love I can with compassion and tender mercy. I am willing to re-commit to another round of radical training. Practicing our Father's Presence and living the Three Spiritual; Awakening, loving and being the created individual I am. I am looking to You, Father as my only True Source. Father here I am, use me up. "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" Fr. Thomas Keating. After we have been kind, after love has done its beautiful work, let's go back into the shade and say nothing about it. Thy Love, Thy Will be done

"Do small things with great love" Mother Teresa.



Distributor
"Pay Forward" Gift # 138

Today's "Pay Forward" gift is – Distributor. We are an A.A. distributor, not its creator. As an A.A. distributor, we pass on freely A.A.'s product, which is given us. Millions worldwide are using A.A.'s program, for every human condition, but not in A.A.'s name. For every one alcoholic using our Program an estimated seven use it for other issues, we may call "outside issues." As individual members of A.A., we may have opinions about these, but Alcoholics Anonymous does not. To practice our Program's principles in all our affairs is not an "outside issue." That's just fine, as long as we do not state them to be A.A. approved. When the power of our loving service overcomes the love of power, we have awakened to a new depth in our Program. We do not have to be a mystic to know that our Creator is love. Just look around and within, and we can see proof of His Presence, Omni-love. We were created as sharing beings. "It is well to give when asked, but it is better to give unasked, through understanding" Kahlil Gibran. We have to share with all of 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, sharing what we were freely given. The Love, Thy Will be done.

Come, let us love one another

Meditating On Our Father's Worth and Value
"Pay Forward" Gift # 139

Today's "Pay Forward" gift is – Meditating On Our Father's Worth and Value. I had a stream of thoughts about our Father's worth and value. I now realize my worth, and value is not contrary, on the contrary, it is a tiny part of His Whole expression of life. I cannot fully understand with this finite mind our Father's infinite Way, Truth and Life. My faith in His Nature expressed through each of us, in principle, I accept that, but I don't practice it 24/7. I cannot cause His worth or value to increase or decrease. I choose to judge His worth and value as always Loving, Wise and Useful, causing me to react as if it is. No wonder I need to be restored to sanity that is if I ever had any. I cannot cause His unconditional love to be more or less when I am acting like it is conditional. I cannot please or displease our Father. I cannot earn His grace or be bad enough to stop it. I affirm my belief in His Omnipresence yet I make up illusions of separation. I affirm my belief in is Omnipotence, and yet I experience powerlessness. At times, I act as if it's up to me to live alone and unaided. I affirm He is the all-Knowing Presence within doing the works we call life and yet act and react unwise. Now, I ask for the ability to express the treasures You Will for me, Father. Thy Love, Thy Will be done.

"Do small things with great love" Mother Teresa.



Best Friend?
"Pay Forward" Gift # 140

Today's "Pay Forward" gift is – Best Friend? "I Was no longer captain of my soul" Oscar Wilde. When I came through the doors of Alcoholics Anonymous, I came to the realization that I wanted love more than anything and knew less about than anyone. It was suggested that I learn how to read, because I could not read then, using our Big Book along with some "A.A. how-to books by Father John Doe and The Sermon on the Mount by, Emmet Fox plus The Greatest Thing in the World by Henry Drummond. A book about the greatest thing in the world is love. I have personally known only a few who I believed had a best friend. I've been envious of those who seem to have that wonderful gift, as long as I can remember, but I've been unwilling to pay the price or seek it from its real source, grace. I realize I have one in which I am willing to go to any links to be and to have a best friend. It is my individual created Self; I choose to call my Christ Self, in union with our father. His friendship is the golden thread that ties all hearts together. This is the individualized Higher Self each comes into being as, called many different names throughout the world. I believe our Father/Creator expresses His Love, His Will and His Guidance through this Higher Self, call it what you will. Thy Love, Thy Will be done.

Come, let us love one another

Loving Tools
“Pay Forward” Gift # 141

Today’s “Pay Forward” gift is – Loving Tools. We’re created by Love through love to love. I have shared the Program with a great number of people, and few knew how to give and receive love well. The loves we experience by living our Program are many and deep within our daily expressions. We hone these common love tools into skillful tools. These love tools are: patience, kindness, generosity, humility, courtesy, unselfishness, good temper, good sense of humor, innocence and sincere. These tools can help us share the love we are, sharing the message of love we are. Check out the Workbook – Six Loves – Al Kohallek Goes on a love feast. Go to our - www.12stepworkbook.org. Most after working this Alcoholics Anonymous’ Step has a clearer insight of the individual we were created as, with purpose and meaning. Sharing our Mission through its Ten Elements enables us to: Love, heal, teach, forgive, empower, enlighten, enrich, communicate, co-create and awaken at a deeper understanding. We’re given some of the characteristics of the most accomplished people throughout history. Here is a list these characteristics: Higher Purpose, focus, preparedness, conviction, faith, trust, perseverance, creative, risk taking, curiosity, resiliency, independent, courage and commitment. These if practiced as a way of life give us a better understanding of the meaning “to practice the Principles in all our affairs.” “When you talk, you are only repeating what you already know; But when you listen, you may learn something new” Dalai Lama. Thy Love, Thy Will be done.

“Do small things with great love” Mother Teresa.



New Awakening To The Oldest
“Pay Forward” Gift # 142

Today’s “Pay Forward” gift is – New Awakening To The Oldest. Affirmation for Tradition Nine, let me keep an open-mind and heart for His guidance, His flow of love and wisdom, avoiding the closed-mindedness of too many rigid rules or over organization. Some of us take a long time to wake up and live simple Truths, which have been around since the beginning of time, or at least the beginning of recorded time. A few years ago, a best-seller on living in the now hit the market. A great many rushed to the bookstores. Now, has always been the only time we have to do, and was written about long ago. In A.A., we have “One day at a time.” The “new” awakening is that prayer, and meditations are healers. When this Truism is seen in scientific terms, it will become a best seller. This idea that prayer and meditation can cause healing is saying we need to be in conscious union with our wholeness, our Father. I rushed to the bookstore (online) for the new book on a meditation study, oops. This Truth has been known “forever,” but this new book is based on scientific research, “giving it credibility.” Many of us A.A.s have experienced this healing Truth. “A.A.’s Twelve Steps are a group of principles, spiritual in their nature...to become happy and usefully ***Whole***.” We need not be organized to be in union with our Higher Power; we only need to be willing. Thy Love, Thy Will be done.

Come, let us love one another

Guilt or Shame
“Pay Forward” Gift # 143

Today’s “Pay Forward” gift is - Guilt or Shame. In spiritual healing treatments, we call on our Father to bring His Divine Design into realignment. Give thanks that His Will, His Love is done. I came face-to-face with an old defect; once a Guilt and Punisher always a Guilt and Punisher. This worldwide disease is a drug, a temporary fix just like alcohol. Our Father transformed it into a useful asset. Like my other defects when it shows its ugly face, I can own it and surrender it. I will have this defect, now an asset, and the rest of my life. Guilt is when I do something wrong or don’t do something right that I thought I should have done; it is a behavior, and a choice. Shame is when I feel or believe I am a bad person, worthless and useless. I use the Serenity Prayer; *God grant me the serenity to accept the things I cannot change.* I have to accept that I cannot change my defects alone and unaided. *The courage to change the things I can.* Guilt is my behavior and my decisions. I am responsible for my actions and my decisions. I can change by our Father’s grace if I am willing to delay that behavior and or decision. ...*and the wisdom to know the difference.* I choose to turn to our Father at each beginning, seeking His love, wisdom and guidance. I can choose to let Him do for me what I cannot. Thy Love, Thy Will be done.

“Do small things with great love” Mother Teresa.



Omni-Giver
“Pay Forward” Gift # 144

Today’s “Pay Forward” gift is - Omni-Giver. Early this morning I was reminded that my weakness, wrongness and powerlessness don’t matter if I quickly surrender them as they appear. I trust our Father to do for me what I cannot, no matter how tiny or great to me, it is as nothing to Him. I only need a willingness to do my little part and receive the abundance already given. Our Father is the Omni-giver and Omni-forgiver. His Omni-love is Omnipresent, the space less and timeless has no need for seasons or special events. Let me be a forever receiver, a forever forgiver and a forever giver of His will. Let me remember our Father is within each of us doing the works we call life and is Omni-available. I am willing to stop the blocks I made up and return to Love, letting go of what is not. Practicing His Presence is becoming habitual, out of a loving gratitude, not a duty. Humor is an affirmation of trust in our Father. It is a declaration that He is my only true Source; enjoying this life as is. I don’t have to clench my teeth with determination to show our Father that I am willing to go to any links to be the individual; He created me as, I just need to be willing to accept what He has already given. Alcoholics Anonymous’ way of service has taken me out of myself-imposed exile. Thy Love, Thy Will be done.

Come, let us love one another

The Ability To See The Good
“Pay Forward” Gift # 145

Today’s “Pay Forward” gift is – The Ability To See The Good. Bill O. a long-timer in A.A. was the first person who saw the good in me. No one else as far as I know ever saw my value or worth, including blood kin, or me. In A.A. we have a common solution. Tradition Ten affirmation, let me remember that we need to stay focused on our primary purpose, avoiding useless arguments on outside issues. The most basic meaning of a friendship is; we have a common purpose, goal or cause. 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 off great dividends. Let us not defer or delay these opportunities because we will not pass this way again. Freely we are given and freely we give; this is the True flow of life’s loving energy, free from public controversy. Our primary need is simple; being the individual we are. All we need has already been given to each of us and that is not an opinion. Our part is to remember the Giver by sharing His gifts. Thy Love, Thy Will be done.

“Do small things with great love” Mother Teresa.



A Feast Day
“Pay Forward” Gift # 146

Today’s “Pay Forward” gift is - A Feast Day. I’m so grateful for the tools with which my life is making a good difference. I’m feasting on what I want. I’m dedicated, devoted, committed to be and to do our Father’s Love and Will, known and unknown. I believe using affirmations as if there are already done. I’m focusing on practicing each of my ten [underlined] mission elements. I am fasting from everything contrary to these elements. I’m sharing one love at a time of the Six Loves, with whoever comes into my heart and mind. Today I’m focusing on philia, loving friends; service is the magic word. I’m practicing healing treatments, realizing the individual Divine Design within each as whole. I’m teaching what I’ve been taught. I’m forgiving all, holding no one bound. Our Father’s grace is empowering me to do His Will, my heart's desire. I’m sharing the enlightenment I’m given calling on His Omniscience. I’m enriching those I’m sharing my gifts. I’m communicating with those I’m drawn to in our first language, silence and openly as called for. I’m walking my talk. I’m awakening with those I share with the Realities of Life. It is the Boss, I’m co-creating with, doing His Will as directs me. This is a wonderful day to feast, as most days are, please join me. We’re blessed with an abundance of everything we need to complete our mission, our heart’s desire. Thy Love, Thy Will be done.

Come, let us love one another

Where is the other Nine?
"Pay Forward" Gift # 147

Today's "Pay Forward" gift is - Where is the other Nine? "Ten were healed, where are the other nine.? Only one turned back to give thanks. I chose the road less traveled many years ago. I was asked what I would do different if I could do my life over. I replied: I would ask more of our Higher Power, more of the Program and more of myself. I am an AA-aholic, a workaholic and an alcoholic. My workbooks and my workshops reflect those characteristics, perhaps too much work and too much thought provoking. I am grateful for the Internet; where I can silently practice doing my thing. I do break the "golden rule" of keep it simple in an attempt to uncover the depth of our Program. The only time anything becomes simple; It is when we experience whatever. It is simple to stay sober for most of us after living the Twelve Steps sober. It is simple to trust our Higher Power after we experience a few ever-day miracles. It is simple to have faith when our prayers are answered, increasing our faith. It is simple when it is simple but not until it is simple. Trying to pretend it is simple before it is, simply not a good idea. I found the simple easier softer way is to practice A.A. Spiritual Principles in all my affairs, brought me a road I had never traveled; a life I long for. Thy Love, Thy Will be done.

"Do small things with great love" Mother Teresa.



A Loving Approach
"Pay Forward" Gift # 148

Today's "Pay Forward" gift is – A Loving Approach. I am so grateful that my introduction to Alcoholics Anonymous was an act of love and not fear based. Alcoholism got me; I was being shown how to be un-gotten. My guilt and shame weren't working; it only increased hungry for acceptance, forgiveness and love. The first night I came to A.A. I heard how Ted W. exchanged his negative stuff into an exciting, joy-filled purposeful way of life. Ted made fun of his defects, his alcoholism; he wasn't stuck in regret and remorse, shame and guilt as I was. He was laughing at himself, and I began laughing with him, and for the moment, my hopelessness; purposeless life was out of sight. As I look back on that first night, I realized Ted's loving kindness had interrupted my past and opened the future to new probabilities. Some alcoholics respond to a tough no-nonsense sponsor, not me; I responded to a little tender mercy. Ted reminded me that alcoholism was a deadly disease and kills the body and spirit; I came close to taking my life. I could see how A.A. had changed Ted's life. That alcoholism was no match for A.A.'s spiritual principles, according to Ted; I believed him. I was sold on the idea that A.A. "could be" my way out, not just another quick "fix." The miracle of one alcoholic sharing with another alcoholic once again. Today I see it as proof of our Father's grace. "It works; it really does". Thy Love, Thy Will be done.

Come, let us love one another

A Simple Need
"Pay Forward" Gift # 149

Today's "Pay Forward" gift is - A Simple Need. If we are not failing once in a while or having to say no, we are not active enough. Being the individual we are, our primary need is simple; all we need has already been given to each of us. Our part is to remember the gift, Who gave it to us and live it as directed. Alcoholics Anonymous suggests; the only requirements are honest, willingness, open-mindedness and a genuine striving for perfection. We are likely discouraged by failure, or we may learn from it. Let the "F" word - not stand for failure but let's start with Forgiveness, Fun, Flowing with grace and Finding our true place here and now. I would suggest that we fail frequently so we can find out quicker who we are intending to be. "We know how much God loves us, and we have put our trust in Him. God is love, and all who live in love live in God, and God lives in them. And as we live in God, our love grows more perfect." (1 John 4:16-17) Beyond our experience, pure faith and pure love remain a mystery because it is infinite, and our experience is finite. The love we have now is enough to grow on. Thy Love, Thy Will be done.

"Do small things with great love" Mother Teresa.



A Healing Power
"Pay Forward" Gift # 150

Today's "Pay Forward" gift is - A Healing Power. The great Healer within each of us through Alcoholics Anonymous removes obstructions and creating an environment where the natural Healing takes place. I asked myself in what form will my healing take place today? Who will be healed and who will be the healing agent? There is only One Healer, our Higher Power within. Even now He is removing obstructions and creating an environment where the natural Healing takes place. Love is that Healing Power touching everyone, everything into Wholeness; a silently invisible witness, we can see through the eyes of faith. I realize the angel of love is the messenger of healing. "If [one] has a full realization that Love fulfills all the laws of life...no inhibitions in Love, which is the very life within, healing will follow." (The Science of Mind, page 233) Father if you will send a wave of love to disperse my not-love. Intuition is the deepest spiritual wisdom for the soul and is another word for a loving union with our Father's Holy Voice. "We will intuitively know how to handle situations, which used to baffle us. We will suddenly realize that God is doing for us what we could not do for ourselves" (Alcoholics Anonymous page 84). 84) Thy Love, Thy Will be done.

Come, let us love one another

Love – Our Common Purpose
“Pay Forward” Gift # 151

Today’s “Pay Forward” gift is - Love – Our Common Purpose. We are only as great as we express our loving service. Then He said to her, "Your sins [errors, mistakes, defects] are forgiven...Your faith has saved you [from you]. Go in peace." I have longed to hear that and experience my Higher Self's embrace plus being called a friend for years. A friend's most basic meaning is that we have a common purpose, goal or cause. We are only as great as our loving service is expressed. Everyday expressions of love: patience, kindness, generosity, humility, courtesy, unselfishness, good temper, good sense of humor, sincerity, and innocence. These simple acts of love we are able to share pay off great dividends to the giver and receiver. Let us not defer or delay these opportunities because we will not pass this way again. Our life is not just the passing of time, but it is our gifts of love and service we can share. Freely we are given and freely we give; this is the True flow of life's loving energy. It is so true that our love is a healing power touching everything, and everyone into wholeness. Our love is an expression of our Father's Love, flowing through our Higher Self into our human experience. Give now and the time of giving is yours and not your inheritors. Come let us first love our Father and in the same motion love one another. Thy Love, Thy Will be done.

“Do small things with great love” Mother Teresa.



Enlightened Reasons To Love All
“Pay Forward” Gift # 152

Today’s “Pay Forward” gift is - Enlightened Reasons To Love All. Who is the most important person to love? The one that comes to mind. When is the best time to love anyone? Now. Where is the best place to love someone? Here. I recall Emmet Fox wrote: "Each of us is every character in the Bible." I may add; if not in this current life we will come back in this human condition again and again until we make the rounds. Now here is something you, and I could meditate on or, think about today. If that statement is True/true; then it's wise to love our Father first and love all others as if they are ourselves because they are or have been our will be. Hmmmmmm! I don't love others just for their sake but for the sake of my own enlightened self-interest. Any withholding love from another is withholding that love from me. There is only One life, and I am; we all are part of that One Life/life/-Love/love. When something loveless occurs, I choose to quickly forgive and return to Love/love, for that is my salvation. Faith in our Father's grace gives me the ability to endure the gap between Love and loveless-ness. Come let us love one another here and now. “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 feeling, not any act I could not bow to” Rumi. Thy Love, Thy Will be done.

Come, let us love one another

Tradition Thoughts
“Pay Forward” Gift # 153

Today’s “Pay Forward” gift is – Tradition Thoughts. What is our responsibility? What we can do is our responsibility and all else we best leave it to Higher Power. Our Home Group’s responsibility is to carry its message and be fully self-supporting, for that which we are responsible, in all of our affairs: family, business, friendship. In other words, in all of our relationships; Spiritually, mentally, physically, emotionally and socially, we need to be fully self-supporting. Our Higher Power can do for us what we cannot; that’s a promise. We can gain our support through His grace. Let me remember we ought not to try to share our special message with those for whom it is not intended. Nor should we endorse or give our power or prestige to a cause we have no business in, since doing so may divert us from our primary purpose. It is our Higher Power within doing the works. Why not practice that realization 24/7? Let’s not lend His Name to other people, places or things making them an idol. If we can let go even for an instant our anxious efforts, we can labor and rest at the same time. The energy we are given is spent but not wasted. We are most fulfilled and grateful when we are able to freely serve the special needs of those around us, without diverting ourselves from our primary purpose. Let us step back and watch our Higher Power have His way. Thy Love, Thy Will be done.

“Do small things with great love” Mother Teresa.



Affirming Tradition Four
“Pay Forward” Gift # 154

Today’s “Pay forward” gift is - Affirming Tradition Four. Let me remember that the one I am sharing with and myself, must come to our own decisions or agreements but not at anyone else’s expense. We are drawn to one another for a common purpose, that we are conscious of or not. This Tradition gives us the freedom to express our individual part of our common purpose. We have the right to be self-governing. We may choose to give up that right, by giving our power to others to govern; it’s our choice. We became “children of chaos.” We can, with some limitations, do as we please until that doing takes away from another. When we are ego driven, fear driven, selfish, and self-centered we claim a right to govern the world. Part of the healing or growing has to do with regaining that privilege of being self-governing. Changing responsibility from others back to ourselves is often painful; the pain is increased by our resisting, that change. Some of us have an automatic fearful reacting to any change. Anytime a fear is in sight give it to your Higher Power, He is a miracle worker. Letting forces outside our relationship govern it; is a sure way to set ourselves up for failure. We must feel free within our relationship before we can choose; we can gain that freedom to choose by choosing to surrender our relationship to our Higher Power, within us doing the works, called life. Thy Love, Thy Will be done.

Come, let us love one another

A.A.'s Spiritual Inheritance
"Pay Forward" Gift # 155

Today's "Pay Forward" gift is - A.A.'s Spiritual Inheritance. It's a gift we can share, as long as we don't call an outside purpose Alcoholics Anonymous. We cannot sell, trade, or lend A.A.'s name to anyone. A.A. cannot endorse, or finance any outside enterprise. A.A. has been generous, letting anyone use the Program, as long as they put the disclaimer, that it's not Alcoholics Anonymous. For each alcoholic using the Alcoholics Anonymous' program, seven others use it for other causes. A.A. does not want anyone or anything to divert us from our primary purpose, no matter how good the cause. Affirming Tradition Five, let me remember that as an individual God created, we have a special message to share. Joined with those we are drawn to, the sharing of this message is our primary purpose. I love sharing unconditionally with others the gifts I received living A.A.'s way of life. I am sharing out of enlightened self-interest. Selfish and self-centered driven by fear and self-delusion was my pre-A.A. and my early A.A. experience. As I began to have Spiritual experiences the grosser forms of selfishness were replaced with what I call enlightened self-interest. As I learned the A.A. way of life, I realized that I got more out of doing for others rather than myself-serving. When I'm expressing love or just doing loving things for others, I believe others will love me. My willingness to live Alcoholics Anonymous, and sharing the love I am, opens me to receive my Spiritual Inheritance. Thy Love, Thy Will be done.

"Do small things with great love" Mother Teresa.



My Personal "reality" Is Changing
"Pay Forward" Gift # 156

Today's "Pay Forward" gift is - My Personal "reality" Is Changing. My prayers and meditations are not to change our Father but to change me so that I am in alignment with His Will for me. When I believe that I am in alignment, I experience a love and joy deeper than words. My prayers and meditations this morning is centered around the area I am trying to get a handle on; the abuse and misuse of power. My denial has broken down, and I now have to deal with my negative stuff connected with it. I cannot come close to an acceptance of any abuse or misuse of power or my giving anyone or anything my power by being in conflict with it. I was thinking of the ISIS movement and remembered one of my Heros saying, "You meant it for evil but God meant it for good." So what good can come out of such evil? For one thing, I have to ask myself do I have a cause that I am willing to live and die, even as my Hero did. What about the many scams going on that our so called "leaders" are aware of or part of. How can their evil be for our good? I asked for an understanding from our Father. It comes to me, how is this an answer to my prayers? This experience offers opportunities to return to our Father our only true Source. Thy Love, Thy Will be done.

Come, let us love one another

Abuse Of Power
"Pay Forward" Gift # 157

Today's "Pay Forward" gift is - Abuse Of Power. I've had a long-standing problem over-reacting to people who abuse the power given them over others, even strangers. Too often the victim draws the abuser into their lives. This morning my reading in the 12 and 12 was on Step Ten was "It is a spiritual axiom that every time we are disturbed, no matter what the cause, there is something wrong with us." What's wrong? Too many of us have bought into the concept there has to be an abuser and a victim; that's life. I pray that the victims will forgive and love those abusers and themselves for playing the victim. The victims should not try to approve of or like the abuser, but to love them by praying that they become the individual our Higher Power created them as, doing that is asking for the same for ourselves. To forgive them is to dis-empower them. The victims and the abuser need to own their part and then surrender both to our Father. Letting go of the idea that others determine our worth. Let's give our whole being to our Father to transform our defect into an asset. Someone being bullied triggered my "need" to punish the wrong-doer. What would my greatest Hero do? "Forgive them for they know not what they do." I am willing to walk my talk, teaching only love and forgiveness. I'm willing to return again and again until I am in that Divine Union. Thy Love, Will be done

"Do small things with great love" Mother Teresa.



Divine Union
"Pay Forward" Gift # 158

Today's "Pay Forward" gift is - Divine Union. With a deep love and gratitude, I accept the Divine Gift of Yourself to me, to all of Your Creation Father. I offer the gift of myself to You. This Divine Union is the relationship, I long for. This is the love I seek, and I am finding, for this moment, I have entered that stream of Pure Love. The Infinite Love, beyond all finite human understandings is flowing within, around and through all the other Six Loves, which I am a witness and a giver and receiver. I am open to the brotherhood and friendship with my Hero Brother, the Christ, and a demonstrated proof of the Gift of Self. "When you call to me and come and pray to me, I shall listen to you. When you search for me, you will find me, when you search wholeheartedly for me, I shall let you find me..." Jeremiah 29:12-13. We are in union with our created purpose. Therefore, we will not disappear without a trace. All-loving service is eternal, stored in the Universal Consciousness that each of us is part of. Alcoholics Anonymous is proof of Your Loving Presence, Father. Our willingness to serve others opens us up to endless opportunities to express the love we are. "Practical experience shows that nothing will so much insure immunity from drinking as intensive [loving] work with other alcoholics" page89 Alcoholics Anonymous. Thy Love, Thy Will be done.

Come, let us love one another

Al Duplex
"Pay Forward" Gift # 159

Today's "Pay Forward" gift is - Al Duplex. In case you did not know Al Duplex has two joining condominiums. On one, side is my personal "reality," my rational reasoning mind lives. The other side houses my created intuitive Self always in direct union with our Father within, and keeps the door unlocked between the two condominiums. My personal "reality" is not consciously aware of that and thinks he is always in his private world, illusions of separation he made up. When he needs help his prayer is a knock at the door seeking help from our Father's side. Maybe when he wakes up to his real purpose in this world, he will choose to keep the door open 24/7. His guilt and fear keep him alone in his illusions. That is the primary reason he made up the illusion of separation. Next door my created Self is open to our Father 24/7, with an open mind and open heart. My higher Self is in direct union with our Father beyond words and emotions. He is closer than breathing, closer than thinking and choosing. I hope my personal "reality" will accept this: "The Lord will open up for you his rich treasure..." Deuteronomy 28:12 - "Your pain is the breaking of the shell that encloses your understanding. It is the bitter potion by which the Physician in you heals your sick self" Kahlil Gibran. Since coming to Alcoholics Anonymous, I have experienced a number of shell breaking freeing my spiritual fruit. Thy Love, Thy Will be done.

"Do small things with great love" Mother Teresa.



Service Opportunities
"Pay Forward" Gift # 160

Today's "Pay Forward" gift is - Service Opportunities.' The question, how can we to get more service opportunities, brought to mind my early days in AA. We would go anywhere for an opportunity to share. I asked, our Father from the bottom of my heart, with an open mind to use me. In a short time service, opportunities came alive. "Take ye heed, watch and pray: for ye know not when the time is." (Mark 13:33). In fact, every moment is an opportunity to extend love openly or silently if we choose. What the world needs now is love, more love. The world needs you and I to express the love we are, bringing our gifts of love to all we are drawn. I need not to compare myself with the great givers. I am grateful I can make even a tiny good difference. I choose to detach from all that is not my mission and focus on what is, now. I am reminded that our Program; Steps, Traditions and Service concepts may pass through the minds of our members and yet bypass their hearts. If it does not pass through our hearts, we may sound good in meetings but our message will not be alive in Spirit and Truth. Ask with all your heart, mind and soul our Father to be use as the individual you are created as. Thy Love, Thy Will be done.

Come, let us love one another

Where Does Darkness Go?
"Pay Forward" Gift # 161

Today's "Pay Forward" gift is - Where Does Darkness Go? Ever wonder where darkness goes when you turn the light on? Ever wonder where illusions go when you're enlightened? I want that Divine union with our Father, how shall I overcome my dark-side? A.A. gives us the tools to awaken to the Divine Light. If I only welcome my good-side, my Higher Self, the Divine union eludes me, and my dark-side comes out of hiding. My Higher Self does have an opposition or an opposite. I must learn to love my enemies, I don't have to like or accept them. I must embrace them both, and enlist them into our Father's loving service. "If my eye is single my whole body is full of light." I believe that our Father unconditionally loves our True Self and our human self, after all He created us. When the Divine Light shines through us where does the darkness go? Nowhere. My misinformed personal "reality" gave it the illusion of life. I am willing to surrender all of me, and love all. I am open to our Fathers loving to embrace, that mystical union, my heart's desire. Denying any part of me is missing the mark, blocking the path to my serendipity journey Home. I am willing for all me be transformed into His loving service. This is the time and place where miracle happens and promises are kept. Let us focus what we can do and surrender all the rest to our Father. Thy Love, Thy Will be done.

"Do small things with great love" Mother Teresa.



Collateral Damage/Beauty
"Pay Forward" Gift # 162

Today's "Pay Forward" gift is – Collateral Damage/Beauty. Collateral = Injury inflicted on something or someone other than an intended target. As an active alcoholic and sometimes as a sober one, I caused collateral damage, inflicting harm on both the intended and the unintended target. I desire to teach the way of life I am intended to live; teaching best what I most need to learn. When I'm living A.A.'s spiritual principles, I have no need to regret the past, when I fall short, I'm willing to forgive and return to Love. "When I let go of what I am, I become what I might be. When I let go of what I have, I receive what I need" Tao Te Ching. Practicing Alcoholics Anonymous does satisfy my longing for a conscious union with our Father's Love and His Will. My collateral beauty is when the inflicted injury intended or unintended, served a good purpose, by our Father's mercy and grace. In the movie Collateral Beauty A person suffers a great tragedy; he retreats from life. He seeks answers from the universe by writing letters to Love, Time and death. This brings unexpected personal responses; he begins to understand how these constants interlock, how even the deepest loss can reveal meaning and beauty. So it is with the life of a sober A.A. member who is living the program. There is always a divine purpose seen or unseen through the eyes of faith. Thy Love, Thy Will Be done.

Come, let us love one another

Giving
“Pay Forward” Gift # 163

Today’s “Pay Forward” gift is – Giving. Once I realized how selfishness had left me alone on a dead-end path, I became willing to try something different. Those Awakenings happen to coincide with my joining Alcoholics Anonymous. When I saw a few people who had so much of what I longed for, peace of mind, fellowship, loving friends, and purpose I was sold on getting out of my self-made prison. I had never found any lasting joy or happiness is completely selfish. I could say it was my selfishness, self-centeredness that brought me to a useless bottom, to the point I needed to die and or change. Unselfishness for its own sake or as a duty does not do it for me. I never cared for the “goody goody” idea it seems like self-righteousness, which for me is not loving, but using. Out of enlightened self-interest, I give of myself as a way of life, because we enrich ourselves most when we give ourselves most freely and fully. Giving of myself rids me of the poisons of selfishness and encourages my growth. I don’t care to consider “unselfish” or “generous” or “self-sacrificing” practicing A.A.’s spiritual principles; this way of life is purely out of loving enlightened self-interest. “Practical experience shows that nothing will so much insure immunity from drinking as intensive work with other alcoholics. It works when other activities fail” Alcoholics Anonymous page 89. Sharing ourselves is an act of love, enlightened self-interest. Thy Love, Thy Will be done.

“Do small things with great love” Mother Teresa.



What If Another Does Not Want My Gift?
“Pay Forward” Gift # 164

Today’s “Pay Forward” gift is – What If Another Does Not Want My Gift? “Rings and jewels are not gifts, but apologies for gifts” Ralph Waldo Emerson. We can buy with money lots of things, except the warm impulses of the human heart. They have to be given; they are priceless to the recipient and to the giver. What happens when a recipient no longer wants the gifts I have to offer? In the beginning, my gifts seemed important, but no more. It is important to me that the gifts I offer makes a good difference, and may or may not be remembered by the recipient as an expression of love. I must accept the reality that those whom I am to serve come with an agenda, when that agenda is fulfilled or is no longer important, the recipient is ready to move on, or they must change their agenda. When two are more are drawn together each brings a gift, in which both are to give and receive. I realized many years ago why I would be impatient at times. I had made a judgment that it was a waste of time; no one was getting anything of value. That realization changed the way I shared with others; everyone who comes into my life has a gift for me, and I have a gift for them. Most gifts have a shelf-life, and we should let them go, making room for the next gift; however, we may always treasure the passing gift. Thy Love, Thy Will be done.

Come, let us love one another

Not Too Serious
“Pay Forward” Gift # 165

Today’s “Pay Forward” gift is - Not Too Serious. Today my theme is to turn quickly to our Father and not wait for additional proof of my powerlessness. Once my denial broke down about the abuse and misuse of power I’ve been active seeking a solution. I know in my heart the only real solution to this pattern is our Father. To disempower a lifelong habit is difficult; I’m dealing with part of my personal “reality.” I’m seeking the grace of our Father to change me at the core of my made-up personal “reality.” I am re-writing and re-wiring my personal “reality” to be more open to the solution; grace. I am saying “our Father” at each shift of focus or beginning to help build a new habit, upgrading my “personal “reality.” I am reminded that it is our Father within me/all doing the works, called life. “If truth is true, there are no buts” Emmet Fox. I reply; if, if and buts were candy and nuts we would all have a merry Christmas. There is only One Source and that Source is our Father, which leaves no room for another “but”, mine or any other. Rebuilding my personal “reality” is playful not hard work. Our Father within is doing the works; my little effort is transcended by grace. Come let us sing and dance during this transformation. Rule 62; “Don’t take yourself too serious.” Return to love. Thy Love, Thy Will be done.

“Do small things with great love” Mother Teresa.



Finding Proof
“Pay Forward” Gift # 166

Today’s “Pay Forward” gift is - Finding Proof. I am back in town from a wedding. My water was not changed into wine, but I had an interesting time. I was able to listen, not just the sound waves, which was difficult at times with about 300 people around me. I listened with my head and heart; at times, it was like a meditation. I heard different levels of life around me not just noise. It took place on a ranch. There were people there I have not seen in a longtime; all of us have gotten older. I only knew a few people, yet their coming and going were not an intrusion. I tried to extend love to all, even to an ex-wife, my two son’s mom. Later, I realize how self-concerned I can be. I love the sound of silence even better than ever. It is not about being deaf (or withdrawn into my private world) to the sounds of life, or the absence of sound. I had the ability to hear and listen both within and outside of me. After I got home, I took some time to listen to the sounds of silence. I practiced a littler of Step Twelve. Seeking our Father for His sensible Presence may cause Him to hide, seeking Him by faith, that is for Himself, I am more likely to find proof of His Presence. Thy Love, Thy Will be done.

Come, let us love one another

Time Change
“Pay Forward” Gift # 167

Today’s “Pay Forward” gift is - Time Change. The time for change is always now – the only time, there is – yesterday was but a memory and tomorrow is not yet a now. With the time change (daily-light saving time) I am realizing how much of a prep-work habit I have. I need some realignment. In the end its vine ripe fruit of our loving patience who's sweet and nourishing. We need to give ourselves time to work out the problems that realignment brings. A useful affirmation; my timing is absolutely perfect because I am on Your time, Father. My old addictive patterns' kicks-in, I want the results I seek immediately if not sooner. The good news the insanity part will pass quickly, well sometimes quickly. When I hit an impatient bottom, I ask our Father for understanding, and His answer changed the way I shared with others. Anytime I am impatient it is because my judgment tells me that this or that has no purpose or value; it is a waste of time and energy. Now I remind myself that everyone, and everything brings me a gift. I have a gift for them, and they have a gift for me. If I don't pay attention, I will miss it, and have to learn the lesson later a harder way. Practicing A.A.'s spiritual principles in all my affairs as a way of life is the easier softer way. Thy Love, Thy Will be done.

“Do small things with great love” Mother Teresa.



I’m Blocking Me?
“Pay Forward” Gift # 168

Today’s “Pay Forward” gift is - I’m Blocking Me? I am so willing to let go of my negativity, fear and anger; the price is way over-inflated. When I awakened this morning, I was fully aware, of how much I want to live the rest of my life giving and receiving love and some useful effective service. It was clear about the only one that can block me is me. I am choosing once again to learn how to make judgments that do not call for the need for forgiveness. It calls for the loving mercy and grace from our Father within. For me, this is sure proof of His loving Presence. "All the words used in the process of healing are for the purpose of building up the realization that "I am - is in the midst of thee "(SOM). I am reminded that our first language; silence goes deeper than words. We can choose to enter that silence seeking the love we are and that mystical union with His Omnipresent. By this simple decision and by His grace, our faith grows and purified. We can experience the trust we need to gather the ripening love. Come let us gather this vine ripe fruits of love and share it. When we are seeking our Father's Will, we are seeking Him, in other words, we are seeking Love, for He is love, and He is seeking us. I’m blocking that simple loving union, not our Father. Thy Love, Thy Will be done.

Come, let us love one another

Planting Seeds
“Pay Forward” Gift # 169

Today’s “Pay Forward” gift is - Planting Seeds. I want to plant the seeds that will one-day bear the vine ripe fruit I want to enjoy eating and sharing. I am aware of the truth; there are no neutral thoughts or feelings, each one is a seed I am planting. Today I am looking for everyone’s graces and not their faults, letting our Father do the judging. Alcoholics Anonymous is teaching us, which seeds to plant. When I was about six years old, I planted some T-Bones, but they never produced a plant bearing beef. On the other hand, I did plant a few loving seeds, and they produced some good fruit. I am planting seeds today I believe are in the image and likeness of our Father’s Divine Design, which are elements of my mission/purpose. I am planting these into the silent invisible ground prepared for me that will draw me nearer to our Father, and He will draw nearer to me consciously, overcoming the illusion of separation I made up. I am in agreement to share the loving vine ripe fruit with all He wills me to share with. Sharing these delicious fruits is not only good for my spirit; it is also a beneficial heart stimulant. I choose not to share the weeds I plant; they cut off the loving flow from my heart. I choose to gather them up and surrender them to our Father; He can assign them to a cleansing fire. Thy Love, Thy Will be done.

“Do small things with great love” Mother Teresa.



Love Disguised
“Pay Forward” Gift # 170

Today’s “Pay Forward” gift is – Love Disguised. As long as I can remember I’ve had a desire to love and to be loved. I’ve wanted the love and affection of my dad, my mom, friends; I’ve wanted the love and affection of everyone. Having had a spiritual awakening as the results of practicing A.A.’s way of life, I realized that this desire is really a desire for our Father disguised as someone else. I couldn’t ever love myself; I knew too much “not good” stuff about me. I “knew” one had to be special and please others before they were loved. I could not compete with the special ones in my life or be a chosen one. Growing up I was an embarrassment to my family. I “knew” I was not loved, so I went around with a chip on my shoulder. Soon after I came to Alcoholics Anonymous, I realized others felt much like I did, but they were overcoming it. Their “not good” stuff was transformed into workable assets. They were caring for, loving others, respecting and loving themselves; I wanted what they had. Being an alcoholic their special-ness was not knowing how to live, how to give and receive love, hitting their bottom. Accepting our selfish, self-centeredness, uselessness and willing to accept help from our Father in disguised, opened us to our Father’s grace. I’m learning to give away the love I want, and everything else I want to keep. I experience it coming back a hundredfold. Thy Love, Thy Will be done.

Come, let us love one another

Do You Hear What I Hear
"Pay Forward" Gift # 171

Today's "Pay Forward" gift is - Do You Hear What I Hear. I accept the reality that I am a finite being; created and maintained by our Infinite Father. Whatever I think I know of our relationship can only scratch the surface, but I do not want to use that as a reason to hide in the illusionary world view of my personal "reality." I claim my inheritance as a wayward son. In principle, I affirm that each of us has a purpose/mission, with only a tiny understanding what that means. I know enough that I am willing to dedicate, devote and commit to do and be His Love, and His will consciously know or unknown. He is revealing all I need to know to carry out His will. I believe He has already supplied me with all I need for this journey Home. I have enlisted my complete duplex, both the dark side and the enlightened side into His service. My ability to listen effectively is deepening. I trust You Father with my whole being, real or illusionary. I am let in on some of Your secret ways within the silence invisible place within me through prayer and meditation. I now bring some of these out into this duplex world to share. My dark side and my too limited enlightened side are confronted and removed or transformed into useful assets. By Your grace, Father, You are taking away the useless and harmful a bit at a time. Thy Love, Thy Will be done.

"Do small things with great love" Mother Teresa.



Drink The Sober Drunkenness
"Pay Forward" Gift # 172

Today's "Pay Forward" gift is - Drink The Sober Drunkenness. At one time just plain drunkenness was "good." One of the first signs of sober drunkenness is a sense of joy, happiness and freedom. Once I realized Alcoholics Anonymous' way of life was brought into my daily life what I was looking for in the bottle, I experienced a sober drunkenness. The clues that one has not realized this wonderful condition is when one is gloomy, not joyous, happy and free. Also taking life too serious and still a user with a cloudy face. If you find yourself in this condition, get to a meeting and or call you sponsor. Or even better see if you can help someone else, in other words, get out of yourself. When I can remember that it is better to know and do our Father's Will instead of my own, my chance for that sober drunkenness is better. By the way, if your cloud is pink, just enjoy it as long as you can. One thing we can count on in this life; both the good and the bad will pass. If you find yourself saying and feeling it is a God "thing," it most likely is, enjoy. I agree with what one of our A.A. members said, "If you are not joyous, happen and free sober, you are not doing it right, or you haven't been doing it long enough." Thy Love, Thy Will Be done.

Come, let us love one another

Load Too Heavy?
"Pay Forward" Gift # 173

Today's "Pay Forward" gift is - Load Too Heavy? 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. 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; that is when I remember. 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 I remember. 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, yes, if I remember. As for the Spiritual, I start off each day and each beginning by remembering the One Source of everything. I have no more illusions Who is the Boss, so I kiss up to Him as I pass through this thing called life. I am learning not to dwell on how big the problem, But on how powerful our Boss is. I realize nothing overwhelms Him. Let me remember He is Omnipresent, Omnipotence and Omniscience and is teaching me to take one moment, one task or one of whatever at a time. I could say one A.A. way at a time. Thy Love, Thy Will be done.

"Do small things with great love" Mother Teresa.



Angels In Charge
"Pay Forward" Gift # 174

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 Spiritual, mental, physical, emotional, social equivalents of Your Will, for me on my serendipity journey Home to You. Yesterday 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 a too limited 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. I choose not to call for punishment but for an ongoing upgrade. I want to continue to be part of that ongoing upgrading, but I need to communicate my loving intentions better. I want to communicate that I do love you now as is, part of that is the ongoing upgrading we can share with one another. My personal "reality" needs an upgrading or rewiring and rewriting daily. I need to communicate my love, kindness, compassion and understanding in a more effective way. Father gives Your 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. Thy Love, Thy Will be done.

Come, let us love one another

Target Practice
“Pay Forward” Gift # 175

Today’s “Pay Forward” gift is - Target Practice. 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 do 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 be careful 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 bulls-eye. I am choosing to aim at my heart’s desire; to carry out my given purpose; that is to be and to do our Father’s intended Will for me. One ongoing target is a joyous, happy and free sobriety, without that all else is very unlikely. I am taking the time to refocus on my target. I am going to my AA meeting this morning to do a little target practice, join me at least in spirit. At any moment, I could start being a better person, but which moment should I choose? I think I had better go to an A.A. meeting. Thy Love, Thy Will be done.

Directive Power
“Pay Forward” Gift # 176

Today’s “Pay Forward” gift is - Directive Power. I 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 a readiness to express the loving mission, You gave me, my life in Alcoholics Anonymous, consistently upgrading me. You have already given me all I need to carry out my loving mission. I am 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, and carrying A.A.’s message to which every You Will. I am preparing mentally by these affirmations and claiming the gift of intuitive wisdom. 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 Holy Whole. Thy Love, Thy Will be done.

“Do small things with great love” Mother Teresa.



Come, let us love one another

Divine Content/Discontent
"Pay Forward" Gift # 177

Today's "Pay Forward" gift is – Divine Content/Discontent. Today's gift comes in many different forms. Hurricane Harvey has called to mind so many "Heroes of the day." "I want to be like this or that hero." One of the great benefits of Alcoholics Anonymous, we can make a good difference most anytime. We only need to pass on whatever healing we have already received; that's enough, and our gifts expand with use. I've "always" wanted to be a hero. I was envious of any hero, even when I had no interest in that area. What was that was all about? The answer was – I wanted to be loved and honored, even by strangers. Now, I believe the only way we will ever be joyous, happy and free is to be the individual our Father created. Example: Two young people, on a spiritual journey, I shared A.A. with though me an important lesson. The young lady wanted to be a nun, and the young man wanted to be a priest. They were both deeply devoted to a spiritual way of life. Their sexual impulses caught up with them and took control. At first, both got on a guilt and punishment trip, but both made a new commitment to service work and found, by the grace of our Father a way to make a spiritual difference, expressing their love in service. We may go down a number of useless and harmful paths before we find our hero's way, Divine Content/Discontent leading the way. Thy Love, Thy Will be done.

"Do small things with great love" Mother Teresa.



Labor Day
"Pay Forward" Gift # 178

Today's "Pay Forward" gift is - Labor Day. Yes, this is Labor Day so let us labor in love, for love, by love, as LOVE. Asking our Father to teach me to pray is asking Him to teach me to love. I'm seeking to do His Will, His love with all His creators. Asking for His correction aligns me with His Will, my loving mission. "Work is love made visible" Kahlil Gibran. I seek that mystical union, joining me with His unconditional love. I pray that I labor in His fields of love, gathering the fruits of love, are acts of love. I choose to practice all six loves; Agape, storge, philia, eros, primal-love and self-love and the elements of everyday love; patience, kindness, generosity, humility, courteous, unselfishness, good temper, good sense of humor, sincerity and innocence. To labor in love is not hard work but a joy in living. Loving our enemies give us a great freedom. Practicing all of the above comes only by grace. It's our Father within doing the works. "I shall make a home for you, O my wonderful Love, and we shall journey through live hand in hand." SOM p513. "Can you fathom the mysteries of God [Love]? Can you probe the limits of the Almighty [Infinite Love]? Job 11:7 – the best way to receive Divine Love is to give it away as soon as you can – even a tiny bit will do for a start. Thy Love, Thy Will be done.

Come, let us love one another

Practicing Our Mission – Loving
“Pay Forward” Gift # 179

Today’s “Pay Forward” gift is - Practicing Our Mission – Loving. I realize that sharing my mission is the most fulfilling expression of my life. Demonstrating, what I believe is my purpose; my heart’s desire is experienced in the giving of myself. Action is the magic word, or I could say in the “ing.” These Ten Characteristics are realized by many as the fruit of our spiritual journey: Loving, healing, teaching, forgiving, empowering, enlightening, enriching, communicating, co-creating and awakening, simple acts of sharing the grace given us. They may be called by other names, but they are common for those on A.A.’s spiritual path or some other spiritual path. We are beloved by our Father, by the simple act of His Love coming into this world to express His glory, His Love. This meaning that we are beloved, lovers, in His image and likeness, for loving. As we express the “ing,” “doing,” “being” His Love and His Will each of the Ten Characteristics offers us joy, happiness and freedom to do and be the individual we are. If you will - join me for the next ten days practicing one of the Ten Characteristics by doing it, being it, and see the difference it makes. That Divine Omnipresence within will see that you have everything it takes to be His Loving Intention. Experience yourself as a: lover, healer, teacher, forgiver, empower, enlightener, enricher, communicator, co-creator and awakener. Thy Love, Thy Will be done.

“Do small things with great love” Mother Teresa.



Practicing Our Mission – Healing
“Pay Forward” Gift # 180

Today’s “Pay Forward” gift is – Practicing Our Mission – Healing. If we have been living a spiritual way of life to any degree, we have experienced some level of healing; spiritual, mental, physical, emotional and or social. By sharing your healing experience with others it will expand. Our love is a healing power, touching everything into wholeness; all love is an extension of our Father’s Love. Illness in unnecessary and a failure on our part to realize that our life is an expression of our Father, and trusting in the world instead of our Creator. A healing treatment is to remember that within each of us is an individual Divine design when we get out of its way will cause us to be whole once again. Spiritual healing is a process of elimination, not addition. It is letting go of what is not our Father’s Love and His Will. It is taking away that which is blocking His intended Divine design. Healing is awakening, uncovering and discovering what already is the omnipresence within. “Sought through prayer and meditation to improve our conscious contact with God as we understand Him, praying only for knowledge of His Will for us and the power to carry that out.” We awaken, we share our healing message, which is an expression of love, and we become doers as we practice A.A.’s spiritual principles in all our affairs. Meditate on this; what we have to be is what we are. Thy Love, Thy Will be done.

Come, let us love one another

Practicing our Mission – Teaching
“Pay Forward” Gift # 181

Today’s “Pay Forward” gift is – Practicing our Mission – Teaching. Alcoholics Anonymous teaches us to share what we have received, an act of love. It also teaches us to give without being concerned rather or not it is accepted, even then we need to seek to give, love more not less. We have to give or the infinite flow of love dries up. We learn to give, to love those who are unable to trust or receive love, even as we were. Vulnerability doesn’t cause us to withhold our giving, as it does in some expressions of love. This love is more like our Father’s love, unconditional. This giving of ourselves is an enlightened self-interest. This loving giving offers us an opportunity to pass on the mercy we have received. Our purpose is for-giving, so we need to forgive enabling us to accept our own forgiveness. The best way to receive Divine love is to give it away, and the more we pass on, the more we increase our capacity to receive. “I am giving you a new commandment: Love each other. Just as I have loved you, you should love each other” John 13:34. Let our today’s include action be a “to be list” and a “to do list” express our love, that way we are being who we really are. Let us take down the walls we have built by sharing the love we are, the best we can. Thy Love, Thy Will be done.

“Do small things with great love” Mother Teresa.



Practicing our Mission – Forgiving
“Pay Forward” Gift # 182

Today’s “Pay Forward” gift is – Practicing our Mission – Forgiving. Forgiveness is an act of the heart, mind and soul. The “need” for forgiveness most likely comes from our judging the surface acts. Forgiveness is most likely coming from an inner vision and spiritual insight into the real cause and effect, with a little helping of intuitive wisdom. The “drug” guilt and punishment are the enemy of forgiveness. What is our first reaction when someone or something goes wrong? Do we blame someone or do we respond with forgiveness, love and compassion? News reporting pray on our weakness, or temptation to be a user of the “drug” guilt and punishment. Instead of looking for ways to be helpful too often we are told why we should disapprove of the wrong doers, encouraging anger and hate instead of loving compassion and forgiveness. “Forgiveness recognizes what you thought your brother did to you have not occurred” A Course In Miracles. Forgiveness is letting go of fear. “Inner peace can be reached only when we practice forgiveness. Forgiveness is the letting go of the past, and is therefore, the means for correcting our misperceptions.” Peace of mind comes from not wanting to change others, but by simply accepting them as they are, and that is preceded by forgiveness. Often our desired change comes along with our forgiveness, not just thinking about it, but we must become that change. Thy Love, Thy Will be done.

Come, let us love one another

Practicing our Mission – Empowering
“Pay Forward” Gift # 183

Today’s “Pay Forward” gift is – Practicing our Mission – Empowering. Within us is a power beyond our comprehension; our Father only waits for us to be willing to be a channel; He waits only for us to serve. May our channel open wide and let His grace flow freely through us, empowering us to be our true Self. “Peace of mind occurs. Therefore, when we put all our attention into giving and have no desire to get anything from, or to change, another person. The giving motivation leads to a sense of inner peace and joy that is unrelated to time” G. G. Jampolsky. I was empowered by those A.A. members who have peace of mind, to do whatever it would take to get what they had. A sober A.A. member is empowered when given a set of spiritual tools; it is his/her choice how to use them. Our Father gave each of us a directive powerful mind, to use or abuse. Dwelling on an idea empowers it; we use it or store it. Stuffing it is burying it alive, and may pop up seemingly out of nowhere any time; we empower it by denying it, becoming our enemies. We are to love our enemies; we can own and embrace [love] them and choose once again. We may choose to surrender them to our Father, letting go of them; making it is His choice what is to become of them. Some of our worse enemies were transformed into assets, empowering us. Thy Love, Thy Will be done.

“Do small things with great love” Mother Teresa.



Practicing our Mission – Enlightening
“Pay Forward” Gift # 184

Today’s “Pay Forward” gift is - Practicing our Mission – Enlightening. Doing what’s best for all is enlightened Self-Interest. That doesn’t feel right saying it, but all my relationships depend on it. The nature of our disease, alcoholism is rooted in selfish, self-centeredness. a survive kit. By living A.A.’s way of life my self-centeredness has been transformed into enlightened self-interest. It’s best for me to be sober, and giving of myself, making a good difference. It’s best for me to be warm and loving, kind and understanding, and others. Friendship is based on what we have in common. It’s best for me to be the friend I want, to encourage myself and others during good and bad times. Being active in A.A. service keeps me from living a boring life, just the contrary. Out of enlightened self-interest, I need to put up with our craziness and inadequacies and success, and still accept one another. I seek correction for our wrongs, not punishment for others or me. I need to detach from negative judgment from myself and others. I’m willing to accept everyone in their uniqueness, and purpose, understood or not. I can understand the commandment to “love your neighbor as you love yourself.” I don’t want it said, "poor "poor neighbor. I pray I am the me that our Father created as me. Come let us love one another even as we love ourselves. Out of enlighten self-interest, I want my higher-Self to be my best friend. Thy Love, Thy Will be done.

Come, let us love one another

Practicing our Mission – Enriching
“Pay Forward” Gift # 185

Today’s “Pay Forward” gift is – Practicing our Mission – Enriching. The “ism” in alcoholism keeps showing up wearing many disguises. Often found in the enriching idea “If only I have more of this, or that I would really be happy.” I am most happy when I truly feel grateful for what I am experiencing at a given moment. It is so important for me to go to A.A. meetings and hanging out with sober and not sober members of A.A., reminding me where I came from. We are under watering restrictions due to the shortage of our water supply; we can use our water sprinklers once a week. I’m sure there have been a lot of prayer requests for more rain, and then the rain came. Hurricane Harvey has come to “enrich” our water supply. Some areas will receive as much as 50 inches of rain. “Be careful young man what you want, for you will surely get it.” If we overdo anything, it is bound to have some bad side effects. I believe the worse defect alcoholics have is not knowing how to live. Alcoholics Anonymous gives us the needed tools to live a life of gratitude, enriching our lives with real abundance, instead of demanding others to take care of our “ism,” our insatiable hunger and thirst for life. Too much “good” or too much “bad” is fatiguing. My life is enriched, giving away what I want most, and being grateful. Thy Love, Thy Will be done.

“Do small things with great love” Mother Teresa.



Practicing our Mission – Communicating
“Pay Forward” Gift # 186

Today’s “Pay Forward” gift is – Practicing our Mission – Communicating. I realize one of the problems I have with watching the news, it is far too negative. I went for twenty-five years not watching the news, because it made me negative. I believed it was the spiritual thing to not watch or listen to the world-wide news. I was going to tell a person that the news made me negative when I realized it only brought out my negative stuff I was avoiding. I was watching the news tell of the flooding in Houston, Texas. I was feeling compassion for those who were having to deal with it. The news reporter was telling us all the wrong that was done, Houston was to blame. He then interviewed the Texas governor started what should have been done. The Houston mayor should have ordered evacuation, Houston had no zoning laws, Houston was the worse flood city, the President didn’t address the problem right, what did the governor intend to do. The governor replied that it was no time to blame anyone it was a time for helping people and saving lives, and there were thousands of people helping people coming from all over the country to help. I could see how I communicate much like the thing I hate; focusing on the problems instead of the Solution. Now I am committed to communicate only love in everyday language; compassion, patience, kindness, forgiveness, helpful correction not punishment or blame. Thy Love, Thy Will be done.

Come, let us love one another

Practicing our Mission – Co-creating
“Pay Forward” Gift # 187

Today’s “Pay Forward” gift is – Practicing our Mission – Co-creating. “Every time we say “I must do something” it takes an incredible amount of energy. Far more than physically doing it” Gita Bellin. “What things so ever ye desire, when ye pray, believe that ye receive them, and ye shall have them” Mark 11:24. If we trust our Father as our only true Source, we can be realistic and plan for a miracle. “Faith is an oasis in the heart which will never be reached by the caravan of thinking” Kahlil Gibran. Our personal “reality” thinking, planning and feeling is the father of our illusionary world view, we make up; it is not a co-creator. Stop dwelling on the past. Use it to illustrate a point, and then leave it behind. We can only co-create in the present in alignment with our Father’s Presence. Our personal “reality” too often uses now to make up or go along with an illusion. When we awaken each morning co-create the world view our heart desires. Co-creating upon awakening will empower us to make a good difference; extending the love we are; ready with an outstretched hand to give of ourselves what has so freely been given to us. Making a commitment to co-create daily will cause all sorts of things to occur to help us that would never otherwise come about, which none of us could have dreamed would have come our way. Thy Love, Thy Will be done.

“Do small things with great love” Mother Teresa.



Practicing our Mission – Awakening
“Pay Forward” Gift # 188

Today’s “Pay Forward” gift is – Practicing our Mission – Awakening. “Let me sleep on it.” I heard that saying a very long time ago, but never give it much thought. I believe our Father gave us a way to view of dying and rebirth every day. Everything we experience during the day is filed in our mental storehouse where it seems to belong while sleeping. When we awaken our conscious storehouse has been up graded. We are most likely to have a better understanding for the request made the day before, after we slept on it. Each time we are blessed with a spiritual transformation we are awakened at a new lever of life. In effect, we are not the same person. For example, most of us who hit our bottom, which brought us to the doors of Alcoholics Anonymous experience a death of our old way of life; we just couldn’t live that life any more. We are promised if we apply the Steps of A.A.’s program we will have a spiritual awakening; to a new way of living. When we are ready to have our Higher Power remove one of our defects and surrender it completely, He often goes a step beyond removal of that defect; He transforms it into a living asset. We awaken to a new set of tools for living. We are able to meet limited circumstances with unlimited empowerment, a gift of grace. Create an awakening timeline, most likely you’ll find much to be grateful for. Thy Love, Thy Will be done.

Come, let us love one another

Dissatisfied With Dissatisfaction
"Pay Forward" Gift # 189

Today's "Pay Forward" gift is - Dissatisfied With Dissatisfaction. We do not ask for too much – we ask for too little. I now surrender both what is good and what is bad. With the eyes of faith, I see the good within each of us, and I give You the glory, Father. I am given the ability, and I need to do my little part in this world; I am deeply grateful. I realize it is You, Father telling me want to ask for to carry out my mission. I am learning to be grateful for all things and events. Love and gratitude always come to me as grace, a consciousness of that mystical union, I so desire. I choose to let go of any dissatisfaction because it multiplies my illusions of lack and limitation. I am embracing abundance and love instead of wasting my time and energy on the useless. I'm not taken in by dissatisfying host, or unwanted guest. "The Lord is good to those whose hope is in Him, to the one who seeks Him; it is good to wait quietly for the salvation of the Lord....Sit alone in silence...." (Lamentations 3:25-26, 28) Now is the time to reconnect with our Father within. I listen to His direction, then I follow It the best I can. I enlist my fragmented personal "reality" into His loving service. The essence of contemplative prayer is a way of pure faith; we don't have to feel it, but we do have to practice it. Thy Love, Thy Will be done.

"Do small things with great love" Mother Teresa.



"group conscience"
"Pay Forward" Gift # 190

Today's "Pay Forward" gift is - "group conscience." The meaning of the phrase "group conscience" is important to our understanding of Alcoholics Anonymous' Traditions. One definition for a group is: people gathered or classified, having something in common. One definition for conscience: a sense of right and wrong. "We are people who normally would not mix...the tremendous fact for every one of us is that we have discovered a common solution" (Alcoholics Anonymous page 17. We are attracted to others, partnerships, groups or relationships for a purpose. If we stay in that group or relationship, we must have something in common. How our Higher Power may express Himself in one group may be a good deal different from other groups, it is a very good idea that we have a "Home Group." In other words, we are no more nor less than part of a Greater Whole; however, we are not the whole. We need to be aware of how we affect Alcoholics Anonymous as a whole. "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 page 87. As we surrender our Will to our Father, and have faith and confidence in the love of our Father, so will that love be continually expressed through us. Thy Love, Thy Will be done.

Come, let us love one another

We Are Not Done
"Pay Forward" Gift # 191

Today's "Pay Forward" gift is – We Are Not Done. If you are reading this your mission, purpose is not done, because you are still alive. "Life Is full and overflowing with the new. But it is necessary to empty out the old to make room for the new to enter" Eileen Caddy. Alcoholics Anonymous much like a doctor; removes obstructions and creates an environment where the natural healing can take place. However, it is our Father within that does the healing, making us whole in union with His Will, His Love, our mission. I never heard the word empathy nor had I ever experienced it until I came to Alcoholics Anonymous. I was given an understanding; I experienced a living meaning of empathy. Entering into the feelings or needs of others; putting myself in their place; being sympathetic to their troubles, problems, frustrations and sorrows-and rejoicing with them in their good fortune; I passed the good news on. When someone nods their head yes, I experience empathy. Empathy, which is loving acceptance, comes in all shapes and sizes, spontaneously flowing from one heart to another heart. An A.A. member, a person with a vision of loving empathy is like a pebble in a stream, moving ever outward to infinity, impacting on all who come into contact with the ripple. The spirit of love heals the wounds at a level beyond our psychological perception cannot, like the pebble becomes part of the unseen and unnamed healing. Thy Love, The Will be done. TYOFCJHS

"Do small things with great love" Mother Teresa.



The Great Survivor – Love
"Pay Forward" Gift # 192

Today's "Pay Forward" gift is – The Great Survivor – Love. John was one of Jesus' twelve disciples. Each of these twelve disciples symbolizes a human faculty; John symbolizes spiritual love. John was said to be the disciple Jesus loved, expressing grace and mercy; love is the dominant theme of Jesus [A.A.] teaching. Of the first disciples [students] who became apostles [teachers - messenger], John was the only one who did not meet a violent death. I did not know John [the love faculty] was the single survivor, dying a natural death about 100 AD. The Gospel of John [the good news] is different from the other three Gospels, Mathew, Mark and Luke. "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 [living Alcoholics Anonymous], I put away childish things. For now, we see through a glass, darkly; but then face to face: now I know in part; but then shall I know even as also I am known [I'm awakened]. And now abide faith, hope, love, these three; but the greatest of these is love" 1 Corinthians 13. It is better to walk in the dark [faith] with our Father, than walk alone in the light [illusions]; it is better to walk with Him by faith, than walk alone by [my personal "reality"] sight. As a member of Alcoholics Anonymous' service, we never have to be alone and loveless. Thy Love, Thy Will be done.

Come, let us love one another

Student/Messenger
"Pay Forward" Gift # 193

Today's "Pay Forward" gift is – Student/Messenger. As we learn "How it Works" we become a messenger. As we experience the fruit of our faith in our Father, it expands. Filling our mind with loving constructive ideas, in alignment with our faith in our Father's Will our mind gains strength and purpose, the fruit of our message becomes clear. When called to make a judgment let's turn to our Father for guidance, drawing our conclusion from a spiritual cause instead affect side. Centered in our Father's Love and Will brings order in, around, and through us. Let our message express the love we are. In union with our Father our word, our message is charged with the healing power of love. Our imagination is a creative force, finding new ways to serve others A.A.'s fruit, as we carry the message. When we need physical proof of our Father good works, love and tender mercy, let's re-mind ourselves that the food we ate today is being transformed into our life. His infinite intelligence is Omnipresence, as long as we are alive, He is Present within us. Knowing that, how could we not want His Will, and our will to be one and share that message? Let's be willing to detach and eliminate all that is spent, harmful or useless. I feel a great zeal for the opportunity to share my message. Every time I do, say, think or feel what I believe is not our Father's Will, I am betraying Him, others and myself. Thy Love, Thy Will be done.

"Do small things with great love" Mother Teresa.



Come To The Edge
"Pay Forward" Gift # 194

Today's "Pay Forward" gift is - Come To The Edge. Emmet Fox's suggestion, about letting the powerful hoist do the heavy work, is a good one. This hoist is our Father's Omnipotence, Omniscience and Omnipresence; He's our Operator. I need to ask Him with all my heart to do for me what I am unable to do, and if my request is in alignment with His Will, it will be done. When our will is in union with Our Father's Will, we can take care of any challenge. "The life of man is a self-evolving circle, which from a ring imperceptibly small, rushes on all sides outwards to new and larger circles and that without end." (Ralph Waldo Emerson) Remember this; we are on an eternal Spiritual Path, known or unknown. We are going Home. Even the detours are helpful. If we did not get "lost" once in a while we would grossly limit our experience of the wonderful world we live in, enjoying our Father's handy work. Let us enjoy every inch of our journey, letting go of the "if only." When our hearts, minds and souls shift to our Father, let us remember "Our Father Knows Best," then; we are taking a leap of faith. By now, we realize that there is always a purpose, our Fathers. "Come to the edge," he said. They said, "We are afraid." "Come to the edge," he said. They came. He pushed them...and they flew" (Guillaume Apollinaire). Thy Love, Thy Will be done.

Come, let us love one another

Faith
"Pay Forward" Gift # 195

Today's "Pay Forward" gift is – Faith. The faith I want and need: I must know that our Father's grace may be revealed to me at any moment, yet at the same time I must be prepared to wait, patiently. "It's easy to be patient when we know the outcome." I have learned to live in the expectancy of imminent grace. Sometimes I feel that I have so many impurities, so many faults to overcome, to many termites, so much discipline to work through, that I cannot possibly reach our Father until some distant point in the future. This seeming humility is actually ego, because it presupposes that I can know our Father through my own efforts, my own power. A.A. has shown me that is all nonsense! My struggles have never made me pure or bring me into Divine union with our Father. At best, my struggles have shown me how powerless I can be and that can cause me to turn to our Father with all my heart, mind and soul. I have experienced that reality that I've never been able to buy that Divine Union with our Father with spiritual practice; however, the willingness to faithfully turn to our Father opens me up to receive His grace. Everything that I have that really matters has come to me by Divine Grace. My hero Jesus declared, "Ye have not chosen me, but I have chosen you..." Living A.A.'s way of life causes me to be open to grace. Thy Love, Thy Will be done.

"Do small things with great love" Mother Teresa.



Grand Introduction
"Pay Forward" Gift # 196

Today's "Pay Forward" gift is – Grand Introduction. "No man is an island, entire of himself; every man is a piece of the continent" John Donne. The other day I introduced my Higher Self to my personal "reality." I thought they ought to know each other better. You would think by now they would already know each other well, after all they live in the same "home" all these years. They are part of the same created being, made of the same stuff, were born to this world at the same time, although my Higher Self may have been living elsewhere with our Father. Then why doesn't this two act like it? We hear around A.A. at times, "He or she spoke from their heart their real Self," as if their personal "reality" was absent. When I get to heaven, if I go there, and they ask me if I want to be introduced to our Father, does that mean both of us; my Higher Self and my personal "reality"? I'll say, "That's nuts! We already know each other. Both of us are His created beings. Just tell Him one of His Sons and one of His Prodigal sons is here." I realize now that He is and was always Present and has been our invisible means all our lives. "For He shall give His angels charge over you, to keep you in all your ways. They shall bear you up in their hands; last you dash thy foot against a stone" Psalms 91. Thy Love, Thy Will be done.

Come, let us love one another

A Cup of Wakeup Coffee
"Pay Forward" Gift # 197

Today's "Pay Forward" gift is - A Cup of Wakeup Coffee. I have thought often in the last few days about a wise statement someone made at a meeting: "I would like to have the same intense desire for God in the morning as I do for my wake up cup of coffee." These are the words I think were said, may be a little off, but I love the idea. I remember a mystic telling how this point was made for him. His master held his head under water until he was close to death, then his master or teacher told him when he wanted God as much as he wanted to breathe, he would get "it." That is easy to understand, but not as important to me as the hunger and thirst for the first cup of coffee as a burning desire for God. Before I open my eyes upon awaking I center my consciousness on the Presence of our Father. Through the day, I turn to our Father, but not with the passion or hunger or thirst for something physical. I have had that passion for some worldly thing to the point of overriding all else. I am in the habit of spending sometime each morning in my prep work; prayer, meditation, reading and writing, but as a rule not with the passion I believed this person shared. I shall ask our Father for that passion throughout the day to carry out His Will. Thy Love, Thy Will be done.

"Do small things with great love" Mother Teresa.



Authorities
"Pay Forward" Gift # 198

Today's "Pay Forward" gift is - Authorities. What is it about me that is saying yes or no to live my given purpose 24/7, our Father's will for me? What is it about me that is saying yes or no to love me 24/7? Why do I hide when I am doing, thinking, feeling something I believed others will disapprove of? The simple answer is; others will block me from doing whatever I want, or they may punish me if they found out. I feared our Father would disapprove; I tried to hide from Him, and I became a very private person. I did not trust anyone, including the "God" of my growing up understanding. All authorities became my "God." Authorities were: punishing, unfair, withholding, not loving, and too demanding. "God" and other authorities gave the good stuff to their chosen. My shame and guilt caused feelings of self-hate, and I projected that on to others. A habit of thought and feelings expressed long enough becomes my personal "reality," a way of life. Healing began with my full ownership of my defects, not something or someone else "Once an alcoholic, always an alcoholic." That ownership gave me all I need to surrender all of me to our Father. When I apply those same spiritual principles to my other defect, our Father has transformed them into assets. Practicing A.A.'s simple spiritual principles in all my affairs as I am awakened them, lead me to the conditions and causes, beyond the effects. Thy Love, Thy Will be done.

Come, let us love one another

Ownership
“Pay Forward” Gift # 199

Today’s “Pay Forward” gift is – Ownership. Enlightenment demands that I take responsibility for the way I live it, share it. “We are the clay, and You our Potter; and all of us are the work of Your Hand” Isaiah 64:8. Just to be, just to do our Father’s Love and His Will are two great gifts, the foundations of every other gift. To practice A.A.’s spiritual principle we must return again and again to cultivate them. In A.A. we say “...and to practice these principle in all our affairs.” The greatest accomplishment is to be what we are, which is our Father’s individually Divine Design. Our personal “reality” ideas can’t change His Love and His Will for each of us, no matter what. Love and gratitude comes by grace, it helps to do loving things and make gratitude list, opening us for the flow of grace. We cannot learn patience except by going out into the world, and taking life as it come, reminding ourselves there is always a purpose. “The road leading to God does not entail a multiplicity of experiences ...but the one thing necessary: surrender of self” John of the Cross. Alcoholics Anonymous gives us the tools to take ownership of our person “reality’s” storehouse of beliefs, both good and not good. This ownership gives us the ability to surrender all we own to our Father. By His Loving grace He transforms our defects and too limited good into assets, fit for service. Thy Love, Thy Will be done.

“Do small things with great love” Mother Teresa.



There’s One
“Pay Forward” Gift # 200

Today’s “Pay Forward” gift is – There’s One. There is One Life, that Life is perfect, that Life is Our Father’s Life, That Life is my True Self, we all are that life. - There is One Beloved Lover, that Beloved Lover is Our Father, that Beloved Lover is my True Self, we are all Beloved Lovers Loving. - There is One Healer, that Healer is Our Father, that Healer is my True Self, we are all Healed Healers Healing. - There is One Teacher, that Teacher is Our Father, that Teacher is my True Self, we are all Taught Teachers Teaching. - There is One Forgiver, that Forgiver is Our Father, that Forgiver is my True Self. we are all Forgiven Forgivers Forgiving. - There is One Empower-er, that Empower-er is Our Father, that Empower-er is my True Self, we are all Empowered Empower-ers Empowering. - There is One Enricher, that Enricher is Our Father, that Enricher is my True Self, we are all Enriched Enrichers Enriching. - There is One Enlightener, that Enlightener is Our Father, that Enlightener is my True Self, we are all Enlightened Enlighteners Enlightening. - There is One Communicator, that Communicator is Our Father, that Communicator is my True Self, we are all Communicated to Communicators Communicating. - There is One Creator, that Creator is Our Father, that Creator is my True Self, we are all Created Co-Creators Co-Creating. - There is One Awakener, that Awakener is Our Father, that Awakener is my True Self, we are all Awakened Awakeners Awakening. - Thy Love, Thy Will be done.

Come, let us love one another

A.A. Is All About Love
“Pay Forward” Gift # 201

Today’s “Pay Forward” gift is - A.A. Is All About Love. The miracle of transformation is an everyday event in Alcoholics Anonymous around the world. When a member has awakened to the Omnipresence of our Father, doing for us what we have been unable to do, that’s a loving miracle. Our selfish, self-centeredness is transformed into an enlightened self-interest. We realize it is better for us to love instead of resent, to be sober than not, to being a user and be willing to be used by our Father, to take back our power we’ve given to others and give it to our Father. It is better to expect the good from others and ourselves than the negative, to realize that everyone and everything has a purpose, not just a waste or useless. This morning I was meditation on the purpose of our cat, she can be very selfish. I realized how unconditionally loving my wife’s toward our cat. Then I realized how unconditionally loving my wife has been toward me, putting up with my selfish and self-centeredness. To love others as we love ourselves is to respect their Higher Created Self with all the rights which that confers, no matter the appearance. In other words, Just watch the unconditional love shown to an A.A. new-comer. One recovering alcoholic sharing their recovering message with another alcoholic, in our individuality and opinionated-ness, in personality conflicts and in unbearable situations. To continue to show love, no matter what. Thy Love, Thy Will be done.

“Do small things with great love” Mother Teresa.



Ordinary Actions
“Pay Forward” Gift # 202

Today’s “Pay Forward” gift is - Ordinary Actions. I know that ordinary actions can transmit Divine Love expressed through each of us. This is not an ordinary day for me, because I did not sleep well, I couldn’t finish my project. I did I read some interesting ideas while rearranging my books. I saw how special many writers are. I am grateful that these writers could express their ideas so well. What I have to offer is of little value compared with the great ones. I am reminded that our Father created more common people than He did the extraordinary gifted. Our common life gives us many opportunities for spiritual growth in faith and love. Let us “do small things with great love” (Mother Teresa) - It is our Father within each of us doing the works called life. Our Father’s infinite intelligence and love are ever-present blessing each of us with possibilities of all shapes and sizes. We are molded in His image and likeness as individuals expressing Him in ordinary life experiences, which is proof of His Presence. Why not accept His gifts as is and not compare them with another. I have an abiding faith in His grace, wisdom, love and I do trust that He knows what He is doing. Let this be the day of our salvation, free to be as He created each of us in the most ordinary way. Perhaps this is the hero's journey, we long for in a special ordinary way. Thy Love, Thy Will be done.

Come, let us love one another

“Duty Calls”
“Pay Forward” Gift # 203

Today’s “Pay Forward” gift is – “Duty Calls.” I am ready for duty, whatever that means. I love Emmet Fox's message "Bear Hugs Kettle." It reminds me of me when I get into a negative cycle. Instead of letting go of the unwanted or harmful stuff I’ve been known to act like the bear's idea of defense to hug it to death. Others are more than happy to help me out, but I don't want to let go of whatever. Like the bear when trouble comes I find myself embracing what I don't want instead of what I do. No wonder I need a Second Step; I need restoring to sanity. What I am looking for goes beyond restoration, I am seeking a Spiritually Transformed. "I say unto you also, Ask, and it shall be given to you, seek, and you shall find; knock and it shall be opened to you" (Luke 11:9). I do ask. I do seek. I do find. I do knock, and it is always open to me. Before I am restored to sanity and let others help me finish the job, I “have” to hug the kettle. Often I am compassionate to myself and others. The word compass is about 70% of compassion. I seek and find His Compass, His guidance to follow. I am so deeply grateful that my life can make a good difference. "Life is out to do me Good" (as one of the members once said). Thy Love, Thy Will be done.

“Do small things with great love” Mother Teresa.



The Critic
“Pay Forward” Gift # 204

Today’s “Pay Forward” gift is - The Critic. My internal critic within is alive and well. "Here I grow again" or is it "Here I go again" or "Here I am again" or "Here I -----again." I realize that I need critics, no matter which one of my critics calls me out. Critics are valuable for my growth and realignment with my heart’s desire. My critic informs me when I am on or off my mission path. I do not have to rely on outside critics as I once did, I can handle that job all by myself. Oops, there’s my internal critic going off me again. This morning I was dreaming about completing a new workbook I am working on, and before I was fully awake, my critic showed up again. My internal critic was judging me for not consistently working on it. To get "him" to leave me alone I promise myself I would work on it today. If I don’t keep my promise to myself, my internal critic will not leave me alone. Which of my critics will motivate today, internal or external? Oops, I thought I wasn’t going to let the external critics. I must have been in denial when I thought that. What can I do to get my critics off your back? I'd better go my A.A. meeting or do a little A.A. service work. In other words, I need to get out of myself-centeredness. Thy Love, Thy Will be done.

Come, let us love one another

Love Thoughts
"Pay Forward" Gift # 205

Today's "Pay Forward" gift is – Love Thoughts. "Love is the strongest force the world possesses, and yet it is the humblest imaginable" Gandhi. Is there a word that evokes more feelings in us than love? Is there any more desired trait...more cherished quality or nobler virtue than love? Love is the fountainhead from which all other aspects flow; our Father/Creator is love so are we. I am/we are from love, of love, for love. Let me love and accept the way our Father created each of us. My love is fulfilled when our Father's Will, and my will are one in conscious union. "Love is always in season." "Do small things with great love" "Lord, keep us faithful to each other, in Your Love. Let nothing, let nobody separate us from Your Love and the love we must bear for each other, Amen" Mother Teresa. Love sought is good, but given unsought is better. I notice what others have done to express to lovingly themselves, and an act of love are to tell them I noticed. A long-timer in A.A., Bill O. was the first to realize the love I was passing on to other A.A.s. That encouraged me to do more and more acts of love and service. "When you talk, you are only repeating what you already know; but when you listen, you may learn something new" Dalai Lama. Purposefully listening with a loving intent is a great gift to give and receive. Thy Love, Thy Will be done.

"Do small things with great love" Mother Teresa.



Quantum Leap
"Pay Forward" Gift # 206

Today's "Pay Forward" gift is - Quantum Leap. Alcoholics Anonymous is both quantum physics and cause and effect. If we do this or that we will get this or that results; cause and effect. We need to practice the Program the best we can, of course that means staying sober. On the other hand, A.A. can be like quantum physics. When a defect is transformed into a workable asset, its quantum physics. Only the grace of our Father can transform our defects into assets, a quantum leap, which means we do not have to pay back (cause and effect) all the wrongs we did or the lack of good we did not do. Of course, this does not mean we don't have to make amends, because we do. It does mean that we don't have to dwell in remorse, it does mean I healed past can be used to help others. Having more "things" does not mean we are more valuable. Our worth does not depend on quantity and quality of "things." Ninety-five percent of the lottery winners will tell you five years after winning, that it ruined his or her life. Quantity or quality of "things" is not the solution to life's problems. When we increase or alter meaningful information, we change the quality of our life for the better. Practicing A.A.'s principles in all our affairs, changes our beliefs, and activities. Thy Love, Thy Will be done.

Come, let us love one another

Self-inflicted Wounds
“Pay Forward” Gift # 207

Today’s “Pay Forward” gift is - Self-inflicted Wounds. My wounds, lack and limits are self-inflicted. There are times when other people are part of the wounding and withholding, but even those I question. Somehow I draw others to fulfill my sick self. Blaming other humans is one thing but to blame our Father for my wounds, lack and limits is the killer. When I made an amends to my dad, I could see his anguish and frustration as he said, “Son what do you want,” I replied; nothing, because I knew he could not give me the love he was giving my brother whom he dearly loved and valued above all else. I was a disappointing embarrassment for my family. I’ve been doing the same with our Father, blaming Him for my lack of love and value. I’ve been unable to be the individual, You created me to be consistently. I’ve come to believe our Father is our only True Source, but I don’t consistently act like it. I believe our Father has already supplied us with all we need to carry out His Will. I want so much to be the loving son our Father created, but it doesn’t look or feel like it 24/7. I am the Prodigal Son turning Home, have mercy on me, again. My given mission calls for me to be a healed healer healing the wounded. Let us pick up the tools our Father has given us and carry out our purpose. Thy Love, Thy Will be done.

“Do small things with great love” Mother Teresa.



A Tradition Affirmation
“Pay Forward” Gift # 208

Today’s “Pay Forward” gift is – A Tradition Affirmation. Let me remember God, as we understand Him, is our only True Source, we are His children, His agents, His individual expressions, and we have come together for His purpose. Even now He is guiding and directing us. How can we believe that it is our Father within doing the works, yet not practice it 24/7? Perhaps it’s just the “power” within our personal “reality,” habits. If we can let go of our anxious efforts, for a little while we can labor and rest at the same time, as He does. The energy we are given is spent but not wasted. We are fulfilled when we freely serve the special needs of those around us, for this, we can be grateful. At times, we can step back and watch our Father have His way. Letting today be one of those times. Every time I work any part of our Program and apply it, the clearer it becomes that this Program is Divinely Inspired. Tradition Three places the responsibility for A.A. membership on the shoulders of that individual making that choice. As a member of Alcoholics Anonymous, we choose what we want, no other can choose for us. We make our own choice, placing the responsibility where it is most effective, on the one making the choice. We cannot project the blame on to others. Thy Love, Thy Will be done.

Come, let us love one another

Growths In Two Directions
"Pay Forward" Gift # 209

Today's "Pay Forward" gift is - Growths In Two Directions. I was inspired by this reading: "Each tree grows in two directions at once, into the darkness and out into the light, with as many branches and roots as it needs to embody its wild desires." John O'Donohue. Let our roots go deeper and deeper into the earth so that when a great storm and wind come we are still standing. Let our branches bend with the wind and offer shade and fruit. We have seen countless numbers of people, and trees remain standing sober, and grateful for their live, after the powerful hurricanes passed. We are created to bear spiritual, mental, physical, emotional and social fruit. Let our fruit be gathered and shared. Let it not fall on the ground and rotten. Let our darkness times be enlisted into Your Divine Service, Father. Let our higher-Self reach toward Heaven. Let me remember our Father created all even that which seems to be in total darkness and silence is in His Presence. Let us be a silent invisible witness to His Infinite Grace, even if we can see only a shadow of It and only offer a little shade to those we share with. His branches shall spread, and His beauty shall be as the olive tree" Hosea 16:7. The olive tree symbolizes the glory, splendor of peace. Thy Love, Thy Will be done.

"Do small things with great love" Mother Teresa.



Growths In Two Directions
"Pay Forward" Gift # 210

Today's "Pay Forward" gift is – About A Spiritual Transformation. Mandy Harvey's story is an inspiring journey, sharing the wisdom she awakens to. Her transformation is the image and likeness of a great many spiritual experiences I have witnessed as a long-timer member of Alcoholics Anonymous. She hit a very deep bottom, and then our Father transformed some of her defects into workable assets to share. Here is some of her wisdom from her book Sensing the Rhythm. - Your passion is not your identity; it's your gift. Possibilities are in search of people with broad minds and big imaginations. You can only become what you're willing to try. No one can shrink your dreams, unless you allow it. Playing it safe is the biggest risk of all. Rather than being a prisoner of painful memories, you can become their jailer. Pain gives you as much as it takes from you... and sometimes more. You don't have to eliminate fear – just become its boss. Whatever your definition of success, hard work is essential. Small steps can take you further than you think. When sharing your faith with a person who's hurting, remembered: Make sure your faith blesses rather than harms. Rather than saying, "This is what your problem is," ask "How can I help?" A theology that presumes it can answer every question is a flawed theology. Her Spiritual Journey inspired me to the point I have to share it, for me and for you. Thy Love, Thy Will be done.

Come, let us love one another

Solitude
“Pay Forward” Gift # 211

Today’s “Pay Forward” gift is – Solitude. I realize my powerlessness, when I try to “fix” another’s suffering. I do feel sadness and compassion for them. I feel a part of, instead of apart from. I silently offer a spiritual treatment, letting our Father take over. Growing up and sobering up, I was a self-imposed loner. I loved all types of creators; I trusted them to be what they were intended to be. I did not trust humans. I do not have to trust myself or any other human alone and unaided. I turn to our Father, within each of us, letting His Will to be done. When I made a decision to turn my will and life over to the care of our Father, I experienced the true meaning of repentance; to turn in a difference direction. I loved solitude, and still do; a peaceful loving place to be. Solitude is not a place of loneliness or separation but a place of harmony; conscious union with our Father. I go there to prepare myself to carry out my mission; service. I still have times when I want to withdraw from the outer world. At times, I do withdraw in a constructive way; solitude. At times, I desire to be separate and withdrawn from people, but not for long. My heart withers if I don’t share the love I am, with love all of us are. In solitude I turn to our Father within, where He is doing the works called life. Thy Love, Thy Will be done.

“Do small things with great love” Mother Teresa.



Our Father Is Love
“Pay Forward” Gift # 212

Today’s “Pay Forward” gift is - Our Father Is Love. I realize that our Father is love, which means that we are love. How can I express my love here and now? I need not to wait or withhold, for I may not pass this way again. I can be myself, both sides of myself. I can offer some loving service to someone. When I meet someone in my mind, I can ask myself is this thought and feeling loving, kind, and useful? I am praying that my love and service are not on an endangered species list. I will not delay sharing the love I am any longer; I may not pass this way again. The crisis of faith is a time to ask for help and surrender and then take action. I am asking for help at each beginning when I start off with my sacred words, our FATHER and my True Self. I am preparing the ground I am given. I am planting the seed, I am given. I am tending to these plants until harvest time, which is now. I am gathering the vine ripe fruit. I am nourished as I share this fruit in the silence of my soul. If you will, come join me at this feast. “Our chief want is someone who will inspire us to be what we know we could be” Ralph Waldo Emerson. Let us give ourselves a blessing by being the one who inspires another to be the loving individual our Father created. Thy Love, Thy Will be done.

Come, let us love one another

Unleashing My Negativity
“Pay Forward” Gift # 213

Today’s “Pay Forward” gift is - Unleashing My Negativity. The unleashing of my negativity started its latest round Sunday with the TV program 60 Minutes. It confirmed my fears that our world leaders are so powerless to fix or control the violence and corruption. I am unable, alone and unaided to carry out my little “mission.” The TV program brought a negative mind-set into my sharing. The harder I tried the harder I prayed the worse it gets. I witnessed the destructive behavior and the powerless in others' ability to change, and I remembered my negativity and the hopelessness. I was confronted once again with the fear that my life was useless and not enough to make a good difference. Negativity was blocking our Father’s grace. In one of my readings this morning I was reminded that fear is a bluffer and if we call its bluff, it will collapse. I choose to call that bluff. I need to love my enemies that are housed within me. I stopped paying the rent on that room in my storehouse. To unleash my negativity is to set it loose to pursue or run at will, or I can choose to surrender it to our Father and let Him unleash His loving grace. My choice! Thy Love, Thy Will be done.

“Do small things with great love” Mother Teresa.



First Language
“Pay Forward” Gift # 214

Today’s “Pay Forward” gift is - First Language. Silence is our first language, and everything else is a poor translation. I want so much to be fluent in our first language. I am willing to continue to practice, knowing that my practice is no more than a willingness to be open to His grace. Silence is where I first consciously contacted our Father, equally important I want to communicate with my created Higher Self; in His image and likeness. It is a place I can co-create or make up illusions. I can rewrite and rewire my personal "reality." There are no neutral thoughts or feelings, each one counts. In silence, I can say Thy Love, Thy Will be done, that realigns me with my purpose; my will and His are one. In union with our Father and my Higher Self, the noise within and outside of me is drowned out. Father when I am in that silent mystical union with You even for an instant, I experience a love and gratitude deeper than words. I love You Father and my Higher Self; I meditate in silence about Your Holy attributes and my Higher Self-created in Your image and likeness as You reveal to me Your Loving Will for me. As my silence deepens I experience an intuitive contemplation, and I know it is You within me through my Higher Self doing the works called life. I am we all are part of Your glory coming into this world of expressions. Thy Love, Thy Will be done.

Come, let us love one another

The Doc Within
“Pay Forward” Gift # 215

Today’s “Pay Forward” gift is - The Doc Within. “We are at the best when the doctor who resides within each patient has the chance to go to work” Albert Schweitzer. We are at our best when we are in conscious union with our Father within doing the works we call life, giving our consent to His Will and Love. I can say yes, to our Father’s Loving Healing Power within. He is realigning us with His individual Divine Design. Before I can accept it consciously I must give my consent as an act of faith. There is a great deal of empirical proof that placebos work almost as well as medicine. I believe both the placebo, and medicines are an expression of faith. We can have faith in our Father’s grace and call the healing a miracle, or we may have faith in medicine and have a miracle by another name. In an abiding faith in our Father’s Presence, we don’t have to create it. We only need to give our Father our consent. His Divine Energy is always flowing in, around and through us. Our personal “reality” can temporarily block it from our consciousness. I cannot fully translate a miracle or interpret it, so I need faith. I choose to believe with all my heart, mind, strength and soul that we live, move and have our being in Him. Father take me beyond my disbelief. I only need to go to an A.A. meeting to witness miracles. Thy Love and Will be done.

“Do small things with great love” Mother Teresa.



By Any Other Name
“Pay Forward” Gift # 216

Today’s “Pay Forward” gift is – By Any Other Name. Drug addicts often call themselves users. Most A.As arrives selfish and self-centered to the max, users. Self-centeredness was a matter of survival for me; I had used up everyone I could, and I had no relationship with a Higher power; I had my powerless. I was a prime candidate for Alcoholics Anonymous. I was broke money wise, being fully self-supporting was out of the question. At first, I believed putting a little money in the hat satisfied “my obligation” to my A.A. group. I did not view Tradition Seven as a Spiritual Principle. Being fully self-supporting and declining outside contributions reaches far beyond money. The hand-full of A.A. members who first took me under their wings were part of a larger A.A. group. For us to carry our A.A. message, we declined the larger group’s support and started our own group. When I viewed Tradition Seven interlocked with the other Traditions, then I realized the depth of being fully self-supporting and declining outside contributions even if the “outside” was inside Alcoholics Anonymous. All of our Steps and Traditions are Spiritual Principles, which can be applied in all my affairs. Yes, it is important that we become fully self-supporting financially, but it is equally important to be responsible in all our affairs to complete the cycle of integrity, of coming-of-age. Being fully self-supporting became a more fruitful asset when I applied it to my A.A., my home, and my business, no longer a user. Thy Love, Thy Will be done.

Come, let us love one another

Becoming Still
“Pay Forward” Gift # 217

Today’s “Pay Forward” gift is – Becoming Still. As I became still I could hear these words: “Come and let me love you, forgive you, teach you and heal you, and I will; I have; I am.” I now ask for my heart’s desire in these present affirmations in the Presence. In this Spiritual Flow, I now live out the Love Story You Gave me, Father. By Your Loving Grace Father: I now have the Eyes to See with the vision of Christ, and I am seeing. I now have the Ears to Hear Your Holy Voice, and follow all Your Ways, and I am hearing. I now have the Nostrils to Inhale Your Divine Inspiration and to Exhale all that is spent, in perfect circulation, assimilation and elimination, and I am. I now have the Tongue to Speak Your Holy Words, and I am speaking out in Your Name. I now have the Mouth to Consume Your Divine Nourishment, our Daily Bread: Spiritual, Mental, Physical, Emotional and Social Bread, and I am feasting. I now have the Hands to Receive and Pass on Your Infinite Abundance to whomever You Will, and I am sharing freely I now have the Arms to Embrace all I am drawn to with warmth and love, and I am. I now have feet to Take me about your Will for me, Father; I am about Your Business. Thy Love, Thy Will be done.

“Do small things with great love” Mother Teresa.



News Reports
“Pay Forward” Gift # 218

Today’s “Pay Forward” gift is – News Reports. For the alcoholic A.A.’s Program works, “It really does.” Awakening us to our spiritual transformation. Good news: starvation in developing countries is much less than it was a generation ago. At the start of the last century, the average life expectancy in developed countries averaged thirty years; today it’s pushing seventy. In the last fifty years, poverty has been reduced in most countries, more than preceding five hundred. In 1970, 30% of the world’s population had access to clean water; today, that figure is 80%. In developing nations in the last century, illiteracy has fallen from 75% to under 20% today. Not long ago, the chance that an infant would die was 1 in 2, today, it is 1 in 20. The good news we have the tools to rewrite our personal “reality” and rewire our brain, to higher levels of consciousness. We are blessed with God’s supernatural wisdom, which sends a clear message to every individual cell in our bodies and a clear direction for our individual life? Did you know that you have the power, through our Father’s grace to co-create a re-birthing of our personal “reality”? Did you know you have the capacity to build the Spiritual, mental, physical, emotional and social equivalent of this re-birth? Please share your good news with those who are still suffering lack and limitation, imprisoned in their negative world view. Make a list of News Reports you are most grateful for, and share them. Thy Love, Thy Will be done.

Come, let us love one another

Practicing our Mission - Teaching
"Pay Forward" Gift # 219

Today's "Pay Forward" gift is – Practicing our Mission - Teaching. We have two great teachers in Alcoholics Anonymous; those who are living the way we want to live and those who are not. "What you are [or you do] shouts so loudly in my ears I cannot hear what you say" Ralph Waldo Emerson. The most effective teacher never seems to doubt; they are sharing their heart-felt experience. We need not to doubt our Father Loving Wisdom or His Will. We become taught teachers teaching who we are, sharing as both teachers and students. "That, therefore, God hath joined together, let not man put asunder." The best way to learn how to live our heart's desire is to teach it. "You cannot give what we don't have." Sometimes I share from my head knowledge and sometimes from my heart and experience. In learning how to share A.A.'s way of life, I went on a radical service training path. I would suggest to someone how they could live A.A.'s wonderful spiritual principles, beyond my experience (head knowledge). If they did it, and it worked, I would feel jealous, and say to myself "this Program really works," encouraging me to live it at a new level. "Instruction does much, but encouragement everything." A long-timer, Bill O. was the first to see the good in me. He told others how well I was doing, and it would get back to me, encouraged me to share more. Our Father used us, warts and all. Thy Love, Thy Will be done.

"Do small things with great love" Mother Teresa.



This I can agree on
"Pay Forward" Gift # 220

Today's "Pay Forward" gift is – This I can agree on. My living A.A.'s way of life consciously and consistently runs in cycles. Sometimes it is such a joy I jump out of bed with service on my mind. Sometimes I crawl out of bed knowing I have too much to do and the service opportunities seem like a demanding duty. I have learned that no matter what good or not good will pass, so I most likely start chipping away at my "duties." Action is the magic word. Most of the time I begin to feel like maybe what I'm doing does matter. The way to persevere in my desire to practice A.A.'s principles in all my affairs is to just do whatever in next. To stop, even, for the moment, worrying about where I am on my journey and stop comparing myself with others or judging other's service and love is better than mine. I remind myself that the good results from my just doing my "duty" are often hidden, and always matters. On my spiritual journey, and A.A. is a spiritual journey; I have no competitors. No one has any competitors by being the individual our Father created. The highest function is to be the individual, we are capable of being one moment at a time. When all else fails I turned to an act of loving service, even when it feels like a duty, and before long I'm back to where I want to be. Thy Love, Thy Will be done.

Come, let us love one another

Intuition
“Pay Forward” Gift # 221

Today’s “Pay Forward” gift is – Intuition. We will intuitively know how to handle situations, which used baffle us. [YES] “We will suddenly realize that God is doing for us what we could not do for ourselves” Alcoholics Anonymous. Albert Einstein is quoted as saying: “Every man knows that in his work, he does best and accomplishes most when he has attained a proficiency that enables him to work intuitively. We have the tools to do just that. “A.A.’s Twelve Steps [and Twelve Traditions] are a group of principles, spiritual in their nature, which, if practiced as a way of life, and expel the obsession to drink, [or any other obsession], and enable the sufferer to become happily and usefully WHOLE” Twelve Steps and Twelve Traditions. That which is spiritual unlike the materialistic, which deteriorates with use, the spiritual is infinite and expands with use. “The soul 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. “Having had a spiritual awakening as the result of these steps, we tried to carry this message to the alcoholics, and to practice these principles in all our affairs.” Spiritual awakening = “We will suddenly realize that God is doing for us...” “...to carry this message...” =an act of love. “...and to practice these principles...” = doing and being the Love and Will of our Father. Thy Love, Thy Will be done.

“Do small things with great love” Mother Teresa.



Sometimes
“Pay Forward” Gift # 222

Today’s “Pay Forward” gift is – Sometimes. I use A.A.’s tools so freely given me, sometimes. Sometimes I’ve experienced our Father within doing for me when I could not, yet not let Him have His Way 24/7. Why not? I’m told He is omnipresence. Sometimes I step back and watch Him make things happen according to His Love and Will. Sometimes I let go of my anxious efforts, and I labor and rest at the same time, the energy I’m given is better spent. I experience fulfillment when I freely serve the special needs of others, for this, I am grateful. Let this day be one of those times when I step back and watch our Father have His Way. “...and all these things shall be added unto you,” Too often I’ve interpreted this to mean that loving our Father will bring selfish benefits, which is not a bad thing, if it means I am looking to our Father as my only source. But, I am fooling myself thinking I am worshiping our Father, at the moment its worldly ends I’m seeking. I should be seeking is our Father’s Love and Will to be added. My prayers and meditation is a time to let go of my habits of thoughts and feeling, both good and bad, bring me closer to our Father. If the good habits I am letting go of are really good they will return to me upgraded. Thy Love, Thy Will be done.

Come, let us love one another

Let's Give Away What We Want To Increase
"Pay Forward" Gift # 223

Today's "Pay Forward" gift is – Let's Give Away What We Want To Increase. I joined A.A. in 1957; in those days, very few people ever heard of Alcoholic Anonymous. Now, we could travel all over the United States and much of the world and find Alcoholics Anonymous. The expanding alcohol and drug treatment centers in the early 60s soon found without a follow-up program the alcoholics departing from their treatment program dried up, but were soon wet again. The treatment centers who wanted to stay in business came to A. A. asking us to bring meeting into their centers, and they would also busload patients to A.A. meetings. Lots of our A.A. members went to work at these treatment centers because they knew the characteristics of the alcoholic, and knew they could make a good difference. I don't know of any of our members who went to work as a paid Twelve Stepper. A.A. benefited greatly being exposed to great numbers of alcoholics, their families and their friends; a great case for attraction rather than promotion. Very few of the thousands of treatment centers are still in business, yet Alcoholic Anonymous is ever expanding. We have something special we can share, that does make a good difference. Freely we have received and freely we must give. We can only keep what we give away. We cannot trade these special gifts for money, property, prestige or power. Our special gifts must be given freely; our miracle gifts come to us by grace. The Love, Thy Will be done

"Do small things with great love" Mother Teresa.



Spiritual Needs
"Pay Forward" Gift # 224

Today's "Pay Forward" gift is – Spiritual Needs. Never in the history of humankind have we needed a Spiritual solution more. Not drinking, and picking up a set of simple tools, and gathering information on "how it works" was a very important step in my recovery, a good beginning. The advance course came when I put into practice that useful information. An intellectual understanding of the Truth was a tremendous step toward my new way of life. When I began to live this wonderful Truth, as the result of the spiritual awakening, which came by practicing the spiritual principles of A.A., I harvested the delicious fruits of the A.A. promises that I had been seeking; turned out to be nothing less than our Father's Loving Will. Upon spiritually awakening I began to take action and set aside some of my selfish, self-centered ends, replacing them with an enlightened self-interest. It is better for me not to drink, it is better for me to forgive, it is better for me to give of myself, it is better for me to give away what I want to increase. It is better for me to own my defects so I could surrender them to our Father to be transformed into assets. The spiritual awakening so many A.A. members experience, seems like baptism of the Spirit, a rebirth. When I enter a dark place I have learned how to turn the spiritual light on, and get out of myself, helping another. Thy Love, Thy Will be done.

Come, let us love one another

It's Hard To Believe
"Pay Forward" Gift # 225

Today's "Pay Forward" gift is – It's Hard To Believe. If someone were to tell me that one day I would be grateful I am an alcoholic, never. Not only am I grateful I am an alcoholic but I am also grateful for each of my defects our Loving Father has transformed into assets. By the time I hit my bottom, February 6, 1957 my life was useless. I had proof that I was unloved, unloving, purposeless, incompetent and violent. For the first time I openly ask another person for help, and he introduced me to Alcoholics Anonymous, began of my new life. A.A. members shared their coming out of darkness into the light of a way of life, which had purpose and meaning. I trusted them, I couldn't remember trusting anyone. If only a little of what they were sharing was true it was far better than what I had. These people assured me that the grace and mercy of a Higher Power we are freed from all the useless, harmful bondage, by following a simple way of life. According to them that didn't mean they were blind to one another's faults, nor never try to correct them. The ones who had what I wanted were using the simple set of A.A. tools, doing lots of service work, and had a working relationship with a Higher Power. Of the 125 promises I found in the First 164 pages of the Big Book have come true, <http://www.12stepworkbook.org/> download workshops. Thy Love, Thy Will be done.

"Do small things with great love" Mother Teresa.



Rebirth of Innocence
"Pay Forward" Gift # 226

Today's "Pay Forward" gift is - Rebirth of Innocence. I lost my childhood and early adult innocence long ago. During my Spiritual innocence I would claim our Father's ability to heal someone and often it happened. I realize it was not my Spiritual know-how but my innocent faiths in His ability not mine. When I did commit a wrong I overdosed on the drug guilt and punishment. I was given this special gift as a channel for healing, by grace, not because I was pure. I believed that I must remain pure in heart and humble in spirit or earn His grace to keep it. Now I realize that it was always our Father within doing the works. I was a witness to His loving grace and mercy. For years I long for that lost innocence. The hidden motive that I should earn His loving grace, was a waste of time and energy. His grace is freely given and must be freely received and freely passed on. I am seeking an adult Spiritual innocence; meaning I am responsible for my decisions and actions but not the results. I need to be clear what my part is; accepting that all the rest is our Father's to do. I am learning to pray for our Father's Will, in silence stillness, and wait. Words are poor symbols of symbols twice removed from reality. I seek the grace of a mystical union with our Father, an adult spiritual innocence, one now at a time. Thy Love, Thy Will be done.

Come, let us love one another

Let Go Let God
"Pay Forward" Gift # 227

Today's "Pay Forward" gift is - Let Go Let God. Today the adage "Let Go and Let God, " takes on a much deeper meaning. I'm a worker; praying, meditating, affirming, A.A., I work at thinking of ways I can be more effective. I work at taking physical action like writing this. I work at sharing in a loving way. I work at what I believe is our Father's will by sharing. I work at sharing my life with others each day. My hidden motive is the belief that my fulfillment is up to me the do the right thing instead of our Father's grace. I tell myself, I trust our Father for the results, am I? Emmet Fox's Golden Key Is simple; stop thinking about the difficulty, and think about God instead. My prep work includes reading Around the year with Emmet Fox. Today's reading is Let God Let God work through us instead of us alone and unaided. When we Let God do the works we are aligning with Wil, I choose to leave the results to Him. I choose to do my little part as I am directed. In all fairness I have worked hard for what I believe is His will for me with good intentions. I am dedicated and committed to be, to do His Will. Now is the time to Let Go and Let God and enjoy our serendipity journey. Thy Love, Thy Will be done.

"Do small things with great love" Mother Teresa.



Quest du jour
"Pay Forward" Gift # 228

Today's "Pay Forward" gift is - Quest du jour. Today's Quest du jour is an important question. Do I spend too much time on "just being realistic" about my powerlessness and unworthiness? Why not draw on our Father's omnipresent Infinite Intelligence 24/7? After all we live, move and have our being as the fruit of His Infinite Intelligence 24/7. Why not dwell on abundance instead of limitations? This shortcoming is an old habit of thoughts and feelings, not an unchangeable principle. I choose to build a new habit; conscious union with our Father within doing the works called life. Nature demands change. Come let us be about our Father's changing Business, doing what we're directed to do. I am dedicate, devoted and committed to do our Father's will for me, consciously known or unknown. Change frees me from my present limitations and the unknown, one moment at a time. Why not enjoy the ever changing serendipity journey, as my Quest du jour? "Let Your...love surround us, Lord" (Psalm 33:22) -"There is a silence into which the world cannot intrude. There is an ancient peace you carry in your heart and have not lost." A Course In Miracles. Thy Love, Thy Will be done.

Come, let us love one another

“All About Me”
“Pay Forward” Gift # 229

Today’s “Pay Forward” gift is – “All About Me.” My day and night got mixed up. I took a little nap around 10 p.m. last night, when I woke up I checked on the football games I was interested in. The team I was interested in lost, in fact was dominated. My fragile loyalty to that team isn’t very much; in fact I only watch the first half because it was not going according to my plan. My concern for my disappointment was greater than my compassion for those faithful people who went to that school and played the game. Most likely their team worked hard preparing to play the game and still losing it but I was only concerned with my disappointment. I hate the saying about a self-centered person; “So, it’s all about you.” About the time I think I am free from too much self-centeredness my denial breaks down. I have more to own and surrender to our Boss. I believe I am loyal to my mission, my heart’s desire to do our Father’s will most of the time but not 24/7. My mission is my recreation, I love it, and it is not a duty. Doing anything other than my heart’s desire is more like a duty. I pray that this is enlightened self-interest and Self-concern. Thy Love, Thy Will be done.

“Do small things with great love” Mother Teresa.



Remember Problems Or Blessings
“Pay Forward” Gift # 230

Today’s “Pay Forward” gift is – Remember Problems Or Blessings. Lately I am hearing a great deal about people that are unable to remember names. Two people this week said; the first signs of getting old kind of illnesses, they fear, are the inability to remember names. Come on, some of us have never been good at remembering names. Someone else added that they forget something they needed to do. When they got honest with themselves they didn’t want to do that thing anyway. We may never know when and how we recall things. To build a storehouse of fear around what we forget is a high-risk problem. When we plant the seeds that we cannot remember is telling our subconscious storehouse, not to remember. This storehouse is where everything we experienced; real or illusionary are stored. I read about organ recipients who have memories from his or her new organ. Memory is stored throughout our body, some transplant recipients have information about the organ donors they could not get through normal ways. I suggest this daily affirmation; “I remember everything I want and choose to” to remember. I ask for an open-mind to the ways in which we retrieve information from our minds and bodies. I was told by a love one that I hear and remember everything I want to hear and remember. By the grace of our Father it’s a blessing that I cannot remember something until it’s time to heal. Now is a good time to remember our Father’s will. Thy Love, Thy Will be done.

Come, let us love one another

- I'm Reminded
"Pay Forward" Gift # 231

Today' "Pay Forward" gift is - I'm Reminded. I am reminded that everything and everyone that comes into my consciousness has a God-given purpose. At times I realize presently, sometimes later and other times never consciously understanding the purpose. In fact it is so contrary to my worldview that I cannot or will not agree with the need for whatever. This is a good reason for me to trust in our Father's wisdom, not mine. It is a great blessing to trust in our Father and have an abiding faith in His loving grace. My faith is a wager, if the premise is true, I can only live it through action, and action is the magic word. I didn't want to see the purpose for these, but I can use them to remind myself of the Truth of life. I did not create myself nor do I maintain myself alone and unaided. It is the Father within me doing the works called life. I can accept that I have more than enough to carry out my limited mission, and not try to compete with any other. As I turn Home within to our Father I am asking Him to introduce Himself and my Higher Self, to me. I am standing before Him as a silent invisible witness. I am waiting for His Presence to prepare me for His loving service, bring me closer to Him. I pray that I am not waiting in vain. I realize how Thy I am, but not our Father. Thy Love, Thy Will be done.

"Do small things with great love" Mother Teresa.



Messengers Are Needed
"Pay Forward" Gift # 232

Today's "Pay Forward" gift is - Messengers Are Needed. I started off the week with an A.A. meeting. Before it was over I was confronted with an old weakness. I find it easy to openly communicate with my home group. When I am at other groups I hold back the depth of love, gratitude and perhaps the wisdom given to me to share, I pray this will change. I want to share openly with anyone I am drawn to but have not. Is it a fear I have not fully embraced? Is it the judgment I made about who I can openly share with and who I should not? I am willing to surrender all of it now before I waste more of my opportunities to serve. I freely choose to surrender my self-made prisoner. "The Presence is immense, yet so humble; awe-inspiring, yet so gentle; limitless, yet so intimate, tender and personal...This Presence is healing, strengthening, refreshing...A door open within me, but from the other side. I seem to have tasted before the mysterious sweetness of this enveloping, permeating Presence. It is both emptiness and fullness at once." Father Keating's Open Mind Open Heart page 137. He is able to communicate so well what I have been intuitively at and for this I am truly grateful but sad. I need to share all the gifts I'm given, freely, in other words, be a messenger of love. Thy Love, Thy Will be done.

Come, let us love one another

Useful Purpose
“Pay Forward” Gift # 233

Today’s “Pay Forward” gift is – Useful Purpose. Drunk dreams have at least two useful purposes. I’ve never known anyone having a drunk dream that was drinking. Another purpose is that the drunk dream is revealing the conditions and causes we drink over. For long-term peaceful, fulfilling sobriety we must address those conditions and causes as our Big Book suggest. This morning I had a dream featuring an old defect I drink over, the “drug” guilt and punishment. Like the drug, alcohol seems to offer us a temporary fix. This defect comes in all shapes and sizes, and well disguised, many masks to hide behind. I am not doing this defect in its grossest form but as my denial brakes down I realize I am still taking its “fix,” at times. Having had some Spiritual experiences the grosser forms of selfishness was replaced with enlightened self-interest. Out of this enlightened self-interest I love sharing what I’ve been given. I had a day of an old defect of withhold and withdrawing. That night I had a drunken dream fostering my selfish and self-centeredness. One day I found myself loving others and doing unconditional loving things. That night I dreamed a wonderful loving dream that my mission was making a good difference, I prayed it would one day. Our dreams reveal both the good and bad conditions and causes. Practicing A.A.’s Spiritual Principles in all our affairs really pays off. Thy Love, Thy Will be done.

“Do small things with great love” Mother Teresa.



I Agree
“Pay Forward” Gift # 234

Today’s “Pay Forward” gift is – I Agree. I agree to practice my mission; I believe to be our Father’s Will for me. I agree to honor my heart’s desire. I agree to pray for, ask for and affirm a mystical Divine union with our Father. I agree today not to seek replacements, or quick fixes for our Father’s grace. I agree to dwell on a Divine Solution instead of problems. I agree not to complain about the spiritual, mental or emotional darkness I am willing to turn to the Light. In the presence of the Light where does the darkness go? I agree not to give into any of my known temptations. I agree to trade my selfish, self-centered self-righteous in for the gift of enlightened self-interest. I agree to be merciful to others and me, when we fall into a ditch, and to help one-another out. I agree to focus my attention on our Father’s intention for me this present moment in His Presence. I agree to call on His Omnipotence, instead of dwelling on my powerlessness. I agree to call on our Father’s Omniscience when I need to know something beyond my “pay grade.” I agree to ask our Father to use me when I am in need; service work gets me out of myself. The name of my guardian Angel is our Father, because it is the one I call out to when I need help and when I am filled with gratitude. He is my True Source. Thy Love, Thy Will be done.

Come, let us love one another

Small Acts Of Service
"Pay Forward" Gift # 235

Today's "Pay Forward" gift is - Small Acts Of Service. I am inspired today by a writing of Mother Teresa: "Do small things with great love." Alcoholics Anonymous offers us daily opportunities to serve; to sharing our experience, strength and hope. Even small acts of service equals fulfillment. It is my pleasure to prepare myself to do small acts of loving service; Spiritually, mentally, physically, emotionally and/or socially. We have the opportunity pass on all the love and wisdom we are given. We may carry the loving message silently and or openly. Those who do not have ability to trust others, yet, are best served silently. We have a chance to experience humility; silently giving unconditional, like there's nobody watching. However the silent invisible witness within each of us are seeing and hearing at a level deeper than words. I am grateful to our Father, the silent invisible Presence within doing the works through me as me. When we experience the joy from doing small things with great love. For many of us who have been so selfish and self-centered the act of giving of ourselves It calls for a celebration. Come let us enjoy the fruits of our sobriety, which is way beyond just not drinking. Sometime just being an active listener is giving a small act of service. "When you talk, you are only repeating what you already know; but when you listen, you may learn something new" Dalai Lama. Thy Love, Thy Will be done.

"Do small things with great love" Mother Teresa.



I Have Seen The Enemy
"Pay Forward" Gift # 236

Today's "Pay Forward" gift is - I Have Seen The Enemy. It is me hiding behind the mask disguised as others. I cannot fully love myself if I withhold love, service or forgiveness from anyone including myself. I cannot fully be myself while trying to be someone else. The eyes I see with are the windows of my consciousness at deeper levels, the home of my judgments. Our Higher Power is unmasking and chipping away all that is not the me He created. He is enlisting my personal "reality" into His service, a Truly Great Boss. My True heroes made a great difference by demonstrating "how it Works," helping others awaken to their True Selves. It's clear that I cannot make a big difference but I can help a few be more of themselves. I can offer a bit of loving kindness, forgiveness, service and encouragement. I am grateful for my heroes' willingness to pass on the Divine Love and wisdom they received and are giving to us through the loving spiritual A.A. tools of service. Everyone I am drawn to is making a difference, how I judge them will reveal a part of me, and offer an opportunity to express the love I am. My choice, my response now is; Thy Love be done. I am preparing myself for my morning meditation. I will close the outside door and go to my inner room. I am saying yes to His Presence and Yes to His actions. Thy Love, Thy Will be done.

Come, let us love one another

"I will not judge whom I know God loves
"Pay Forward" Gift # 237

Today's "Pay Forward" Gift is – "I will not judge whom I know God loves. God did not create the universe and then ask me to run it. He did not ask me to be judge and jury of anyone. He has only asked me to love." [A Year of Miracles – Marianne Williamson] This inspired me to take a look at my mission, I believe to be my purpose. I will not judge whom I will share with today. I willingly accept whom every our Father brings for me to share my experience, strength and hope. I will not pre-meditate what I will do, say, think or feel, in other words I choose to keep an open mind, so I may receive our Father's guidance. I am willing not to try to control anyone. I have not been asked to run the universe. A.A. promises tell me that – "we will intuitively know how to handle situations which used to baffle us." I have not asked to be judge and jury of anyone, so I don't have to worry about using the "I" word forgiveness. I choose to unconditionally love for others and myself. I realize that it is our Father within each of us doing the works. I believe our Father is Omnipresent, so He cannot be absent from anyone. He is the giver of all life, transforming what we eat and drink into everything we call life, if we are alive, He is Present. If I really believe our Father is Present, I act like it. Thy Love, Thy Will be done.

"Do small things with great love" Mother Teresa.



Third Step Decision
"Pay Forward" Gift # 238

Today's "Pay Forward" gift is – Third Step Decision. Our making decisions may run to the extremes, from a total commitment to a meaningless gesture. Even if we are committed to change but we have the same old personal "reality," then nothing has changed yet. This means that we are likely to fall back into one of our old ruts, habits. We may say, "I'm not going to let my moody disposition run my life come hell or high water," and mean it. Then we fail to live up to our promise. It is likely we will fail because our old habits are still running on automatic. When we do fail we will feel worse about ourselves. Each time our willpower fails, with our best intentions, we feel even more hopeless, useless, powerless, and worthless. The greatest damage to our self-esteem comes from repeated failures at trying to change addictive, habitual moody behavior alone and unaided. It does not hurt much until we try our best to stop, to change and cannot. This **trying alone and unaided with the same old personal "reality," is one of the main causes of our hitting our personal bottom.** It gets us ready for this Program and for sure a Higher Power. What it means to you when you make an important decision? What is this "will" and "life" you are asked to turn over? What does it mean to you "to the care of God?" What does it mean to you "as you understood Him?" www.12stepworkbook.org Thy Love, Thy Will be done.

Come, let us love one another

Service, Service, Loving Service
“Pay Forward” Gift # 239

Today’s “Pay Forward” gift is – Service, Service, Loving Service. “Practical experience shows that nothing will so much insure immunity from drinking [or other forms of insanity] as intensive work with another alcoholic [or sharing with another who are still suffering from something we have experience the grace of healing]. It works when other activities fail” Alcoholics Anonymous page 89. In 1957 when I joined A.A. very few alcoholics came to our program, so when we had an opportunity to share A.A.’s way of life that person became a group project. No matter how little sobriety we had we were given a chance to share whatever we had, as part of a “team” of more experienced member. For the first time in my life I became a worker among workers. I was “good” at being self-serving but unwilling to serve others, unless I wanted something from them. When I experienced unconditional love from recovering self-centering alcoholics I wanted what they had. I did not trust their unconditional love at first until I realized they were giving of themselves out of enlightened self-interest, often getting more back than they gave. As the saying goes, we need to think less of ourselves and more of others. The more we give of ourselves the more miracles minded we become. Those who had the kind of sobriety I wanted were givers of themselves. I pray that others can see something within me they would like to follow, proof that my life is a purposeful life. Thy Love, Thy Will Be done.

“Do small things with great love” Mother Teresa.



“A Faith That Works”
“Pay Forward” Gift # 240

Today’s “Pay Forward” gift is – “A Faith That Works.” The only “faith” I had when I came into A.A. was negative; the belief in failure, in violence as my “power.” “Faith, mighty faith, the promise sees, and rests on that alone; laughs at impossibilities, and says it shall be done” Charles Wasley. “Faith is; it is an attribute of God. Faith is purely spiritual; it knows nothing less than supreme assurance. Faith is dauntless; it knows no defeat. Faith is the quality of the mind that moves and molds ideas and brings them to concrete expression. Faith is the assurance or confidence of the mind that invisible substance is the source of visible material things. By Faith we understand that the worlds have been framed by the word of God, so that what is seen hath not been made out of things which appear. Faith is the key that unlocks the door to the kingdom or the heavens” Cora Dedrick Fillmore. Faith enables us to see conditions as they are instead of what our personal “reality” tells us. Faith I found in A.A. tells us that we can know the Truth and it can set us free from the insane world of alcoholism. Willingness to go to a meeting or help another when I want to do something far different calls for an unspoken faith that works. I see daily examples of a faith that work hanging out with sober A.A.s. Thy Love, Thy Will be done.

Come, let us love one another

We Never Repeat What We Are Repeating
“Pay Forward” Gift # 241

Today’s “pay Forward” gift is – We Never Repeat What We Are Repeating. We may say the same words, do the same action, think the same thoughts and have the same feelings; they may be familiar or even a habit, but not the same experience. Everything we do, say, think, feel; every experience we have changes us a tiny bit. I remind myself of this often. I repeat more than once a day to others and myself, that the food we ate and what I drank is being transformed by the Divine infinite power within, into what we call life. Humans cannot do that, which means if we are alive that Divine Presence is within us, here and now. “Behold, I am the Word made flesh. No task is too hard for me.” Each of us is our Father’s individually Divine Design made into flesh. Each of us have a Divine purpose to express, and our one Source is responsible to supply us with all we need. Our True ideas are always from our Father. Our yearning desires of these Divine ideas are awakening our heart, mind and soul, calling us to be the individual He created us as. “To thine own self be true” Shakespeare and some A.A. coins. The True Self is our Father’s doings, and never changes, A.A. can introduce us to that True Self. It is our made up personal “reality” that changes; thought by thought, action by action, feeling by fleeting, awakening by awakening. Thy Love, Thy Will be done.

“Do small things with great love” Mother Teresa.



Thy Kingdom Come
“Pay Forward” Gift # 242

Today’s “Pay Forward” gift is – Thy Kingdom Come - Thy Will Be Done In Earth, As It Is In Heaven. In Alcoholics Anonymous we have two extremes teachers; what to be like and what not to be like. The news outlets rarely ever offer inspiring news. A gunman kills 26 people and wounded 20 in rural Texas Church during Sunday service, adding the name of Sutherland Springs to the litany of American communities shattered by mass shootings. In my 87 years I have never heard of so many people caught up in the allure of anger and the entitlement-minded trap; blaming others. Our good A.A. teacher teaches us to take responsibility for our part, and to serve others, therefore the good teachers teach only love. On TV I saw Alma Deutscher, composer, violinist and pianist, now 12 years of age. So gifted that our Father must be doing the works through her. A child prodigy is defined as a person under the age of ten who produces meaningful output in some domain to the level of an adult expert performer. I am inspired by the gifted children coming into view, I have to believe our Father is awakening us to what Heaven in earth is to be like. Loving, sharing our talents no matter how small. I have seen so many changed lives in A.A. transformed from selfish, self-centeredness into enlightened Self-interest, loving, serving others, and now laugh at impossibilities, True Lovers. For many A.A.s the outskirts of His Kingdom has come and His Love and Will is being done.

Come, let us love one another

Hard Work!
“Pay Forward” Gift # 243

Today’s “Pay Forward” gift is - Hard Work! “Hard work never killed anybody, but why take a chance” Edgar Bergen? Most of the work I do may seem hard to others and sometimes it is. Like some of the people in prison may choose to do hard-time, unwilling or unable to accept the here and now. Others are able to make the best-time they can by accepting their part, and seeking to find a Higher Power or a purposeful life. I am able to learn from their experience. When I am doing something I don’t want to do or I don’t see any value in it, it seems like a hard-time. When I am doing my loving mission, my purpose in life as I understand it, I can work a great many hours with a mind-set of being joyful, happy and free, and times flies. I may be physically and mentally spent at the end of the day but that’s just fine as long as I believe that I made at least a tiny good difference or forgave myself for not. One of my major defects was being a workaholic. When I retired from business, I was able to keep an office to do A.A. workshops, meetings and sharing one-on-one. Then I became an A.A.-aholic, which I truly love. I surrendered all of me over to my True Boss, I am so grateful He never takes any time off. Today I’m taking Emmet Fox’s suggestion, “Pray with a feather – not a pickax.” Thy Love, Thy Will be done.

“Do small things with great love” Mother Teresa.



First Choice
“Pay Forward” Gift # 244

Today’s “Pay Forward” gift is - First Choice. I am responsible for my decisions and actions. My first choices each day will influence my actions. The start of each day begins with a choice. Who will I serve this day? Am I choosing to bring light into a world of darkness made up of fear and selfishness that has forgotten love? Do I choose to see with the eyes of faith in our Father’s grace the love we are? Can I see beyond the veil of darkness a cry for love or a cry for help? Shall I declare war or do I choose to declare love, peace, our Father’s will beyond illusions of not love? Do I choose to extend love to the seemingly loveless? Am I now choosing to communicate the love we are? Do I realize that I can only point toward that love? I cannot cause another to experience it. I now choose to return to love in our first language, silence, until I am able to be completely open. I am reminded that hate will not cease with more hate. My love can be a healing power touching everything into wholeness when it flows from the heart of our Father into my heart out into the world. I choose to be teachable. Let me learn how to live, to love once again. I am seeking an upgrade so I can be more useful – loving. Thy Love, Thy Will be done.

Come, let us love one another

Ebb And Flow
“Pay Forward” Gift # 245

Today’s “Pay Forward” gift is – Ebb And Flow. I was inspired by an A.A. member telling his story. There was not a dry in the room, he touched our heart and soul. I remembered a very important part of our growth/life cycle. Most of the time when we have a wonderful flow of Love’s awakening; experiencing the Presence of our loving Father within, around, and through us, we experience a rebound; the natural ebb and flow of growth. An important reason for this is the awakening of our gratitude, the hunger for an ever expanding Spiritual Presence of Love. However, within a day or so we may feel down. Our old habits of thoughts and feeling calls us back to its limited “reality.” If we could remember during of our peak-experience the natural ebb and flow, and surrender but we may think we will never be negative again. These peak-experiences offers us an opportunity to surrender our Whole being to our Father's Loving embrace, building of an abiding faith in His grace. The natural ebb and flow of our Father's grace, His Will, His Love being done. There is one life - that Life is perfect - that Life is our Father's Life - that Life is our Life - that Life is your Life - that Life my Life now - This is the day our Father made - come let us express the Love we are - with whomever comes to our consciousness. Thy Love, Thy Will be done.

;

“Do small things with great love” Mother Teresa.



Forgiveness 70 X 7
“Pay Forward” Gift # 246

Today’s “Pay Forward” gift is – Forgiveness 70 X 7. What I thought called for the need for your forgiveness is changing. I need forgiveness for all the ways I make up illusions of separation. When I judge someone or something as wrong or not doing right that calls for my forgiveness, that’s making up an illusion of separation, I believe is our greatest crime. My experience tells me that I will do a wrong or not do a right, petty or gross before this day is over. I will judge others with that same world view. My greatest Hero was asked something like; how many times will we need to forgive someone, 7 times and He replied no 70 times 7. In other words because of my continuing judgments I have an endless need for forgiveness. I want to believe that a loving human father or mother would comfort their child awakening from a bad dream or a too limited good dream, reassuring their child that it was only a dream. I believe that this human experience in a dream filled with illusions. I believe that our Higher Power wants to reassure us this life is just a dream, one day we will awaken. I don’t believe it is our Loving Higher Power withholding our fulfillment but each of us on our journey through this illusionary world. Everyone spills their “milk” sometimes, let us help them clean it up and offer them another helping of “milk.” Thy Love, Thy Will be done.

Come, let us love one another

30 Pieces Of Silver
"Pay Forward" Gift # 247

Today's "Pay Forward" gift is – 30 Pieces Of Silver. At what price will I betray my Higher Self or betray my given purpose or loved ones? Even when we know a friend or loved one is wrong doesn't justify our betrayal, putting them down to others, claiming we are doing an unloving act for their own good. Every once in a while I find another tiny addiction, these seem endless. The longer I am active in the Program the less I can get by with. I stopped drinking coffee a longtime ago, so I am sensitive to caffeine. I betray myself when I knowingly drink anything with caffeine, my addiction to caffeine kicks in and I am likely to be unkind to myself and those around me. My experience tells me I could become addicted to anything that changes the way I do, say, think or feel, selling out for less than 30 pieces of silver. If whatever is not loving, kind or useful it is a betrayal of True Nature, which is love in the image and likeness of our Father, Who is Love. We all have some of "Judas the betrayer," a self-righteous, punishing dark side of ourselves who "needs" to set right the perceived wrong doers, even if we are the wrong doer. Every time we do, say, think or feel something we know is wrong we betray our Higher-Selves. Not sharing the gifts and talents our Father blessed us with is one of the worse Self-betrays. Thy Love, Thy Will be done.

"Do small things with great love" Mother Teresa.



Life After L
"Pay Forward" Gift # 248

Today's "Pay Forward" gift is – Life After Life. On November 7, 2017 I wrote about "Thy Kingdom Come. Thy Will Be Done In Earth, As It Is In Heaven. I've been thinking a lot about Heaven being on earth. I don't know anything about life after life. Just in case there is an after- life for me, I want to take with me all the love I can. Practicing A.A.'s spiritual principles in all my affairs has given me a feel for Heaven here and now. I choose to kiss up to our Father as long as I am on earth. My chances are better in this life with a genuine openness to change. When a crisis comes, I don't resist the needed change, in fact I am willing to turn to our Father for His loving guidance. Looking back on many of my crisis' it is clear that they were opportunities to change into what I really wanted. I've had an invisible means of Support all my life. Because I have A.A.'s spiritual tools I need not run away from crisis any more. The more I perceive our Father's Presence the more I realize His Will is pure Love. I've been a witness and I've experienced what ordinary people, even alcoholics, accomplishing extraordinary things. Each of us are given special gifts, let us express them in a spirit of love, here and now, not waiting until we become perfect, what we have to offer now is enough. Thy Love, Thy Will be done.

Come, let us love one another

The Heavenly Promises
“Pay Forward” Gift # 249

Today’s “Pay Forward” Gift is - The Heavenly Promises. I wrote about Alma Deutscher a child prodigy. Since then I’ve heard of other child prodigies, reinforcing my belief that these children are demonstrating the meaning of Heaven in earth. “We are going to know a new freedom and a new happiness.” Freed from our self-imposed hell. “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.” Our past becomes fruitful assets. “That feeling of uselessness and self-pity will disappear.” We awaken to our given purpose. “We will lose interest in selfish things and gain interest in our fellows. Self-seeking will slip away.” Self-giving becomes a way of life. “Our whole attitude and outlook upon life will change. Fear of people and economic insecurity will leave us.” Love cast out all fear. “We will intuitively know how to handle situations which used to baffle us.” We become fluent in our first language, silence. “We will suddenly realize that God is doing for us what we could not do for ourselves.” As we surrender all. “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.” I believe Heaven is in the image and likeness of the prodigy children’s gifts and talents. Thy Love, Thy Will be done.

“Do small things with great love” Mother Teresa.



Befriending And Disarming
“Pay Forward” Gift # 250

Today’s “Pay Forward” gift is – Befriending And Disarming. Bill O. a long-timer in A.A. was the first person in my life that I felt saw the unexpressed good within me. I always knew I was better and more loving than I was demonstrating. Bill would tell others how well I was working A.A.’s program and some of the spiritual experiences I was having. I had a hard time trusting anyone, so if he had told me the same things directly I would have thought he was conning me, I didn’t know how to accept compliments at the time. I enjoy saying a simple “Thank you” and feel grateful. I have made a point to share the good I see in someone to others. I love the affirmation, “I silently extend [meaning - asking our Father for] whatever would be the most fulfilling [the name of whomever – friend of not-friend]. This is the perfect gift to both give and receive.” When Cliff R. had a resentment he could not let go of, his sponsor had him go to that resented person and ask him for some person advice. After that, Cliff said he learned to let go of resentment faster. When we know someone has been putting us down, we can tell others some good things about them. We may not befriend them and my not want to, but at least in our mind we have disarmed them. Whatever we want let us give it away and it multiplies for us. Thy Love, The Will be done.

Come, let us love one another

Wearing Out The Prodigal Son
"Pay Forward" Gift # 251

Today's "Pay Forward" gift is - Wearing Out The Prodigal Son. I keep using the Prodigal Son, turning Home, perhaps too often, as a metaphor. I find myself using it even for some petty stuff. When I am doing a wrong that I want healed and forgiven it is best for me to return to our Father, with or without the Prodigal Son. I am better off taking Mother Teresa's suggestion. "Do small things with great love." What will I use when my wrong is more than petty? If it is taking up space in my mind I am reminded there is nothing too petty, or too great not to address. I think I will paraphrase Mother Teresa; I will do great things and small things with great love. "Draw nigh unto to God and He will draw unto you" - I cannot draw near to Him when I doing wrong or not doing a loving right. A cup of the old drug of guilt and punish draws nigh, to avoid this I am willing to own the problem and surrender it over to our Father and request what I really want. Sometimes that works just fine, but at times, because I really want it to be done I fool myself into believing all is forgiven. If It's not "done," I have been known to come down too hard on another person who had nothing to do with the problem. I pray our Father will transform this defect into an asset, soon. Thy Love, Thy Will be done.

"Do small things with great love" Mother Teresa.



Unexpected Miracles
"Pay Forward" Gift # 252

Today's "Pay Forward" gift is – Unexpected Miracles. "Every oak tree started out as a couple of nuts who 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 and millions of us followed. 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 it 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 this 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. When I came to A.A. I was willing to just survive and in some of my darkest moments I did even want that. Then came so many unexpected miracles, by our Father's grace. Thy Love, Thy Will be done.

Come, let us love one another

Keep on Keeping on
“Pay Forward” Gift # 253

Today’s “Pay Forward” gift is – Keep on Keeping on. I repeat this request a lot. If we keep on doing the things we are guided to do, we will continue to awaken and grow. Every time we truly turn to our Father with our overflowing heart, and an open-mind, as our One True Source, our trust and faith in His Love and His Will expands. Faith works on and on and on after reason is all exhausted. Once our faith becomes a working reality it is constantly fed by our practicing A.A.’s spiritual principles. In the beginning of my A.A. journey I had no faith to guide me through the unpaved back road of my personal “reality,” the dark, damp corners of my made up world of illusions, so I got a sponsor. I borrowed a little faith from a few A.A. members who seem to have plenty to spare, until I could, by our Father’s merciful, loving grace, have a little faith of my own. My new found faith enabled me to pray and meditate as a willing beginner. For guidance I sought out those who seem to have a peaceful heart, mind and soul, and was walking their talk inside and outside A.A. rooms. Those who sounded good in meetings, but outside A.A. rooms their lives was a disaster, they were proof that, “Faith without works is dead.” Practicing A.A. spiritual principles in all our affairs, gives us the key that unlocks the door to the Kingdom of Heaven. Thy Love, Thy Will be done.

“Do small things with great love” Mother Teresa.



Look Who’s Laughing
“Pay Forward” Gift # 254

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

Come, let us love one another

Upgrading Definitions
“Pay Forward” Gift # 255

Today’s “Pay Forward” gift is - Upgrading Definitions. Letting go of our old definitions and replacing them is useful. The word pure turns me off. In a meeting, a person told what a failure they were and could see no way out, and the idea of purification was out of sight. We I was new in Alcoholics Anonymous any good thing was out of the question. If I had heard the word pure I would have known for sure I was in the wrong place. There was nothing pure in my life. “We are not saints. The point is we are willing to grow along spiritual lines.” My present understanding tells me that’s purification can be useful. If I take a glass of muddy water and dip out part of the mud and then keep putting in clear water that is an act of purification. Working the Program to the best of my ability is dipping out some of the mud. Living the Program daily is putting clear water, an act of purification. I realized I didn’t have to do the purification alone; the grace of our Father within was doing the works. Doing what I believe is our Father’s Will, is purification. Sharing the love, the healing, the teachings and the forgiving I am given, opens me up to a deeper purification, more in the image and likeness of their intended purpose. Come let us accept our Father’s definition of purification; revealed through prayer and meditation. Thy Love, Thy Will be done.

“Do small things with great love” Mother Teresa.



Paraphrasing Tradition Five
“Pay Forward” Gift # 256

Today’s “Pay Forward” gift is - Paraphrasing Tradition Five. “A.A.’s Twelve Steps [and Twelve Traditions] are a group of principles, spiritual in their nature, which, if practiced as a way of life, can expel the obsession to drink and enable the sufferer to become happily and usefully whole” Twelve Steps and Twelve Traditions. Paraphrasing A.A.’s Tradition Five re-centers me in our Father’s purpose for me. Each of us has but one primary purpose; to carry our mission message; our Father’s will. I believe each of us has one primary mission; to be the created individual we are. A.A.’s way of life has given millions around the world the tools we need to carry out our primary purpose. Living A.A.’s program to the best of my ability, sometimes well done, sometimes just doing it is carrying the message. “Do you love me?” Yes, Father. “Feed my children, your brothers and sisters.” Out of enlightened self-interest I center my focus on sharing what I am given as my singleness of purpose and it increases. If we don’t give away the love we already have, we will not gain the increase or grow. If we don’t grow we are stuck in the past. Come let us share the love we are with one another. Sometimes the changes are coming so fast I have to have our Father upgrade my primary purpose. Practicing A.A.’s program in all our affairs will chip away all that is not our True Self. Thy Love, Thy Will be done.

Come, let us love one another

Scars and Wrinkles
“Pay Forward” Gift # 257

Today’s “Pay Forward” gift is - Scars and Wrinkles. Sometimes I wonder who I am. I don’t feel like I am neither good enough to be among the really good nor bad enough to be with the really bad. I don’t feel like I am a worker among workers, just a worker. I’m like a stained glass window, I sparkle and shine when the sun is out, for a while, like a fix. I feel like I sparkle within when that light is the Divine Light shining through me. Most of the time I don’t mind revealing my stains, scars and wrinkles. I don’t think it’s honest to hiding what makes us unique. I don’t mind letting other know about my wounds but I am not sure which ones to show them without showing off. I have Spiritual wounds. I have mental wounds. I have physical wounds. I have emotional wounds. I have social wounds. My teachers are those who know when and how to show their scars, stains, and wrinkles, a true work of art. When I feel I am in conscious union with our Father’s Will I am open to share all I am aware of. Let us not draw the shades within or without that blocks the sunlight or the Divine Light. In Alcoholics Anonymous we are like a crystal creating a rainbow from within shining outward into the world, having the Divine Light and the light of our human condition, reflecting a deep sense of gratitude. Thy Love, Thy Will be done.

“Do small things with great love” Mother Teresa.



Do I Ask Too Many Questions?
“Pay Forward” Gift # 258

Today’s “Pay Forward” gift is – Do I Ask Too Many Questions? I awakened this morning with a whole list of questions. How can I worship our Father in Spirit and Truth? How can I love all of His creatures as if they are me? How can I demonstrate my love and service for our A.A. Program this day? How can I practice our Father’s Omnipresence? How can I practice His Love and Will for me today? How will I rewrite and rewire my personal “reality” in alignment with His Will? How can I listen better? How can I become more fluent in our first language, silence? How can I accept the Reality; it is our Father within each of us doing the works, called life. How can my faith and trust in His Love and His Will being done. How can I join my finite mind with our Father’s Divine Mind? How is it I am still breathing? How can I be more effective serving those I am drawn to? How can my prayers, meditations, affirmations and contemplation be as You intended, Father? Father will You cause my physical body to be healed, made whole, even as You designed it? How can I accept all the promises our A.A. Program offers and share them? How can I just let myself be as I am created to be? How can I stop asking so many questions? Father would You tell me the questions to ask? Thy Love, Thy Will be done.

Come, let us love one another

Effort
“Pay Forward” Gift # 259

Today’s “Pay Forward” gift is – Effort. “It’s the constant and determined effort that breaks down resistance, sweeps away all obstacles.” (Claude M. Bristol) In what areas are you willing to put extra effort into? What motivates you to go the extra mile, to perform at your highest level? Hidden within that commitment our heart’s desire, our created purpose may be found. We are all here in this world to express our given purpose. Needless to say we shall never be truly happy and fulfilled being anything else. Fulfilling our heart’s desire will co-create a better world. When we are doing the right things for the right reasons, we will help co-create the right world we long for. “Choose the difficult right over the easy wrong.” Now, That’s what I call the true singleness of purpose. When we fall in a ditch let us get out as fast as we can, dust ourselves off and continue on I intended path. “A double-minded man is unstable in all his ways.” (James 1:8). Our personal “reality” is powerless over the Power of Love. By the way our true heart’s desire is love and our Father’s Will. We cannot change our Father’s Mind or Will, but we can change ours. Thy Love, Thy Will be done.

“Do small things with great love” Mother Teresa.



What About Love?
“Pay Forward” Gift # 260

Today’s “Pay Forward” gift is - What About Love? What has caused me to experience the deepest fulfillment? Love! What has caused me the most problems, pain, shame, guilt, fear, and anger? Love! What or who do I hunger and thirst for the most? Our Father/Love! To think about love, to talk about love, to do little acts of love are at best shadows or temporary fixes of love and causes me to hunger and thirst for more love. When love touches my heart I feel, I experience a love and gratitude deeper than words, tender intimacies and I know it is the Presence of Grace. When I experience a true intuitive knowing that too is deeper than words and I know it is the Presence of Grace. Out of enlightened self-interest I share all the loving acts I can, knowing that will not earn me our Father’s loving grace. Doing loving acts helps block the stuff that causes me guilt, shame and illusions of separation. Let our love and light shine before others, that they may see our loving works and glorify our Father within. Let our love radiate so brightly we need no words to explain our desires. Our loving journey is not always easy, but it is our True Nature. Most of us have invested in too much in not-love. There is always a Loving guiding Light within us, call on It as often as you please. Come let us love one another while waiting on His Grace. Thy Love, Thy Will be done.

Come, let us love one another

Miracle A Chain of Events
"Pay Forward" Gift # 261

Today's "Pay Forward" gift is - Miracle A Chain of Events. At the beginning of a Spiritual transformation everything stopped working, even my understanding of Alcoholics Anonymous. When I stop fighting everyone and everything and surrendered to our Father, it passed to the next stage, awakening. What a joyful time that was, everything was upgraded. The meeting I was in or the book I was reading or the person I was with got the credit for the awakening, instead of the transformation cycle. I had to let that idea go before I could return to our Father as my only True Source, accepting that the experience was part of a Spiritual transformation cycle. When the awakening comes everything takes on a deeper meaning. Yesterday I experienced a chain of events which began months ago. Our Father had set this chain of events into action, in which I was completely unaware of. I remind myself there is always a purpose, which encourages me to look for the good or constructive. To avoid a lot of pain and depression when important areas in my life stop working I ask myself two questions. 1. Am I doing something I should not be doing? 2. Am I not doing something I know I should be doing? If correcting these two does not help within two weeks, I accept it as the beginning of a transformation cycle, I stop fighting the process and I keep turning it over to our Father, and let Him have His Way. Thy Love, Thy Will be done.

"Do small things with great love" Mother Teresa.



Yes
"Pay Forward" Gift # 262

Today's "Pay Forward" gift is – Yes. Today let us say yes to everything we experience in a constructive way. Let us focus our yes on those things we want. "Yes, is a sure sign affirming of 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 it." "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 everything is possible." "Yes, I am responding to love, I am living, loving this moment." "Yes, I am expressing loving, constructive feelings, energizing me." "Yes, I am celebrating Breath Day, grateful for every breath, inhaling the gift of life and expelling what is spent." "Yes my life has meaning; leading others to say, yes. "Come let us say yes to the love we are, living, loving one breath at a time. Yes, Thy Love, Thy Will be done.

Come, let us love one another

You Again?
“Pay Forward” Gift # 263

Today’s “Pay Forward” gift is – You Again? I had an agreement with myself not to dwell on negative thoughts or feelings for 40 days. Anger, fear or any negative thoughts or feelings wouldn’t count against me as long as I didn’t dwell on them. I was to follow Emmet Fox’s Seven Day Mental Diet, for 40 days. If I were sitting by an open fire when a red hot cinder flies out and falls on my sleeve, if I knock that cinder off at once, no harm is done. But if I don’t I’ll have a hole in my sleeve. If I dwell on or entertain a negative thought or feeling my problem digs in and becomes a resentment. Well, I did not knock the red hot cinder [negative chatter] off soon enough. So I fell off my good intention wagon. I decided had better do a Radical Forgiveness on those I had the problem with, but first I chose to do a Radical Self-forgiveness. Before I was half-way through I realize one of my defects, which was in denial. Example, I had been successful in a business for ten years. At some point I lost interest and just started to hang-out, not taking care of things I should. Most people didn’t notice, because I am, at times, a well disguised workaholic, activity and productivity is not the same. Disappointed in myself makes me a candidate for some loving radical training for making a good difference. Thy Love, Thy Will be done.

“Do small things with great love” Mother Teresa.



Radical Choice
“Pay Forward” Gift # 264

Today’s “Pay Forward” gift is – Radical Choice. Yesterday I wrote about falling off my good intention wagon for my 40 day mental diet. I did a Radical Self-forgiveness that resulted in my denial breaking down about my old “Ebb and Flow” defect. Later I did a Radical Forgiveness for those I had a problem with and lo and behold another old defect came forth. I will get a firm idea how something should turn out, and get upset when it doesn’t. Example, Based on some misinformation I had come up with a high-dollar amount for the cost of moving and storing of our stuff out of our condo due to hurricane Harvey. As it turned out the cost was more than double. I got angry because we were being ripped off, according to me. That anger was caused by my faulty judgment, not the market place in which I knew nothing about and didn’t check it out. This long-term defect can come about in anytime, with any person, place or event. I waiting two days, then I restarted my diet. Once again I see how important it is for me to own my part; both the good and bad, enabling me to surrender all I am aware of, to our Father. By accepting my part I uncovered a little more of who I am and I willingly offer myself up for an upgrade. Letting go of what I am here and now, makes my chances of becoming my intended Created-Self better. Thy Love, Thy Will be done.

Come, let us love one another

A Half True
“Pay Forward” Gift # 265

Today’s “Pay Forward” gift is - A Half True. It is You, Father within me doing the works that we call life. I have a problem with the saying, “All we have to do to get 61 years of sobriety is don’t drink and don’t die.” The statement is a half true, just not drinking alcohol is a dry state of mind and body, if we are not living the A.A. spiritual principles. Sobriety is living A.A.’s principles in all our affairs. It is humbling to realize how much time and energy I’ve wasted just being dry. I am reminded it is our Father within doing the works call life. It is my personal “reality” experiencing the illusions of separation I made up. The struggle takes place when I remember our Father’s Presence within, yet falling far short of His Will for me. There are some deeply rooted error beliefs or habits of thoughts and feelings within me that are not yet transformed into useful assets. Trying to correct those errors with the mind that made them up is not likely; they need crossing out (crucifying) by our Father within. This is a process of soul evolution or transformation into assets. Practicing A.A.’s spiritual principles prepares us for a rebirth. Our resistance to change is our struggle, our Gethsemane, I can do what the greatest teacher said, “Not my will, but thine, be done.” Thy Love, Thy Will be done.

“Do small things with great love” Mother Teresa.



Our Uniqueness
“Pay Forward” Gift # 266

Today’s “Pay Forward” gift is – Our Uniqueness. Father I do love You, and my Hero, Your Son, plus all my Spiritual teachers. I am taught by your inspired words and my daily events. I want You and I need You and Yours; an understatement. The only real power we have to do anything is given to us, by the same Power that created us. We are all users, out of enlightened self-interest we can be transformed into one willing to be used. A.A. gives us the ability to choose our best friend. Our best friend is someone who will put up with our craziness and inadequacies but still accept us and be there for us. Out of an enlightened we may choose ourselves as a best friend, accepting our own uniqueness, otherwise it will be difficult to accept another as a best friend in their uniqueness. When our best friend does something wrong, dangerous, or stupid we can forgive them as if we are forgiving ourselves, because we are. Having a common cause or purpose is the basic characteristic of friendship, that’s why it’s easy to have friends in A.A., but a best friend is someone uniquely special. Let us accept our uniqueness and free others to be themselves and we will attract someone special that complements our needs as a best friend. How can we become a best friend today? Thy Love, Thy Will be done.

Come, let us love one another

Called Into Question
"Pay Forward" Gift # 267

Today's "Pay Forward" gift is - Called Into Question. It is You, Father within me doing the works that we call life. Yes, I know that's true but during my high or low extremes, I think, feel and act as if my life is all up to me or someone or something outside of me, in other words not the Boss. This morning I heard from a person who is very disappointed in me for not being the loving, supporting individual he thought I should be. He called me a loveless Pharisee. Of all the things I do not want to be is loveless and or a Pharisee, yet at times I come across as if I am. His statement has caused me to call into question what I do, say, think and feel. My accuser was correct, some of the time. I have lots of room for improvement, alone and unaided it will not be done at the level I would hope and pray for. I am a Prodigal Son once again, who must return to our Father within, praying for His loving mercy. "For whom the Lord loves He chasten, and scourge every son whom He receives." (Hebrews 12:6) Then our Father must surely love me. I am willing to act as if I am a faithful son and loving brother to all, while I am waiting on our Father to have His way with me. Thy Love, Thy Will be done.

"Do small things with great love" Mother Teresa.



An Inside Job
"Pay Forward" Gift # 268

Today's "Pay Forward" gift is - An Inside Job. Life is an inside job. "Don't call me good, it's the Father within me doing the works." It's a waste of time and energy seeking fulfillment from the outside. A quick fix may still work but not fulfill us for long. It is a grave mistake to blame or explain the way we experience life on other people, places and things. When we do we have to wait for someone or something outside us to change. We give up our right of choice and change to another "force" outside ourselves. It is like light giving up its power to darkness. Where does the darkness go in the presence of light? Nowhere, because darkness has no life of its own. Let us look within and realize the Presence, Light and Love we long for. "Behold, I make all things new." (Revelation 21:5) A.A. is a great place to practice our reaction to change. "Behold how good and how pleasant it is for brethren to dwell together in unity!" (Psalm 133:1) "On my first visit to Heaven as an outside consultant, I was surprised to see so many angels with only one wing. I asked one of the angels why he wasn't healed of his affliction. He didn't answer but simply turned and embraced another one winged angel, and off they flew." I am reminded of how one alcoholic sharing with another alcoholic can turn into a loving event. Come let us embrace one another causing a loving event. Thy Love, Thy Will be done.

Come, let us love one another

Seeing
“Pay Forward” Gift # 269

Today’s “Pay forward” gift is – Seeing. The world I see through the eyes of fear and negativity lacks all I really want. The world I see through the eyes of love and a faith in our Father’s mercy and grace is what I really want. Our fear made up the lie that we are separate, alone and unaided, causing us to see a fearful negative world. Alcoholics Anonymous has given me a way to turn from what I don’t want to what I do. When the unwanted guest, fear, negativity and darkness show up I can choose to treat them as an unwanted guest. I can turn them over to our Father for Him to deal with instead of me. I can turn to His Divine Light and the darkness will vanish into the nothingness it is. I can choose to see others and myself as if I am seeing for the first time the love we are. I can see our Father’s Presence in, around and through each of us. I can silently affirm that I am releasing others and myself from a fearful and negative world view. Together we can join in seeing the loving world, full of opportunities to share the way of life we want, even for this instant, without the Lightless darkness of fear. Letting go one instant at a time, experiencing the Presence in this present moment can be done, if we let our Father do it through us. He is never separate from His creation. Thy Love, Thy Will be done.

“Do small things with great love” Mother Teresa.



Daily Obstructions
“Pay Forward” Gift # 270

Today’s “Pay Forward” gift is - Daily Obstructions - The nature of seeds shows their hidden power and wisdom. Even when they are paved over, they know which way is up. They intuitively grow up toward the light and life. They push their way through obstructions, deal with adverse weather, and cope with pest and poison to complete their mission here on earth. Sometimes a plant must give up a part, be it pruning or natural loss. Most likely, they don’t worry about what others think or experience guilt for their past or what their future will bring, they just live in the present. Our Father planted us as seeds in Alcoholics Anonymous, where we may call on His Power and Wisdom when we are paved over and feel boxed in. We can intuitively grow up toward the light and life. We can stay sober and push our way through daily obstructions. We have the tools to deal with adverse weather, and cope with termites and be free enough to complete our mission. We have to give up part of our personal “reality” be it pruning or natural loss, to bear and share our fruit. We can learn to live, move and have our being in the present moment in our Father’s Present and leave the past and future in His care. Remember seeds and plants also have quiet times in which they restore and nourish themselves. Let us take time to restore and nourish ourselves, with a little prayer and meditation. Thy Love, Thy Will be done.

Come, let us love one another

My Silent Invisible Witness
"Pay Forward" Gift # 271

Today's "Pay Forward" gift is – My Silent Invisible Witness. I have a friend in the Program that had a problem with alcohol and "outside" stuff. He had a burning desire to have more than "enough" of the "outside" stuff of his choice. While walking on the beach he found a whole bundle of the "outside" stuff. Having his burning desire more than fulfilled almost done him in. I have experienced a good many miracles since I came to A.A. but none I know of before, or at least what I would call a miracle today. However, I did have an invisible means of Support Who kept me alive and still in one piece through my drinking days, that's a miracle. I could never turn water into wine. Wine was not the alcohol of my choice anyway. I do have a burning desire to receive guidance from the one Who could change water into wine. "His mother said to the servants, "Do whatever he tell you" John 2:5. Giving my consent to follow whatever I am guided to do and to be, is very good advice for me. Among my most cherished gifts I've received from grace is my Silent Invisible Witness; my prayerful waiting to experience guidance and a conscious union with our Father. It's my version of a spiritual discernment as I practice our Father's first language, silence. Plus the promise, "We will intuitively know how to handle situations which used to baffle us." Thy Love, Thy Will be done.

"Do small things with great love" Mother Teresa.



Harvest
"Pay Forward" Gift # 272

Today's "Pay Forward" gift is – Harvest. I plant the seeds for the things I want, into the divine ground prepared for me. I tend to these plants until they bear the desired fruit. I harvest the fruit and nourish myself and share the abundance with whomever our Father Wills. Planting the seeds is call affirmations. The divine ground prepared for me is Alcoholics Anonymous. Tending to these plants is practicing AA as a way of life, which nourish me. I share the awakened life with those I am drawn to. Alcoholics Anonymous is the most fulfilling and interesting of all. I am awakened to the discovery of Life's Principles, in a way that works. I realize today it is our Father within doing the works, no wonder it works. I am learning how to co-create my day by practicing AA's Spiritual principles in all my affairs. By our Father's grace we are given the best. You and I can discover a Spiritual relationship between us and our Father within. Let us let go of idea that our Father has delivered some message to others but withheld from us. A.A. gives us the tools to overcome our superstitions, of fear and ignorance. Practicing A.A. Spiritual principles causes the unreal we have invested so much to pass away, into the nothingness it is. We are given a way of life we can live by, which is both immediate and personal, as the doors of our consciousness are cleansed. Thy Love, Thy Will be done.

Come, let us love one another

Keeping A Secret
“Pay Forward” Gift # 273

Today’s “Pay Forward” gift is – Keeping A Secret. I will tell you a secret if you promise not to tell, but if you do tell make that person promise not to tell. There is within – around – and through each of our Father’s creators His Omnipresence. The food we ate is already being transformed into flesh, and bone, thoughts and feeling, energy and rest, in other words everything we call life, beyond our human pay grade. I’ve shared this secret before, but I need to remind myself of its importance. There must be something within my personal “reality’s” bag of tricks that keeps me from living this wonderful, powerful Truth; our Father’s Presence 24/7. I don’t remember promising to keep our Father’s Presence a secret but I must have. However, it’s insane not to live as if it is True and always available to the likes of me. Our 2nd Step promises that we could be restored to sanity. I would like to share an expansion of this secret, please don’t keep it. Because, our Father, our True Source of life is Omnipresent, which means every relationship we have is with Him. If we would not keep the Reality that everyone is a Divine expression a secret we would treat everyone as if we are sacred. Just for now I am seeing through the eyes of a loving grace, I’m seeing you and I as Divine beings. It feels so good I think I will do it the next time it’s now. Thy Love, Thy Will be done.

“Do small things with great love” Mother Teresa.



Hidden Within No More
“Pay Forward” Gift # 274

Today’s “Pay Forward” gift is - Hidden Within No More. I am receiving whatever it takes to do Your Will, and 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. Here are my opportunities and my problems, please do whatever You Will, Father. I am a worker but I would not be in this world if You had not created me. Am I fooling myself as to whom I am working for? Hidden within my Spiritual affirmations is the question, am I working for me, my will or Yours Father? I don’t have to look very far backward to remember what shape I was in when I came to A.A., demanding to have my will done, and not knowing what to do with whatever came to me, when I did get “it.” My success began when I started working for Your Will, Father, and praying that my will could be in alignment with Yours. I am learning to honor my total self, while remembering Who the Boss is. We are all given a purpose which is our Father’s Will, and it becomes clearer when we come from a place of wholeness instead of an illusion of separation. Let me remember to worship the One Who gave us a meaningful purpose, and go about doing our little part. Father Your Holy Presence within me and all Your creators are hidden no more. Thy Love, Thy Will be done.

Come, let us love one another

Reverence and Compassion
“Pay Forward” Gift # 275

Today’s “Pay Forward” gift is – Reverence and Compassion. Our Father/Creator created each of us as an individual Divine Design with a purpose, His Will to be done. I pray to treat that part, known or unknown with reverence; surely it is a direct descendant of our Father. Each created being is given a free will, exercising this free will we build a personal “reality,” our world view. For one reason or another most humans try to contact their Higher Power/Creator. For many of us this action is more like the Prodigal Son turning Home. I choose to respect everyone’s right of choice by being compassionate toward them. Out of enlightened self-interest practicing reverence and compassion has become a burning desire. It is important for me to look upon and treat others the way I want to be seen and treated. The wisest being ever once said something like, we need to think, feel and act toward others as we want others to think, feel and act toward us. When I withhold reverence, compassion or love I “know” others do not love and or respect me. I awakened to the simple truth; I must give away what I want to keep and expand. The extreme opposite of a materialist world view I had. I am willing to go into radical training; practicing silently and or openly extending reverence and compassion, one being at a time, starting with me, and then whoever comes to mind, no matter who that is. Thy Love, Thy Will be done.

“Do small things with great love” Mother Teresa.



Serving Others
“Pay Forward” Gift # 276

Today’s “Pay Forward” gift is - Serving Others. By Your grace Father I am loved, healed, taught, forgiven, empowered, enlightened, enriched, communicated to, co-created with and awakened. I have experienced all of those Spiritual gifts throughout these 60 years of my A.A. serendipity journey. Yes, but without all of you who have share your life with me I would not have had a place, nor anyone to share these loving gift of grace. You have given me opportunities for service and service is the most important expression of love I know of, thank you. It is safe to say we desire a satisfying purposeful life. What better way to accomplish having one, than the giving of ourselves. Part of life’s journey is finding that things or any temporary fix will not give us the satisfaction we long for. A.A.’s eternal message is to serve others, getting out of ourselves and we find real satisfaction. It is not about getting acknowledgment or thanks, but the inherent joy that comes from doing for others. Other defect of selfish self-centeredness is transformed into enlightened self-interest. Let us share the loving gifts we are given and watch what it does for our life. Let’s not wait for someone to ask for our love when we intuitively know their cry for help or love let us silently extend it to them and watch what happens to us. Thy Love, Thy Will be done.

Come, let us love one another

Great Moments
"Pay Forward" Gift # 277

Today's "Pay Forward" gift is - Great Moments. My greatest moments are when I feel a deep love and gratitude, and I feel I have made a good difference. I feel like I am in conscious union with our Father's Will for me, no doubt there is a purpose for me. I have stored in my subconscious storehouse too much to the contrary. I am ready to get acquainted with all of me, both the good and the bad. This, I believe is the only way I can surrender all of me to be transformed, healed. I don't need to know these defects in detail but to realize and own the patterns. I am willing to exorcise and exercise daily, perhaps at the same time, since my mind, body and soul are a unit. I want to exorcise all that is not our Father's will, the useless, harmful bad habits, behavior patterns that block me from the individual I want to be. My exorcising is to include the too limited good and well as the bad. My exercise is to include all that I am grateful for and I believe is following our Father's Will. Let us look for the good in others so we can see it in ourselves. Let us forgive others for the harmful, useless patterns we see in them so we can forgive ourselves. Let us extend to others everything we want for ourselves. Come let us exorcise and exercise our whole being this day. Thy Love, Thy Will be done.

"Do small things with great love" Mother Teresa.



Being Receptive
"Pay Forward" Gift # 278

Today's "Pay Forward" gift is – Being Receptive. 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. This simple affirmation repeated with feeling deepens my faith in our only True Source; a reminder of His tender mercy and His grace. Our Father's grace extends to all; we are all equal in favor with Him. I could not or would not believe that until I had lived A.A.'s way of life for some time, and letting go of my made up illusions built on unfairness and self-pity. Awakening to the importance of forgiveness; letting go of the past, thereby giving me the means to correct my misperceptions. Our Father, as the great creative principle, will always meet us more than halfway. By becoming receptive to His grace, we receive a measure which exceeds any of our imaginings. Through His grace we are forgiven and healed. Let us go fearlessly beyond the words into union with the spirit of grace and mercy. Becoming who we are is an outstanding benefit of practicing A.A.'s way of life, opening us up to our Father's grace. We would not be at this turning point without going through all we have gone through. We are not so damaged that our Father's healing, loving grace cannot restore us to His Divine Design. Let us remember it is our Father within doing the works we call life. Thy Love, Thy Will be done.

Come, let us love one another

Ordinary Actions Become Extraordinary
“Pay Forward” Gift # 279

Today’s “Pay Forward” gift is - Ordinary Actions Become Extraordinary. I see Your Presence with my eyes of an intuitive faith. People who act in spite of their fear are the truly brave. Those who live their God given purpose, no matter what, are the truly brave; however they cannot live with themselves if they don’t. I heard about a person who put his life at risk to save a stranger. When he was asked why he would risk his life for the stranger when he had loved ones at home, he said he could not live with himself if he had not. I believe that our Father within awakens the hero within all of us. Ordinary actions can transmit His Love and His Will. When A.A. becomes a way of life we are motivated to give of ourselves asking for nothing in return and our ordinary acts become extraordinary. In an extraordinary way our selfishness is transformed into an enlightened self-interest, it’s better to share the love we are, and it will multiply. Our awakening or rebirth may come while we are busy serving others. Thy Love, Thy Will be done.

“Do small things with great love” Mother Teresa.



Friendship
“Pay Forward” Gift # 280

Today’s “Pay Forward” gift is – Friendship. While I was preparing today’s “Pay Forward” gift, I was thinking of my friend John C., who is celebrating 50 years of sobriety today. Over these 50 years I have witnessed him paying forward a great many gifts. “Love isn’t blind; it just only sees what matters” William Curry. Father I am and so is John as You created us, Your sons and loving brothers to all. Friendship is based on our common cause or purpose, which is one reason we have so many friends in Alcoholics Anonymous. The friendship between a sponsor and one they sponsor is like a couple I saw on Dancing with the Stars on TV. They were not struggling with each other; one was leading and the other willingly followed. When the two become a team their movements flow in harmony with each other. When both try to lead a struggle followed. “Friendship is the golden thread that ties all hearts together.” (Anonymous) An ideal prep for dancing with another is to practice dancing with our Higher Self. Trusting in our Father to lead is the wisest step to follow. The rhythm we should all be dancing comes from our Father. It allows us to move as a team while creating our unique dance of life. “What the world needs is spiritual conviction followed by spiritual experience” The Science of Mind. A.A. offers us a spiritual awakening, followed by passing it on. Thy Love, Thy Will be done.

Come, let us love one another

Dwelling Too Long On What's Not
"Pay Forward" Gift # 281

Today's "Pay Forward" gift is - Dwelling Too Long On What's Not. I am receiving whatever it takes to do Your Will, and Your Love, Father, for that I am truly grateful. Without the gifts of Your Will and Your Love expressed within, around and through, I have no life, because there isn't any. "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) No matter what the problem the solution and my fulfillment are Your Will and Your Love. A clear sign I am off the road I must travel is when I am back into my self-centeredness, love-less-ness. I choose to return to love as soon as possible. I cannot afford to delay and let my enemy; fear and selfishness dwell too long. I believe in our Father's Will and Love, opening me to His grace, His miracles. Miracles do not defy the laws; they fulfill the Spirit of the law. Miracles do not change the true nature of life but changes our experience of life. Is it any wonder we see A.A. first as a miracle of perception, then an inspired expression of our Father's grace; revealing His Will and His Love. What was unthinkable and unreachable becomes a daily event, depending on our Spiritual condition. Thy Will, Thy Love be done.

"Do small things with great love" Mother Teresa.



To Worship In Spirit And Truth
"Pay Forward" Gift # 282

Today's "Pay Forward" gift is – To Worship In Spirit And Truth. Our Father does not rest from His works every seven days; if He did we would really have problems. A very wise person said, "Sabbath was made for man, man was not made for Sabbath". I choose to have a rest time, Sabbath, every day, from my useless chatter. I daily spend time in prayer, meditation, contemplation and affirmations within the silent invisible Presence of our Father. I am seeking realignment with His Love and His Will. I am learning to worship our Father in Spirit (consciousness of Wholeness; reverence) and Truth (His Reality, not mine), doing this I find rest and peace. As His children we are created in His image and likeness. I am learning to honor the Higher Self within each created being, silently in Spirit (conscious union) and Truth (spiritual discernment). As I practice seeking and finding our Father's Presence within each of us I am respecting and demonstrating reverence for His handy work. I choose to love and serve all I am drawn. As I embrace my undigested thoughts and feelings I own them and surrender them for an upgrade. We have a choice how we deal with facts; we can accept them with an attitude of an optimist or a pessimist. Let us radiate the love we are and rest in peace, A.A. offers us the tools and the place. Thy Love, Thy Will be done.

Come, let us love one another

Who Am I; According To whom?
"Pay Forward" Gift # 283

Today's "Pay Forward" gift is - Who Am I; According To whom? "To your own self be true and like the night follows the day you cannot be false to any man." Happiness and fulfillment is an "inside job." Only seeking that individual we are created to be, can we be joyful, happy and free. Ask yourself these questions: Who am I trying to please? Am I trying to please our Father? Am I serving humanity as well as myself? The effectiveness of anything I am doing depends on my Source, so who is my Source? My cares fall away when I choose not to be something someone else wants me to be, and choose to be that someone our Father intended. Only our Creator and our Higher Self can fully know us. Demanding another to respect or honor our life and works leads to disappointment. Even my love ones and family have a hard time understanding my ongoing increasing interest in Spiritual matters and service. Someone close to me tells me that I should be doing something of real value and stop wasting my life on a useless mission. I have a driving need to give of myself as a loving service, seeking to be the individual I believe I am created to be. I seek to make our Father's Will, Love my delight. Glory-seeking serves as a sign that I am not enlightened and off my mission path. Come let us love one another by being our True Self. Thy Love, Thy Will be done

"Do small things with great love" Mother Teresa.



Be Ourselves
"Pay Forward" Gift # 284

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

Come, let us love one another

Falling Short Again
“Pay Forward” Gift # 285

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

“Do small things with great love” Mother Teresa.



At The Door
“Pay Forward” Gift # 286

Today’s “Pay Forward” gift is - At The Door. 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. I will, I have, and I am. For this moment I only need to surrender myself, and let our Father have His Way. I see the unity of our Father’s Presence instead of the fragmentation of fear. Winter reminds me how important and enjoyable warmth is both within and without. Most likely we experience compassion for those who are struggling. We need not wait for winter or times of emotional darkness to turn within to the invincible warmth and express the love we are. All seasons are the best time to turn within to our Father for our warmth and love we seek and come together with our fellows to share our experience, strength and hope. “Here I stand at the door and knock. If you hear me calling and open the door, I will come in, and we will share a meal as friends.” (Revelation 3:20) Let us not wait any longer to open the door. Thy Love, Thy Will be done.

Come, let us love one another

Loving All Creators
"Pay Forward" Gift # 287

Today's "Pay Forward" gift is - Loving All Creators. "And the time came when the risk to remain tight in a bud was more painful than the risk it took to blossom." (Anais Nin) I want to love our Father with all my heart, mind and soul, loving all His creators. Our Father is Love, let me love all His children; praying for and encouraging all to find and live their purpose. A friend is one we have a common interest or goal, so I am not a friend to all, but wishing then well is loving. I need not approve or accept what anyone is doing or not doing, but I'm quick forgive all. I let go of the past by living in the Presence in this present moment. Not extending love and forgiveness to all my brothers and sisters is consciously absent from our loving Father, that's painful. Our Father is within every atom, every cell as an individual Divine Design as us. With a tiny bit of DNA we can be identified. Each cell is capable of growth, blossoming and being our created Self. What about the seed that was paved over, they know the direction is up, toward the light. They push their way through obstructions, dealing with all kinds of adverse conditions in order to complete their mission. Let us push our way through all obstructions to be the individual Divine Design intended, loving one another along the way. Thy Love, Thy Will be done.

"Do small things with great love" Mother Teresa.



Intuitive Wisdom
"Pay Forward" Gift # 288

Today's "Pay Forward" gift is - Intuitive Wisdom. 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, plus all of Your other gifts. There are times when Divine action is very strong and hard to resist. There are also times when our Father seems to forget us. I have learned in A.A. to keep on keeping on no matter what, both when I am inspired and uninspired, remembering this too will pass; this is a good case for an abiding faith, in our Father's grace, an attribute of Alcoholics Anonymous. I am reminded that there is always a purpose, even in wet and dry seasons. Our Father is omnipresent; He is within us closer than breath, even when doing the most ordinary actions. Let us be blessed with a transparent faith ever expending. 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. Our Father's Holy Voice, [Spirit, Consciousness of Wholeness, sacred] communicates with us through intuition. "We will intuitively know how to handle situations which used to baffle us." This is a great promise does come true, by grace when our personal "reality" is cleared up a bit; which comes by practicing A.A.'s way of life. One thing is necessary: surrender of self. The past is over and the future is not, let's enjoy now. Thy Love, Thy Will be done

Come, let us love one another

The Night Before Christmas
“Pay Forward” Gift # 289

Today’s “Pay Forward” gift is – The Night Before Christmas. When I was child I had a hard time going to sleep the night before Christmas. My mind was filled with hopes and dreams of gifts I wanted. My unlikely list of Christmas gifts unfilled ended in disappointment instead of gratitude. What I did receive was never enough, plus I compared the presents with what others received, “proving” they were loved more than me. I carried that theme into my active alcoholism. When I sobered up those illusions were still acting up. After I practice Alcoholics Anonymous as a way of life, my whole world view changed. I was willing to play the “cards” given me for my spiritual quest. I began to have spiritual awakenings, changing my list of desired gifts. I began to experience the reality that our Father’s Will – Gifts, were better than I could ever imagine. I began to experience gratitude instead of disappointment. I began to allow His Will, His divine creative energies, His abundance flow freely, bring wonderful gifts to share. While I was spiritually sleeping I began to compare my gifts and talents with others, and a divine discontent set in. Owning my limited view I surrender it to our Father for an upgrade and was blessed once again. I pray that I am open to receive our Father’s Christmas Gifts – His Loving Will. “The people who walked in darkness have seen a great light...” Isaiah 9.2. This Christmas Eve I am gratefully walking in His Light. Thy Love, Thy Will be done.

“Do small things with great love” Mother Teresa.



Spiritual Birthing
“Pay Forward” Gift # 290

Today’s “Pay Forward” gift is – Spiritual Birthing. All over the world two billion Christians are celebrating, the birth of the greatest Spiritual Being ever. All over the world within Alcoholics Anonymous millions will celebrate the awakening, the re-birthing of thousands of newly transform alcoholics and those using A.A.’s program for other addictions. Freely alcoholics have been given this powerful program, based on the Spiritual principles freely given to us by the One we celebrate today, we freely give our A.A. program to anyone who choose to use it, as long as they don’t call it Alcoholics Anonymous. It is difficult to understand that it is ok for members of Alcoholic Anonymous to use Christian Spiritual Principles, and not give much credit to Christianity or the Christian leaders who we receive so much from as long as we call it spiritual not religion. Bill Wilson, A.A.’s co-founder was asked about that and he replied something like he did not want people to think Alcoholics Anonymous was another branch of religion. Many alcoholics had been turned off by some unforgiving, judgmental people who called themselves Christians, but were not living it. We do have some A.A. Pharisee and Scribes, much like my computer, having lots of rules and no mercy. By the grace of a loving Father I was awakened to the reality that there is only One life, that Life is perfect, that Life is our Father’s Life, my life and your life. Thy Love, Thy Will be done.

Come, let us love one another

“Let there be....”
“Pay Forward” Gift # 291

Today’s “Pay Forward” gift is - “let there be....” Thank You, Father for this Intuitive Wisdom, Intuitive Faith, Intuitive Love, and Spiritual Discernment, for all of your Gifts. When we experience the Intuitive it is a deep knowing, not a wish it will be. Our Spiritual Discernment is seeing with the eyes of an Intuitive Reality. Today let us share our divine gifts, leaving this world better than we found it, with more love, more forgiveness and peace. Let us let all our illusionary clouds pass that are between us and our Father. Let us be willing to forgive all that obscures our Father’s Presence, His Will and His Love. Let us let go of anything or anyone that breaks our conscious union with our Father. Let us honor our relationship with our Father, as His children. Let us honor our relationship with our spiritual brothers and sisters. Let us offer our willingness to do and to be our Father’s Will and Love. Let us accept His tender mercy and be free and live our intended life. Let us be grateful for our divine inheritance. Our Father used a lot of “let there be...”, when He created you and I and the rest of this world. Instead of trying to control and force things to happen, let us let it happen and do our little part. Thy Love, Thy Will be done.

“Do small things with great love” Mother Teresa.



Germinating
“Pay Forward” Gift # 292

Today’s “Pay Forward” gift is – Germinating. Father, by Your grace I am loved, healed, taught, forgiven, empowered, enlightened, enriched, communicated to, co-created with and awakened. I am truly grateful to You and Yours Father for all I am and all I have, knowing it comes to me by Your grace, not my works. I am truly grateful to all my brothers and sisters who share A.A. with me, enabling me to carry out what I believe to be Your Loving Will for me. I am never able to express enough gratitude to wife who allows me all the time and space I need for sharing our Program and all who let me share their journey. There is a Kingdom of abundance within us and it is found by those who seek it and are willing to comply with a simple way of life, given to us. Let us plant the love seeds we are given, in the Spiritual ground prepared for us, and faithfully watch after those love seeds as they germinate and grow, bearing fruit to nourish us and to share. The results depend on our Father and never by our little works alone, but our little works are important as proof of our willingness for ourselves, we become co-creators. In order to attract more of the blessings already given us, that life has to offer, we must truly appreciate, being grateful for what we already have. The proof of our gratitude is to plant more love seeds and tend to them. Thy Love, Thy Will be done.

Come, let us love one another

The Essential Thing
"Pay Forward" Gift # 293

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

"Do small things with great love" Mother Teresa.



Already On The Road Less Traveled
"Pay Forward" Gift # 294

Today's "Pay Forward" gift is - Already On The Road Less Traveled. Father this is the day You made, let us rejoice in it. Let us share the love we are. Thank You for the gifts of Intuitive Wisdom, and Spiritual Discernment. My life is made up of your Gifts, which I am truly grateful. Taking a Spiritual path that is less traveled at first was difficult but it is worth the effort. Practicing A.A.'s Spiritual path at first was a road less traveled for most of us. Each time we travel this path it becomes easier and at some point it becomes a way of life. At first sober choices were difficult, but turned out to be the easier softer way. Following the Spiritual path of sober people that are living the A.A. way of life opens our eyes. As we awaken we realize the Spiritual path is well traveled, with very little risk. Only our Father's grace can transform our alcoholic chaos into a joyful, happy and free life, I am truly grateful. When we run into difficulties we can use the "Golden Key"; stop thinking about the problem and think about our Father and get out of ourselves by helping another. My "Golden Key" shortcut is saying the word Father, which shifts my consciousness from the problem to the solution. "The road leading to God does not entail a multiplicity of considerations ... but demands only the one thing necessary: surrender of self" John of the Cross. Thy Love, Thy Will be done.

Come, let us love one another

Our Unique Tool Kit
“Pay Forward” Gift # 295

Today’s “Pay Forward” gift is – Our Unique Tool Kit. By Your grace, Father we are loved, healed, taught, forgiven, empowered, enlightened, enriched, communicated to, co-created with and awakened. These ten gifts are a unique set of tools, but not exclusive, given to each of us that practice Alcoholics Anonymous’ Program. With these tools we can join the increasing awareness of A.A.’s most fulfilling Program. Let us set our sights high, the higher the better, remembering it is our Father doing the works not us alone and unaided. Let us expect the most wonderful things to happen, not in the future but here and now. Each of us was given a purpose when our Father created us, unique and unrepeatable. Practicing A.A.’s Program in all our affairs chips away all that is not the unique being we are. Life is a series of changes; let us embrace them, accepting them as angels bring us a message. As we learn to love our changes, our love changes. Accepting our own uniqueness we will not need to dominate others, nor cringe before them. When someone does a wrong, let us be quick to forgive, forgiveness is letting go, detaching from judgment. Remember, Love is the answer to any question, because our Father is love, He is our Solution, nothing is impossible for Him. Let us seek to give today what we wish to receive as a way of life. Thy Love, Thy Will be done.

“Do small things with great love” Mother Teresa.



The Love Within
“Pay Forward” Gift # 296

Today’s “Pay Forward” gift is - The Love Within - Wanting out. Father by Your grace let us openly or silently say to all come let us 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 Your will, Your Love. “Just as we cannot see our own faces without looking into a mirror; we cannot know our selves without looking into our soul” Anonymous. Prayer, meditation, affirmation and contemplation, our Spiritual actions, are reflected in the mirror of our daily life. The fruits of our Spiritual actions are; a greater peace, humility and love, and we are likely to experience A.A.’s promise of being joyful, happy and free. As for our wrongs we are likely to exchange the “drug” guilt and punishment for a merciful correction, for ourselves and others. As we practice A.A.’s way of life our recklessness and irresponsibility, harming ourselves and others, is transformed into loving service. We bring divine ideas into expression by making ourselves one with them, becoming conscious of the indwelling Father within, doing the works we call life. We are surrounded by and immersed in an infinite Love. How much of this infinite Love is ours? All of it! How much of this infinite Love are we willing to set free, before this year ends? All of it. Thy Love, Thy Will be done.

Come, let us love one another

Faith
“Pay Forward” Gift # 297

Today’s “Pay Forward” gift is – Faith. This is the first of twelve fundamental faculties; symbolized long-ago, used to develop the spiritual-consciousness. We will devote the next eleven days to share these tools. By raising our consciousness above any problem to our Creator will heal it or perhaps transform it into an asset as He has for my alcoholism. “Faith, mighty faith, the promise sees and rest on that alone; laughs at impossibilities, and says it shall be done” Charles Wesley. When someone came to our greatest spiritual leader for healing he said, “According to your faith be it done unto you.” Faith is the quality of the mind that moves and molds ideas and brings them to concrete expression. Every day we stay sober or abstain from our problem stuff our faith grows. Our confidence expands and our faith becomes a spiritual attribute we call on more and more. As we awaken we realize that the outer things we see and touch are made out the unseen. We begin to see with the eyes of faith Reality instead of our little personal “reality.” Faith is the key that unlocks the doors to sobriety. Faith is the key that unlocks the door into the “secret place of the Most High” where no dis-ease can enter. Each time we practice A.A.’s Eleventh Step not only does it improve our conscious contact with our Higher Power, but causes our faith to grow. I remind myself, faith works through love, and our Father is Love. Thy Love, Thy Will be done.

“Do small things with great love” Mother Teresa.



Strength
“Pay Forward” Gift # 298

Today’s “Pay Forward” gift is – Strength. In my early days in A.A. I was tempted to use any strength I could find for selfish ends. My personal “reality” strongly asserted its habits of thoughts and feeling, but their end was dust and ashes. Without alcohol for my strength it became clear I needed head and heart strength. When I opened up to the possibility for some spiritual I began to understand that my head “strength” had to decrease and my heart strength needed to increase. Having spiritual strength fortified me against all my fears, real or illusion. Each time I held my spiritual ground in the face of temptation and refuses to withdraw and withhold service my strength increased, I was gaining strength of character. I am gaining spiritual strength through our Father’s grace. I do my little part through my daily prayers, meditation, affirmations and contemplation. I gain mental strength choosing what I think and dwell on. I gain physical strength by physical exercising and taking care as to what I eat and drink. I gain emotional strength by choosing positive and constructive emotions to dwell on, it is best for me to own and surrender the fearful, negative stuff to our Father. I gain social strength loving service, and looking for the good within others and myself. I am learning to give away everything I want to expand. Let us be strengthened in all our ways by trusting our Father. Thy Love, Thy Will be done.

Come, let us love one another

Wisdom – Spiritual Discernment – Judgment – Intuitive
Knowing
“Pay Forward” Gift # 299

Today’s “Pay Forward” gift is – Wisdom – Spiritual Discernment – Judgment – Intuitive Knowing. “Knowledge comes, but wisdom lingers” Tennyson. Spiritual discernment always places wisdom above the other faculties of mind. Intuitive knowing is our Father’s silent communication with us. When we intuitively know there is no question where it came from, and needs no additional proof. Intellectual, head knowledge comes first in the soul’s development, and then an awakening to a deeper understanding of spiritual principles follows, until we learn in Alcoholics Anonymous after our spiritual awakening our whole being ripens into wisdom by practicing our awakening in all our affairs. “...lo I have given thee a wise and an understanding heart...” A.A. has given me the willingness to have an open-mind, “Be quick to see where religious people are right. Make use of what they offer” Alcoholics Anonymous page 87. I learned to put to use what I found and put the remainder on a shelf, one day I may use it. “We will intuitively know how to handle situations which used to baffle us” page 84. Yet, I pray that I be independent of other’s opinion. “Every man knows that in his work, he does best and accomplishes most when he has attained a proficiency that enables him to work intuitively” Albert Einstein. Perhaps we live best and do things best when we are not too conscious of how and why we do them, which feels like wisdom. By grace, in the end, we know things without knowing how we know them! Thy Love, Thy Will be done.

“Do small things with great love” Mother Teresa.



A Beloved Lover Loving
“Pay Forward” Gift # 300

Today’s “Pay Forward” gift is – A Beloved Lover Loving. Our Higher Self is a direct descendant of our Father/Creator, who is Love. In His image and likeness as His beloved children we are all love. That Infinite Presence within each of us transforms the food we eat into Life – Love. Each individual has a God given mission to fulfill, having to have other creatures to carry out that mission. In the image and likeness of our Father we are lovers, sharing our love. Ever individualized human body cell has a God given mission, being faithful to its calling it does not compete with other body cells while sharing its life, its love, in reality it is a beloved lover loving. As a member of Alcoholics Anonymous in the image and likeness of my heart cells I am a beloved lover loving. “Go to your fields and your gardens, and you shall learn that it is the pleasure of the bee to gather honey of the flower, but it is also the pleasure of the flower to yield its honey to the bee. For to the bee a flower is a fountain of life, And to the flower a bee is a messenger of love And to both bee and flower, the giving and the receiving of pleasure is a need and an ecstasy. People of Orphalese, be in your pleasures like the flowers and the bees” The Prophet by Kahlil Gibran. Thy Love, Thy Will be done. [For the free Six Loves workbook go to www.12stepworkbook.org]

Come, let us love one another

Power
“Pay Forward” Gift # 301

Today’s “Pay Forward” gift is – Power. For those of us who have experienced the depth of powerlessness receiving the power from our Higher Power is indeed important. The metaphysical meaning of power is the faculty in us that, through love, masters the vital forces through spiritual principles. Exercised by sharing the spiritual word. In Alcoholics Anonymous its spiritual principles are shared by on alcoholic talking to another alcoholic. By practicing A.A.’s spiritual principles we are in conscious union with our Higher Power, I choose to call our Father. Every word that goes out into the world has meaning, there are no neutral thoughts. Our words, our thoughts pass from the formless into form. My greatest hero said, “The words that I have spoken unto you are spirit, and are life.” When I was a newcomer in A.A. the words spoken to me awakened me to the possibility of a way of life that could work. Those who were living A.A.’s spiritual principles expressed the power of the healing word. Through their spoken word they conveyed an inner spiritual awakening of love and peace I wanted so much. It was a long time before I could understand what had happened when A.A. took me in, sharing spiritual power with me, the powerless. When we understand the difference between the spirit of words beyond the letter of words we have a key to their power, and we find ourselves walking our talk. Our powerlessness is transformed into a powerful asset to share. Thy Love, Thy Will be done.

“Do small things with great love” Mother Teresa.



Imagination
“Pay Forward” Gift # 302

Today’s “Pay Forward” gift is – Imagination. It is through the imagination that the formless takes form. We use this wonderful gift to practice the Presence of our Creator, and to seek and find His Loving Will. We become co-creators co-creating earthly expressions with heavenly intent. Or, we can use our imagination to practice our selfish, self-centeredness - negativity, harmful, sensual sexual illusions. The choice is not always easy. During our untreated alcoholism we punished others and ourselves. We may treat our impulse to love as sexual. We may be a user and a getter instead of a giver. A.A. gives us the tools to awaken to a Higher Power who shows us and teach us the constructive way of life using this divine gift. When our illusions popup we can stop imagining the problem and imagine attributes of our Creator. We can learn to pray anytime, but we should not meditate when dwelling in “powerful” illusions; like resentments, remorse or sexual fantasies. “Therefore if you bring your gift to the altar, and there remember that your brother has ought against you; leave there your gift before the altar, and go your way; first be reconciled to you brother and then come and offer your gift” Matthew 5:23-24. The thought forms we permit ourselves to imagine have a great effect upon our lives. It is our turning to the silence within we learn to lift the vision above things as they commonly appear. Through A.A.’s spiritual principles my soul first got the impulse to expand. Thy Love, Thy Will be done.

Come, let us love one another

Understanding
“Pay Forward” Gift # 303

Today’s “Pay Forward” gift is – Understanding. To be joyous, happy and free I must be about our Father’s Business, to do that I need understanding about the Business and to remind myself daily who’s the Boss. For a long time I craved an understanding heart, I prayed to be led out of the darkness and the wilderness of the five-sense. I was struggling with my self-centered bankrupted business not our Father’s Business, in fact I didn’t have a consciously known relationship with the Boss until I came into Alcoholics Anonymous. I realize today that I was praying and seeking a way out without knowing or understanding Who to go to or where to go, yet my cry within my not-knowing darkness was being heard by our merciful Loving Father. Spiritual understanding is the ability of the mind to apprehend the power of our thoughts and actions, in which I had no understanding. A.A. gave me the ability to clean the windows of my mind so I began to see a little more clearly Who the Boss is. Divine understanding is awakening in my opening heart, mind and soul. Spiritual understanding tells me to follow the sunflower, who keeps its face toward the sun, let me keep turning toward the light of our Father’s Will and understanding working together. Sometimes my growing pains seem severe, but I am willing to keep on seeking the spiritual understanding I need to practice using our Father’s gifts, His attributes in the daily ebb and flow. Thy Love, Thy Will be done.

“Do small things with great love” Mother Teresa.



Our Free Will And Our Father’s Will As One
“Pay Forward” Gift # 304

Today’s “Pay Forward” gift is – Our Free Will And Our Father’s Will As One. The ways we use will, our directive power determines our character, our choice. When we will the Will of our Creator/Father we form a spiritual character. After my first spiritual awakening as the result of practicing Alcoholics Anonymous’ spiritual principles my life long heroes changed from a punisher of wrong doers to spiritual heroes. My spiritual heroes became guides and inspirational leaders by learning to hear and to obey the Voice of our indwelling Father. They were committed to do and to be our Father’s Will, consciousness known or unknown. They trusted and had faith in our Father’s grace as their only True Source. With the eyes of faith they passed through the dark night of the senses and the dark night of spirit. They will and understanding made the connection between the invisible world and the outer world. I pray for the courage to keep on keeping on with a willingness to do and to be our Father’s Will and Love, known and unknown by me. I affirm: I am guided, governed, and directed by the Wisdom and the Power of the indwelling Presence, letting all my ways be His Ways, daily. We need to practice silent contemplation, prayers, meditations and affirmations, plus we must live what we believe is our Father’s Will and serve others, when we fall short we need to quickly forgive ourselves, dust ourselves off and return to our spiritual path. Thy Love, Thy Will be done.

Come, let us love one another

Law And Order
“Pay Forward” Gift # 305

Today’s “Pay Forward” gift is – Law And Order. Divine law is the logical process by which principles; our Father Will comes into expression. Divine law cannot be broken; it holds us responsible for both our good works and not good works. In our ignorance of the Divine law we misuse our free will. There’s too much focus on breaking of man-made laws in the news, TV programs and movies, it’s hard to remember the promise, “You shall know the Truth, and the Truth make you free.” “Having had a spiritual awakening as the result of these steps...” - we get a taste of that wonderful promise. Working A.A. Steps we learn to take responsibility for life and stop blaming others, the truth does sets us free. When we experience the benefits for living the Will of our Father as we understand it, we seek the spirit of His Law and Order. Our Father corrects us by revealing His Truth, in the spirit of loving grace, never guilt and punishment of the man-made letter of the law. “Let us not be weary in well doing: for in due season we shall reap [the fullness of life], if we faint not” Galatians 6:9. Let us not grow weary of doing loving service; A.A. gives us the opportunity and tools to do just that. As we live these fundamental ideas of the Divine law and order we are supplied with all we need from both the seen and unseen to carry out our mission. Thy Love, Thy Will be done.

“Do small things with great love” Mother Teresa.



Zeal – Enthusiasm – Divinely Inspired
“Pay Forward” Gift # 306

Today’s “Pay Forward” gift is – Zeal – Enthusiasm – Divinely Inspired. Zeal and enthusiasm incite to glorious achievement in every aim and ideas that our mind conceives. Some A.A. members catch on fire full of zeal and enthusiasm for Alcoholics Anonymous’ way of life; we were on a pink cloud. Energy is zeal in motion, and energy is the forerunner of every effect. Desire goes before every act of our life. “The only requirement for A.A. membership is a desire to stop drinking” Tradition Three. Due to the zeal and enthusiasm I got an emotional uplifting when I went to an International Conference of Young People in AA (ICYPAA). Because I do love the fellowship I felt great knowing Alcoholics Anonymous is in good hands today and the future. Great numbers of young people are coming to our program. Sixty years ago there were very few young people joining us, the bottom has risen. The first State A.A. Convention I went to there were only five of us under thirty-years of age. Zeal is for sure a great universal force that impels us to spring forward and accomplish the seemingly miraculous. Zeal and enthusiasm embracing a generous helping of gratitude incite a glorious a way of life beyond our dreams, causing an inner urge to pass it on. “The joy of living is the theme of A.A.’s Twelfth Step, and action is its key word” Twelve Steps and Twelve Traditions. Thy Love, Thy Will be done.

Come, let us love one another

Renunciation – Elimination
“Pay Forward” Gift # 307

Today’s “Pay Forward” gift is – Renunciation – Elimination. The time comes when we need to detach, let go of everything that is sent, useless or harmful, to make room for an upgrade. Changing to a sober A.A. way of life effects corresponding changes in the spiritual, mental, physical, emotional and social. Let us practice A.A. spiritual principles in all our affairs, action is the magic word. A.A. is like a pool of water, offering an inlet and an outlet, unlike a dead sea, we are a lively bunch, and we have to be careful not to flood our pool. Renunciation is formal rejection, something typically a belief, claim, or course of action, maybe a harmful or useless title. My first run at the Steps I wasn’t into too much of a renunciation-er, I had to deal with a few glaring problems. Bill W. our co-founder knew what he was talking about when he wrote that we, alcoholics, are problem people. Until the grace of our Father stepped in and transformed some of my worse defect into assets, I was a weary treadmill traveler. I was like the ten blackbirds on a wire, one decided to fly, how many were left? There were ten left, one decided but didn’t. That was me, deciding many times to do a little renunciation, but was unable to fly. I am able now to consciously and consistently “fly” away from the scene-of-the- crime before I am an active part of it; it must be my angel wings. Thy Love, Thy Will be done.

“Do small things with great love” Mother Teresa.



Regeneration
“Pay Forward” Gift # 308

Today’s “Pay Forward” gift is – Regeneration. The law of regeneration is undoubtedly the mystery of mysteries. Who can say when or if a regeneration or transformation will happen to whomever? “Healthy people don’t need a doctor.” I have experienced a spiritual transformation for four of my major defects: alcoholism, violence, jealousy and the most common used “drug” guilt and punishment. These transformed defects were regenerated into workable assets. Because I experienced some level of healing for each of these defects, I am able to empathize with someone passing through the dark night of their defect and or disease. I’ve witnessed countless others living A.A. spiritual principles who experienced a regeneration. The desire to be instructed by our Father is the first step in exalting the inner force. A sincere desire of the heart is always fulfilled by the Divine law. There was a great temptation when I experienced a spiritual transformation to shout it from the rooftop, but I feared that would draw a lot of unwanted attention, which I did not want. I realize that we draw to us and experience what we really believe, often hidden within our subconscious storehouse, and we are unaware of them until they show up, sometimes in the form of another or as an event. Here we can take part in our regeneration by owning them and surrendering them to our Spiritual Doctor, letting go of the useless or harmful makes room for us to be, and do who we really are. Thy Love, Thy Will be done.

Come, let us love one another

Spiritual Discernment
“Pay Forward” Gift # 309

Today’s “Pay Forward” gift is – Spiritual Discernment. I am coming to understand and experiencing a deep sense of gratitude for the wonderful gift of spiritual discernment. My heart’s desire for a long time has been the improving my alinement with my conscious mind and a spiritual union with our Father and His Son. Spiritual discernment and intuitive knowing always places wisdom or direct knowing above the other faculties of mind. I get flashes of spiritual discernment and or an intuitive knowing from time to time but not consistently. Even a brief experience with these two faculties causes a love and gratitude deeper than words, but also leaves me with an increased hunger and thirst for a love I cannot consistently experience. The living process I found in A.A. with ever new spiritual realization makes finer and stronger and more beautiful the texture of my being. It engenders the power to draw from the invisible the fulfillment of more and more fulfillment. These gifts we are given by living our intended life are like magnets that draw to us a new inspiration that is pro-life, waking up in the morning with a desire to live. Finding myself filled with a loving purpose, and a gratitude I never thought possible. Divine ideas and ideals turn out to be universal in character, but when grace gives me one, I experience it as if just for me, and cannot wait to share it. Then I know it’s real, not another of my unfulfilled dreams. Thy Love, Thy Will be done.

“Do small things with great love” Mother Teresa.



Grace The Presence And Action of our Father, here and now
“Pay Forward” Gift # 310

Today’s “Pay Forward” gift is – Grace The Presence And Action of our Father, here and now. Our Higher Self, our Father created knows He is Present 24/7, but my personal “reality” has to act like it is a miracle, instead of just “How It Works.” We cannot earn grace nor can we do anything bad enough to block it when It is our Father’s loving Will to “just do it.” “Our capacity for the transcendent is precisely what distinguishes us most from the rest of visible creation. It is what makes us most human” Thomas Keating. I have wasted just the correct amount time and energy thinking and feeling how unjustly and unfair others treated me, blaming others for whatever. Then I came to Alcoholics Anonymous, to get and stay sober I had to stop singing the “Who Done Me Wrong” song. I had to stop my poor me, pour me a drink, it did not work around the A.A. fellowship. After practicing A.A. spiritual principle for a while I found that I could make a good difference, after all my life could make a good difference. I found it of more value to pour myself and others a cup of love. I found myself openly receiving miracles and passing their fruit on. Love and service becomes a daily feast, fasting from all I do not want, seemingly justified or not. I’ve learned to extend mercy and compassion, taking part in the repairs and serving some of those who still suffer. Thy Love, Thy Will be done.

Come, let us love one another

A Love Dweller
"Pay Forward" Gift # 311

Today's "Pay Forward" gift is – A Love Dweller.
I Am A Love Dweller.
I do love You Father – I want You – I need You – all of You
All of Yours - I am willing to love all,
Even those who no longer love me - want me - need me.
I now pray for the well-being of all – even my enemies.
By Your Grace I intuitively know what to extend to each one.
Lord, open my eyes that I may see Your Presence.
And my ears to hear Your Holy Voice.
Open my heart to receive Your Love by faith.
Awaken me, renewing my conscious union with You.
I Surrender my will that I may live as You Will
Remind me that I am responsible for my choices and actions
Let me embrace with gratitude what You give me.
Transform my life that I may know it as it is.
Fill my heart, mind and soul that I may share it.
Speak now, Lord in a way I can understand and follow.
Give me an open heart and mind to know to be Your will.
Nothing more. Nothing less. Nothing else.
Thy Love, Thy Will be done.

"Do small things with great love" Mother Teresa.



What If I Meet Our Father Today?
"Pay Forward" Gift # 312

Today's "Pay Forward" gift is – What If I Meet Our Father Today? "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. What if our Father/Creator is really omnipresence? It is a simple fact/Truth that within each of us is an infinite Power/Intelligence that is transforming the food we eat into what we call life; flesh, bones, thoughts, energy, emotions, etc. Like it or not as long as you and I are alive that infinite Presence is within each of us. When that realization hit home I had to come to terms with myself, it's time to take another inventory. Every relationship with any created being is a relationship with our Father/Creator. This fact/Truth called into question the way I viewed and reacted to any relationship. It means I made up or went along with a great many illusions about life, its meaning and its purpose. I bought into the illusion of separation, power and powerlessness, love and not love, and on and on infinitum. I need to take a look at to the way I have loved or not loved others and myself. Let me remember that change is never a loss – it is only a change. How about keeping it simple, and start now, building a habit of living as if we all live, move and have our being as part of our Father/Creator's Presence, because we are. Thy Love, Thy Will be done.

Come, let us love one another

Fearing The Imagined Dark Cave
"Pay Forward" Gift # 313

Today's "Pay Forward" gift is – Fearing The Imagined Dark Cave. 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. "The cave you fear to enter holds the treasures you seek." My early days in A.A. I held back from doing a real inventory because I feared I would find something so bad I could not live with me. Once I was willing to enter the darkness within I did find some of the treasure I was seeking. What I was seeking in the bottle I found unfolding out of the darkness into an awakening light. That little beginning allowed me to trust the process a little more. I became more and more willing to enter the darkest imagined cave within. Where does the darkness go when we turn on the light? The darkness has no place to go because it has no power of its own. The invisible silence I once thought was the darkest place turns out to be filled with the Light of our Father's Presence. In the silence I listen to our Father's directions and I see within the invisible the way, the Truth I seek and the life I long for. The only place I find darkness in within my illusionary personal "reality" which I choose to surrender for an enlightened upgrade. We have a better chance finding who we are in the Divine Light. Thy Love, Thy Will be done.

"Do small things with great love" Mother Teresa.



Be Still, Listen To The Silence
"Pay Forward" Gift # 314

Today's "Pay Forward" gift is – Be Still, Listen To The Silence. As I was practicing A.A.'s Step Eleven, I heard these words in the silence of my soul: "Come and let me love you, forgive you, teach you and heal you and I will, I have, I am." I now affirm my heart's desire within these affirmations. In this Spiritual Flow I now live out the Love Story You Gave me, Father. *By Your Loving Grace* Father: I now have the Eyes to See with the vision of Your Son. I now have the Ears to Hear Your Holy Voice, and follow all Your Ways. I now have the Nostrils to Inhale Your Divine Inspiration and to Exhale all that is spent, experiencing a perfect circulation, assimilation and elimination. I now have the Tongue to Speak Your Holy Words given me. I now have the Mouth to Consume Your Divine Nourishment, our Daily Bread. I am feasting on what I truly want and fasting from what I do not want. I now have the Hands to Receive and Pass on freely Your Infinite Abundance to whomever You Will. I now have the Arms to Embrace all I am drawn to with warmth and love. I now have Feet to Take me about your Will, Father; I am about our Business now that we are partners. Physical expression was once an imagined seed in someone's mind. Today, let's be like Johnny Apple seed, using your most desired seeds. Thy Love, Thy Will be done.

Come, let us love one another

An Ideal To Be Realized
“Pay Forward” Gift # 315

Today’s “Pay Forward” gift is - An Ideal To Be Realized – And The Way To This Realization. **MY MISSION STATEMENT:** I am consciously and consistently living Your Will for me Father, my heart’s desire, my individual Love Story – which You gave me. I say Father and my direct conscious union with you is. **MY INTERMEDIATE GOALS:** My skills are ever growing more loving, wise and useful; I am a Divinely Designed Designer Designing - I am a Forgiven Forgiver Forgiving – Taught Teacher Teaching – Healed Healer Healing – Beloved Lover Loving - Empowered Empower-er Empowering – Enriched Enricher Enriching — I am Your son, Father and a loving brother to all. **MY HERE/NOW GOALS:** I am committed and focused on my practicing Your Will for me, Father – By Your Loving Grace – Your Voice is directing me very specifically, telling me what to do, say, think, feel and share in a way I can currently hear, understand and follow. I have but one occupation in this life, Father; to realize You – to know You - love and serve You and YOURS – and to worship You, with all of my heart, strength, mind and soul. **I AM A LOVE DWELLER:** I love You Father – I want You – I need You – all of You and all of Yours - I am willing to love all those who no longer love me - want me - need me or never did – I pray for the well-being of all. By Your Grace, Father, I intuitively know what to extend. Thy Love, Thy Will be done.

“Do small things with great love” Mother Teresa.



Pessimist! Optimist!
“Pay Forward” Gift # 316

Today’s “Pay Forward” gift is - Pessimist! Optimist! “A pessimist sees the difficulty in every opportunity; an optimist sees the opportunity in every difficulty.” (Sir Winston Churchill) “No news is good news.” I lived by that concept for twenty-five years, believing it was the Spiritual thing to do. I was prideful that I didn’t watch, read or listen to the news. I did not have to deal with the bad stuff going on. I would say the news makes me negative. That plan of action gave me more free time to enjoy life. I wanted to fill my consciousness with loving, healing constructive ideas and ideals. Why can’t we have “good news” stations sharing with us all the good stuff around the world? How about seeing and hearing acts of love and kindness? The news didn’t make me negative; it drew out the negative stuff hidden within me. A chain of events awakened me to the reality that I was missing an opportunity to extend acts of love and kindness silently or openly when I heard bad news, as a way to extend optimistic stuff. Alcoholics Anonymous turned out to be a great place to practice. I needn’t complain about the wrong stuff nor stuff it; I’m learning to quickly turn it over to our Father for correction. I’m extending what would be the most fulfilling for now, this is my best gift to both give and receive. Come let us love one another and spread the good news about the bad news. Thy Love, Thy Will be done.

Come, let us love one another

“En-Soul-ing”
“Pay Forward” Gift # 317

Today’s “Pay Forward” gift is – “En-Soul-ing.” Quite simply, the Spiritual Ideal is the understanding of the basic fact that good is permanent, omnipresent, and all-powerful; and evil, a temporary, insubstantial belief, without character of its own, which can be destroyed by the spiritual awakening, prayer and meditation, so many of us have experienced as the result of living the program of Alcoholic Anonymous. Thus, what may be called the *secret of spiritual treatment* is not to wrestle with the error, which only gives it further life and power, but to destroy it by withdrawing from it just that very energy of belief that gives it its body. *The only existence it has, is that which we give it by temporarily “en-soul-ing” it with our thoughts and feelings.* Withdraw from our made up illusions it fades into nothingness. We have thought the error into existence, consciously or, more often, unconsciously. Now un-think it. It is always our thinking that matters. Indeed, as Shakespeare says. “There is nothing either good or bad but thinking makes it so.” Now, fear, hatred, and resentment are ideas heavily charged with emotion, and these, when added to any difficulty, recharge it with fresh and vigorous life and make it all the more difficulty to overcome. Again, the mere rehearsing in thought of any difficulty endows it with new energy. We will starve it to death when we stop feeding it. Thy Love, Thy Will Be done.

“Do small things with great love” Mother Teresa.



Living My Heart’s Desire If
“Pay Forward” Gift # 318

Today’s “Pay Forward” gift is – Living My Heart’s Desire If: 1.) If I look for the best in everyone, situation and thing. 2.) If I turn my back on the past, good or bad, and live only in the present in the Presence. 3.) If I forgive everybody without exception, and if I forgive myself whole-heartedly. 4.) If I regard my Heart’s Desire as sacred and live like it. 5.) If I am maintaining good physical fitness including exercise and harmonious surroundings. 6.) If I embrace service work consistently passing on what I have been freely given. 7.) If I take every opportunity wisely to spread my Heart’s Desire’s fruits. 8.) If I refrain from personal criticism; neither speak nor listen to gossip. 9.) If I devote at least twenty minutes twice per day to prayer and meditation. 10.) If I ask for guidance and then read out of spiritual and Alcoholics Anonymous based literature. 11.) If I plant the seeds [affirmations] for what I believe is our Father’s Will for you. 12.) If I say silently “our Father” at each beginning, reminding me Who’s the Boss. 13.0 If I speak a blessing for the whole world daily. 14.) If I practice the Golden Rule, “Whatsoever ye would that men should do [say, think and feel] to you, do [say, think and feel] ye even so to them.” 15.) If, above all, I understand that whatever I see is but a picture which can be changed for the better by Prayer. Thy Love, Thy Will be done.

Come, let us love one another

Just A Few Needed Changes
“Pay Forward” Gift # 319

Today’s “Pay Forward” gift is – Just A Few Needed Changes. Any change, no matter the size was always a problem. A.A. showed me that it was my powerless towards a desired or undesired change, which was blocking me. My sponsor suggested that I seek and find a Higher Power that could do for me what I could not, including the changes needed. What do matter, truly, are not people, things or conditions in themselves, but the thoughts and beliefs that I held concerning them. It is not the conduct of others, but my thoughts that make or mar me. I was writing my own experience by the thoughts that I entertained. I mold our own life destiny day by day, by the manner in which I reacted to an experience. Right reaction is the supreme art of life. My greatest teacher compressed the secret of that art into a sentence when he said: Resist not evil. When I became ready to change Alcoholics Anonymous told me to live one day at a time; in a day tight compartment. Don’t take the first drink. Work the Steps ASAP. For a while that I should stay away from slipper places, which drew me toward that first drink. Let the past, pass. Use the “F word” [forgiveness] as needed when resentment or any other unhealthy stuff popped up. Go to lots of A.A. meetings and hang out with people practicing A.A.’s spiritual principles in their daily life, inside and outside A.A. walls. Thy Love, Thy Will be done.

“Do small things with great love” Mother Teresa.



A Mission Statement
“Pay Forward” Gift # 320

Today’s “Pay Forward” gift is – A Mission Statement. As I awaken this morning, I turn my consciousness toward Three Spiritual Gifts: Your Holy Presence Father, The Love That I Am, And The Individual I Was Created As. I am filled with gratitude for what You have in mind for me today. I now visualize, and realize I am in conscious union with All Three Spiritual Gifts. These are my Heart's Desire, which I believe are Your Will for me, Father. I begin this day with a short review of yesterday and a willingness to forgive all. I now choose to be non-judgmental. I am awakened in Your Divine Light, in that Spiritual Flow, in Your Holy Consciousness, Presence and the darkness disappears. I know Your Holy Voice is directing me very specifically, telling me what to do, say, think and feel in a way I can currently hear, understand and follow. I am given all I need to experience consciously Your Loving Will for me, Father. I am, we all are, created in Your Image and Likeness. I consciously practice these characteristics from a study of the most successful leaders throughout history as part of my A.A. mission: higher purpose, focus, preparedness, conviction, faith, trust, perseverance, creativity, risk taking, curiosity, resilience, independence, commitment and courage. Thy Love, Thy Will be done.

Come, let us love one another

Day One Of Blue-Collar Love
“Pay Forward” Gift # 321

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

“Do small things with great love” Mother Teresa.



Day Two of Blue-Collar Love
“Pay Forward” Gift # 322

Today’s “Pay Forward” gift is – Day Two of Blue-Collar Love. We are continuing sharing a few more ideas about everyday love. We are sharing these loves as affirmations which we hope you to share them as a “Pay Forward” gift today. I live in a conscious state of Humility as I have the gift of knowing that You, Father, are my/our only True Source. Each time I share, I put a seal upon my lips and go back into the shade again and say nothing about it. I wait for the next gift to receive and share. I am but a channel, an agent of Your Will, Father. I express Courtesy, the love in little things, thoughtful things; with a gentle heart filled with Your loving Grace, Father, expressing love at all levels, with all beings, in conscious union with Your Will, Father. I am Unselfish out of enlightened self-interest. By giving of myself I truly am a master receiver. I give but little when I give of my possessions. It is when I give of my Self/self that I truly give. After asking your Higher Power for guidance, note how you experience other ever day acts of love. What about making a list of your everyday Blue-Collar loves. Check out the workshop The Six Loves – it’s a free download as all of the workbooks and workshop papers. Perhaps you could use some of these ideas as “Pay Forward” gifts. www.12stepworkbook.org Thy Love, Thy Will be done.

Come, let us love one another

Day Three of Blue-Collar Love
“Pay Forward” Gift # 323

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

“Do small things with great love” Mother Teresa.



Planting More Love Seeds
“Pay Forward” Gift # 324

Today’s “Pay Forward” gift is – Planting More Love Seeds. Since I’ve been in Alcoholics Anonymous I have experienced the value of planting the seeds [affirmations] of those characteristics I want. By Your Holy Grace Father It Has Been – It Will Be – I Am Even Now Realizing Heart’s Desire. I Am consciously and consistently living my Heart’s Desire, my Love Story, which You Gave me Father. My direct conscious union with You Father is fully realized and ever expanding in, as this Spiritual Flow. My Skills are ever growing more loving, wise and useful - I am totally committed and focused on my moment-to-moment practice of Your Will for me Father. I am enriched and empowered by Your Loving Grace Father. I do love You, I want You, and I need You and all of Yours. By Your Grace Father I intuitively know what is the most fulfilling for each one I share with and I extend it. I realize the Divine Design in each of us. I realize Your Holy Omnipresence, Father. I am awakening, learning how to be a communicator of Your will, in all levels, Father. I am a world trader trading my little world for Your World. My love is a healing power touching everything into wholeness. My love is an extension of Your Love, Father. Now let me be about Your Business as a junior partner, thanks to You, Father. Thy Love, Thy Will be done.

Come, let us love one another

Forgiveness Equals Freedom
"Pay Forward" Gift # 325

Today's "Pay Forward" gift is – Forgiveness Equals Freedom. If you have resentments today is the time to have it healed or transformed into an asset, this is freedom day. How, then, shall we do this? Alcoholics Anonymous has the solution. When we arrived at A.A. we are given a practical way, a definite and concrete method, and used the any other law in nature. In doing this, the one who is suffering from his/her past mistakes of resentment merely turns quietly to himself/herself and says: I have decided to change all this and I am willing to do whatever it takes. I want to love people and I want them to love me. I may never like them but I can love them by praying they awaken as the individual our Father intended. I want to get along happily with others. I forgive myself for everything that has happened up until now, let it go and I am free. I not only forgive myself, I forgive everyone who I feel has held anything against me. I forgive and I am forgiven. And back of this simple statement we should know that all the Power in the Universe conspires to help us. The Higher Power I have been seeking that will do for me what I cannot do for myself - is found. I am filled with love and gratitude and compassion for all of us. I desire that this Love and compassion and well-wishing for others is done here and now. Thy Love, Thy Will be done.

"Do small things with great love" Mother Teresa.



"Having Had A Spiritual Awakening"
"Pay Forward" Gift # 326

Today's "Pay Forward" gift is – "Having Had A Spiritual Awakening As The Result OF These Steps..." Blessed with a new world view I'm letting go of the guilt about the wrong done in the past. I'm looking toward that which is right in the future, I turn my thought to that which is lovely, wise and useful, I'm looking forward to just living life as is. Forgiving myself for the wrongs and the mistakes of the past, I'm detaching from them. My imagination is filled with constructive and joyful things to do; I now have a real goal, purpose in life. I embrace my fears real and illusion and surrender them to our Father. When I fall into a ditch, I get up and out and back on my purposeful path. I hang out with loving sober A.A. members, ready to serve others. I willingly detach myself from everything that seem wrong, useless, and harmful or just not love; I treat them as an unwanted guest. It is my desire that only that which is loving, wise and useful shall go from me to others. I believe in our Father's Love His Will and His guidance, I have an abiding faith in His tender mercy to pick me up and put me back on His Path. I love peace but I love serenity more, which means to me no matter what is going in the world our Father's Love is the Solution. Today is my day to experience the presence. Thy Love, Thy Will be done.

Come, let us love one another

My Endangered Species
“Pay Forward” Gift # 327

Today’s “Pay Forward” gift is - My Endangered Species. What I really believe is like a magnet; turned in one direction and it will draw to it, turned around, and it will repeal. Sometimes my magnet seems to turn in the right direction, and I draw the love and good I desire with little or no effort. Sometimes my storehouse of magnet habits; my subconscious mind, turns my magnets around without my conscious decision, and I repeal what I believe consciously I want and expresses what I don’t want. As an active alcoholic I must have had an insane, rebellious storehouse of magnet habits. On the other hand maybe my subconscious mind was showing me what I had on hand. Alcoholics Anonymous’ program gave me the tools to inventory my supply of my sane and insane magnet habits, and what to do with them. I can choose to place the magnet habits, I’m not ready to let go of on my endangered species list, and surrender that list over to our Father for replacement or upgrading, as He Wills. Trusting Him, I no longer need to protect them. Some of my magnet habits were transformed into working assets by our Father’s grace, giving me a new set of tools. Unused tools are of no value. Now is the time for me to let our Father do the picking and choosing again. It’s about time I stop protecting the useless or harmful magnet habits, and let go of my endangered personal “reality.” Thy Love, Thy Will be done.

“Do small things with great love” Mother Teresa.



Open Our Eyes
“Pay Forward” Gift # 328

Today’s “Pay Forward” gift is - Open Our Eyes. May we have the eyes to see with the vision of our individual Created-Self. Father this is the day You made, let us rejoice in it. Let us share the love we are. Thank You for the gifts of Intuitive Wisdom, and Spiritual Discernment. My life is made up of your Gifts, which I am truly grateful. Taking a Spiritual path that is less traveled at first was difficult but it is worth the effort. Practicing A.A.’s Spiritual path at first was a road less traveled for most of us. Each time we travel this path it becomes easier and at some point it becomes a way of life. At first sober choices were difficult, but turned out to be the easier softer way. Following the Spiritual path of sober people that are living the A.A. way of life opens our eyes. As we awaken we realize the Spiritual path is well traveled, with very little risk. Only our Father’s grace can transform our alcoholic chaos into a joyful, happy and free life, I am truly grateful. When we run into difficulties we can use the “Golden Key”; stop thinking about the problem and think about our Father and get out of ourselves by helping another. My “Golden Key” shortcut is saying our Father, which shifts my consciousness from the problem to the solution. [An eye (I) opener I changed saying Father to our Father to include all]. Thy Love, Thy Will be done.

Come, let us love one another

Worship
"Pay Forward" Gift # 329

Today's "Pay Forward" gift is – Worship. Father, by Your grace I am loved, healed, taught, forgiven, empowered, enlightened, enriched, communicated to, co-created with and awakened. Our Father does not rest for His works every seventh day, if He did we would really have problems. A very wise person said, "Sabbath was made for man, man was not made for Sabbath". I choose to take a day of rest, at least from some of the useless chatter, and spend a little more time in prayer and meditation, hopefully within the silent Presence of our Father. I am praying for realignment with His Love and His Will. I do want to worship our Father in Spirit (consciousness of Wholeness) and Truth (His Reality), as I understand it, here I find rest and peace. Let me love and serve all I am drawn to. I have to deal with undigested thoughts and feelings I don't want. As I embrace and own the unwanted I can surrender them for upgrading in a Sabbath mind-set, it is easier. We have a choice how we deal with facts; we can accept them with an attitude of an optimist or a pessimist. On this Sabbath day lets us choose to see through the eyes of an optimist, if we don't like the results we can always return to the pessimist. Let us radiate the love we are and rest in peace, A.A. offers us the tools and the place to practice. By the way everyday can be our Sabbath. Thy Love, Thy Will be done.

"Do small things with great love" Mother Teresa.



I'm A Trainee Not An Ex-pert
"Pay Forward" Gift # 330

Today's "Pay Forward" gift is – I'm A Trainee Not An Ex-pert. Father, I listen to Your Holy Voice directing me in a way I can currently hear understand and follow. I see Your Presence, Father, with my eyes of faith. I believe our Creator's Will is for each of us to complete the purpose He has given us. This means He is directing and supplying us 24/7. It is our responsibility to accept His gifts in a spirit of faith and follow His directions one moment at a time. His directions often come in the form of a feeling, "don't do that" or "do this". As a trainee we need not wait for a burning bush to step out in an act of faith. We need not be too concerned about our falling in an old ditch, we dug, and we can get out of it and dust ourselves off and continue our journey. Most active A.A. members are fully aware of His tender mercy. Our loving Father is not a guilt and punishment, humans distilled that drug as a temporary controlling fix long before you and I came about. A.A. offers us a miracle replacement based on Spiritual principles, our choice. The longer we practice the Spiritual principles in our daily life the easier life becomes. A.A. offers us opportunities to differentiate what's really important and what is beyond our control. Loving service is always the best choice. Thy Love, Thy Will be done.

Come, let us love one another

My Speechless Gratitude
“Pay Forward” Gift # 331

Today’s “Pay Forward” gift is – My Speechless Gratitude. I am to speak at my home group today, which is two days before my A.A. sobriety celebration. I have confidence in myself as I have confidence in our Father. I trust His grace through A.A.’s way of life; I remind myself that my breakfast is being transformed into what we call life. This miracle is for all who are breathing, no matter what. I shall try the impossible today; I shall try to share the depth of my gratitude for these sixty-one years of an active A.A. way of life. I have witnessed thousands miraculous awakenings including my own being released from our self-imposed hell. Only by grace can an undeserving alcoholic such as me have a life of abundance, beyond anything I could have ever dreamed of. I have no problem believe in daily miracles. After I was able to read, when I came to Alcoholics Anonymous I could not read, I wanted to read the Bible, I believed there was much wisdom to be gained. Emmet Fox suggested, ask for guidance and then open the Bible at random. I opened It at the 21st chapter of Luke; I understood it to be a perfect explanation of the transformation journey I was on. It also suggested how to prepare for sharing our experience, strength and hope in 21:14-15. “Settle it therefore in your hearts not to meditate before what you shall answer: For I will give you a mouth and wisdom...” Thy Love, Thy Will be done.

“Do small things with great love” Mother Teresa.



Chipping Away
“Pay Forward” Gift # 332

Today’s “Pay Forward” gift is – Chipping Away. With gratitude deeper than words, I presently turn to our Father’s Presence within often. “All things were made by Him...” I am the beneficiary of His grace. Tomorrow I will be celebrating my 61st A.A. sobriety re-birthday. My A.A. spiritual journey is characterized by the ever-increasing awakenings of my mixed motivations; my personal “reality’s” dark side, and my created Higher Self’s side. I can be warm and loving, or cold and detached, however by our Father’s grace these swings soon pass. Our Higher Selves are the individual each of us is created as, which is always present, but our personal “reality” must give its consent, and to cease fighting for his “rights.” Today I’m letting go of who I am not, so I can be who I am. Like Michelangelo who took a piece of marble and chipped away all that was not like his image of David; A.A. chips away all that is not our Higher Selves. A.A.’s simple spiritual path allows me to be who I am. There is tribe of Eskimo known for their ivory carving. They take the ivory, and turn it over and over, chanting something like I know you are within this ivory, show yourself. When the image is revealed they carve it. Let me learn the Eskimo way, chanting, I know You are within me [my Higher Self], reveal yourself. Then let me follow the guidance I receive. Come let us love one another. Thy Love, Thy Will be done.

Come, let us love one another

My 61st A.A. Sobriety Anniversary
“Pay Forward” Gift # 333

Today’s “Pay Forward” gift is – My 61st A.A. Sobriety Anniversary. February 6, 1957 I had been drinking all night and could not pass out nor could I stop the restless, irritable and discontent thinking and feeling. I could not corral the Four hideous Horseman – Terror, Bewilderment, Frustration, Despair, that were galloping around the cheap motel room I found myself in. I did not have an inferiority complex; my inferiority was based on facts. I had failed or was failing in every area of my life: I couldn’t stay sober, my business was bankrupt, my marriage wouldn’t survive, I was a useless father, everyone I knew had given up on me, and my health was failing. My desperate cry for help into the unknown came; I had no conscious relationship with a Higher Power. I was brought to Alcoholics Anonymous and my miraculous sober journey began. I was blessed with a little click-group of lovers of A.A. taking me in. Our inner realm is where we first meet our Father, imagine that. It is through divine imagination that our soul first gets the impulse to sober up, to leave our self-made prison. I believe all A.A. members are prayed into A.A., by themselves or by someone who cared for them. A.A. showed me a kind-of-heaven, tender mercy, forgiveness, a new understanding, and a way out. I pray that one day I will have the skills to express my love and gratitude, which is deeper than words, for A.A. and our Father. Thy Love, Thy Will be done.

“Do small things with great love” Mother Teresa.



What Should You Have The Right To Expect
“Pay Forward” Gift # 334

Today’s “Pay Forward” gift is – What Should You Have The Right To Expect From One Who Has lived A.A.’s Way Of Life For 61 Years? Sobriety has become as important as breathing to this 87 ½ year old? I don’t consciously about either one 24/7, I just do them. I think consciously think about them when something goes wrong. Sobriety becomes a conscious focus when I am sharing our 12th Step, one on one or in an A.A. meeting. Of course which part of sobriety and the program I’m focused on depends on the person or meeting I’m sharing with. Alcoholics Anonymous is far, far more than just not drinking. Perhaps you expect someone with 61 years of living sobriety should be free from all defects and short-comings. A few days ago I was going to buy a new TV, as soon as I made the decision to do so; I became totally obsessed with the idea, and could not think of anything else, even after I bought it. I was unable to do my daily meditation without some trivial thing coming to mind [a sure sign “ism” of alcoholism popping up]. Once an alcoholic always an alcoholic! Having a drink was not a problem, but the “ism” was. Our Father has transformed to some degree into assets, but I still have them coming up in other forms, which give me an opportunity to grow and awaken to a greater understanding of my purpose for being. It’s time to go to my A.A. meeting. Thy Love, Thy Will be done.

Come, let us love one another

Expanding The Twelve Fundamental Faculties
“Pay Forward” Gift # 335

Today’s “Pay Forward” gift is – Expanding The Twelve Fundamental Faculties. When I was a new member in Alcoholics Anonymous just not having to drink alcohol and not having someone wanting to put me “away,” was more than enough. When I begin to awaken to the possibility I could enjoy a sober, purposeful life, I realize how spiritually retarded I was. It was becoming clear what a tiny part of our innate capacity I was using. It was as if I was looking out over an ocean with a cup in hand to dip out my portion of the infinite Living Waters. A great many recovering members had come to the same conclusion; we are using a very, very small part of spiritual, mental, physical, emotional and social gifts. I pray that these daily “Pay Forward” gift will help bring into action the wonderful latent possibilities, as we practice A.A. Spiritual principles in all our affairs. “All the old traditions tell us that there is more than one path to the Great Goal. Just as there is more than one road up every great mountain, and yet all roads meet at the top, so in the Spiritual Quest there are several roads, all of which lead in due season to the One Great End” E. Fox. The greatest, shortest and the easiest pathway for this alcoholic is Alcoholics Anonymous, which I believe is love in action. We will devote the next twelve “Pay Forward” gift to awaken these sleeping faculties. Thy Love, Thy Will be done.

“Do small things with great love” Mother Teresa.



An Awakening Faith
“Pay Forward” Gift # 336

Today’s “Pay Forward” gift is – An Awakening Faith. Any faith I had was not a spiritual faith but a belief in everything turning bad negative fearful stuff. I wasn’t in Alcoholics Anonymous long before I come to believe that I could stay sober, which was seemingly impossible a short time before. Faith little by little became a spiritual assurance, the power to do the seemingly impossible. It turned out to be a force that draws to us our heart’s desire right out of the invisible spiritual stuff, when we did not or could not earn it. No wonder so many of us become so deeply grateful. Faith becomes a deep inner knowing that which we sought is already ours for the taking, the “assurance of things hoped for.” By our Father’s grace I was given what I found out later was what I wanted, and did not until much later it was my true heart’s desire. When our Father’s Love and Will became my true heart’s desire, out of an enlightened self-interest, because it was the most fulfilling, I came to understand the meaning of having “one primary purpose.” “When thine eye is single, thy whole body also is full of light.” Understanding spiritual principles grow quickly when planted in the rich soil of a faithful mind and the willingness to serve, “to carry its message to the alcoholic who still suffers.” “Faith without works is dead.” Thy Love, Thy Will be done.

Come, let us love one another

Strength
“Pay Forward” Gift # 337

Today’s “Pay Forward” gift is – Strength. Spiritual strength is having a working relationship and conscious contact with a Higher Power that is doing for us what we cannot do for ourselves. To love and worship our Father/Creator with all our heart, mind, soul and strength. Mental strength is an open mind; willing to continue to grow and willing to let go of useless and harmful ideas and ideals no matter how invested one has been to that idea or ideal. Physical strength is to know ones physical limits. To practice a healthy diet, rest when needed and exercise the correct amount for them self. Emotional strength to be able to experience a full range of emotions. Social strength to be of service – to wisely give of one’s self freely. To treat others like we want to be treated, to love all be can as if we are loving ourselves. Strength is freedom from weakness, the power to withstand temptation. Strength of character is a person with integrity; one who keeps their word to others and themselves. An A.A. member who is practicing A.A.’s spiritual principles in all their affairs the best they can is a living example of one with spiritual, mental, physical, emotional and social strength. Thy Love, Thy Will be done.

“Do small things with great love” Mother Teresa.



Wisdom – Spiritual Discernment – Divine Intuitive Knowing
“Pay Forward” Gift # 338

Today’s “Pay Forward” gift is – Wisdom – Spiritual Discernment – Divine Intuitive Knowing - Judgment. Is expressed in all that we do, say, think, feel and beyond the logic and reasoning of our personal “reality.” These attributes are spiritual in their nature, revealing the spiritual law that guides and directs our real thoughts, when we are awakened. This awakening is most likely to come as the result of practicing A.A.’s way of life, setting the Divine Law into action. I love wisdom; it is a perfect balance between love, intelligence and timing. Spiritual Discernment is when we realize the spirit of something above and beyond the letter of that thing, and is like realizing it in the spirit of the Fourth Dimension; that which embraces and encompasses the other three dimensions; doing away with time, and space and conditions, under Divine Law. Divine intuitive knowing is communicating in our Father’s first language, a knowing deeper than words and beyond questioning. For a time all this may seem untrue or too good to be true. However at some point we will come to the conclusion that it is truly our Father’s Loving Will. When I reached the point of powerlessness, again, where I come to believe only our Father can save the day, I stop fighting, I become meek and I seek earnestly for His inner light. Like Solomon I pray, “Give your servant therefore an understanding heart...” Let’s surrender our man-made standards of judgment and seek the inner wisdom that reveals the fullness of life. Thy Love, Thy Will be done.

Come, let us love one another

Love
“Pay Forward” Gift # 339

Today’s “Pay Forward” gift is – Love. Alcoholics Anonymous when practiced whole-heartedly has much in common with unconditional love, which is spiritual in its nature. “A.A.’s Twelve Steps are a group of principles, spiritual in their nature, which, if practiced as a way of life...enable the sufferer to become happily and usefully whole” Twelve Steps And Twelve Traditions. Both are open to everyone; “The only requirement ...is a desire.” Neither requires formal introduction or education, has no entrance examination, no condition whatever. Neither love nor A.A. calls for a laboratory, or special place or equipment, or professional training. Here and now with a real commitment, a willingness to do what it takes, will do. This is a beginning to be followed by a faithful daily practice. The love-conscious and spiritual development will follow in its many forms. Where love is our Father/Creator is, for He is Love. Love will heal us. Love will guide us. Love will enlighten us. Love will fulfill us. Love will transform us. Unconditional love is beyond personal love, but it can include it, it is beyond friendship love, but it can include it, it is beyond service; giving of ourselves, but it can include it, it is beyond self-love, but it can include it. We cannot earn this love, but we most likely want to try to at least expand on it. There are no words that can fully describe pure unconditional love, words can only point toward it. Thy Love, Thy Will be done.

“Do small things with great love” Mother Teresa.



Power
“Pay Forward” Gift # 340

Today’s “Pay Forward” gift is – Power. Power is a force generated from our Father through the activity of our words and thoughts. There are no neutral words or thoughts. We would do well to dwell only on the words and thoughts of what we want instead of what we don’t. Now that I accept that truism I decided “never” to waste my words and thoughts on the useless or harmful. There were ten black-birds on a power-line, one decided to fly. How many were left? Ten, one decided to fly, but didn’t. That should tell you have successful my decision about my word and thought choice. We receive added power when we practice A.A.’s loving, wise spiritual principles in all our affairs, in other words/thoughts as unselfish service. The laws that govern our words and thoughts are just as dependable as the laws we use solving a mathematical problem, the same yesterday, today and forever. Our consciousness is a channel which our Father’s laws find expression, by grace we become His instruments. A.A. offers us the tools, opportunities and an abundance of alcoholics to share with. I have experienced for myself and I have witnessed a great many alcoholics who passed through very turbulent conditions and have found a joyous, happy and free way of life far beyond any of us could have ever dreamed of. Our powerlessness transformed by grace has given us all the power we needed, and even asked for. Thy Love, Thy Will be done.

Come, let us love one another

Imagination
“Pay Forward” Gift # 341

Today’s “Pay Forward” gift is – Imagination. Everything that happens in the outer world first takes place in the inner realm of thought – imagination. Our inner realm is where we first meet our Father, imagine that. Divine Imagination is the chisel we use to mold the paradise of our inner thought kingdom. It is through divine imagination that our soul first gets the impulse to sober up, to leave our self-made prison. One of our long-timers believed all A.A. members were prayed into A.A., for themselves or by someone who cared for them, I believe that now. Before A.A. too many of us used our imagination to guilt and punish ourselves and others, much like a drug, a temporary fix. One of our group member said in the meeting that his religion told him he was going to hell like all the unsaved souls, A.A. had shown him the possibility of him experiencing a kind-of-heaven even now, tender mercy, forgiveness, new understanding, a way out. We are not punished for our mistakes or wrong doing, but by them, calling for correction or acceptance. Imagination is that which gives shape, tone, and color to thinking. Every word, every combination of words, has back of it an image, a thought picture. We all have free access to our Father’s storehouse. We have the right to use or misuse our imagination; we can even choose to join with our Father’s Divine Imagination. Thy Love, Thy Will be done.

“Do small things with great love” Mother Teresa.



Understanding
“Pay Forward” Gift # 342

Today’s “Pay Forward” gift is – Understanding. Before I came to Alcoholics Anonymous I wanted so much to stop struggling within my self-made prison, trapped with no way out. I did not know what I needed, but I did know that I wanted to be led out of the darkness and the wilderness of my five-sense life, controlled and dominated by my alcoholism. At the time I did not have the verbal skills to ask for what I did not understand. Just as the sunflower always keeps its face turned toward the sun so the inner forces of our soul must be turned toward the divine. I didn’t know what was going on, so I drank more to overcome the silent invisible urge. To gain understanding I was willing to work diligently and earnestly. Those who had what I wanted, peace and understanding, said they had a conscious contact with a Higher Power. These way-showers seem to connect the inner world of thought with the outer world of manifestation; a workable understanding. My old limited understanding resists the new understanding. Spiritual understanding enables our consciousness to see and to feel spiritually. Spiritual understanding gives clear insight into everything, it remolds the mentality, and inspires the will to direct, to act, and understand. I believe spiritual understanding is another name for spiritual discernment; a true judgment, in effect saying that we have the ability to discern everything that is within our Father’s omnipresence, omnipotent and omniscience. Thy Love, Thy Will be done.

Come, let us love one another

“The Will Is Man [Woman]”
“Pay Forward” Gift # 343

Today’s “Pay Forward” gift is – “The Will Is Man [Woman].” This ancient conclusion is reached because the will moves to action all the other faculties of the mind. I AM, I will be what I will be. “Not my will, but thine, be done.” It’s hard to believe how this alcoholic drifted into such a dark, self-centered life until I became totally powerlessness, of little or no value to myself or anyone else, having no way out. Failing to understand our spiritual origin, we fail in estimating our real character. Only a short time in Alcoholics Anonymous I realized that the members that had what I really wanted; a personal relationship with a Higher Power that was doing for them what they could not. As far as could tell they were practicing A.A.’s spiritual principle in all their affairs, they had a burning desire to do and to be our Father’s Love and Will. By the grace of our Father I was awakened and transformed into a sober life of loving service. “We will obey the voice of Jehovah our God... that it may be well with us.” My heart’s desire is that we may become fluent in our Father’s first language; silent intuition, and to do and to be His Will. Let’s stay out of His infinite Mind Way. I’ll never be fully joyous, happy and free doing and being anything other than our Father’s intended purpose for me. Let’s listen and obey the voice of the indwelling Presence. Thy Love, Thy Will be done.

More About Divine Law And Order
“Pay Forward” Gift # 344

Today’s “Pay Forward” gift is – More About Divine Law And Order. As we use the letter of the law [my way or the highway], we may include some of the same words as if it’s the spirit of the law [love]. The darkness of night and the light of day are the same day. The letter of the law demands that we follow a set of man-made rules and experience facts we believe to be reality. The spirit of the law is Truth/Reality; a spiritual principle. Facts are outer expressions of Truth/Reality or expressions of our illusions. An alcoholic may be completely dry, free from alcohol, but not doing anything constructive about the ism of their alcoholism. Most likely to be demanding, fearful, resentful and negative, no fun to be around. A sober alcoholic to the best of their ability, living A.A.’s spiritual principles in all their affairs is more likely to be somewhat joyous, happy and free, in the spirit of the law. Here on earth if we didn’t have Divine Law and Order, confusion would be apparent everywhere. Humans have free will, but too often we act in direct opposition to the Divine Law and Order. After living A.A.’s way of life for a while we are likely to strive earnestly to keep the Divine Law, and lovingly avoid the letter of the law. “Ye shall know the truth, and the truth shall make you.” Let’s live conscious union with our Father in the spirit of Love. Thy Love, Thy Will be done.

“Do small things with great love” Mother Teresa.



Come, let us love one another

Zeal – Enthusiasm
“Pay Forward” Gift # 345

Today’s “Pay Forward” gift is – Zeal – Enthusiasm. “Half measures availed us nothing.” In fact half measures are worse than nothing. If we are alcoholics one thing we can count on the disease is progressive, even if we are not drinking or doing other drugs. If we half measure our application of Alcoholics Anonymous’ program, when we get worse off and we will, we will most likely tell ourselves, I tried A.A. and it doesn’t work for me. In some cases it would be better off for one who doubts that they have a problem with alcohol to try a little control drinking and that means no other pills or drugs, and then, for a few weeks, abstain from all alcohol and drug, and see how that works. When I came to the doors of A.A. I had never even heard the word, alcoholic or alcoholism, but to stay out of trouble I told everyone who had a need to know, that I was a real alcoholic. We had an A.A. member with fifteen years of sobriety, in 1957 that was very long-timer, he went out to try some control drinking and was dead from drinking within two weeks. That did away with my denial. Zeal is the power that incites the other faculties to ever greater activity. As a compulsive obsessive Kind of Guy I can overdue anything good or bad. Emerson pictures a person intoxicated with personal zeal as “inwardly drunk with a certain belief [or any other side-issue].” Thy Love, Thy Will be done.

“Do small things with great love” Mother Teresa.



Elimination – Renunciation
“Pay Forward” Gift # 346

Today’s “Pay Forward” gift is – Elimination – Renunciation. We are born daily and we die daily. I’m sure you’ve heard or said my times, “Let me sleep on it.” We intuitively know we will be somewhat different after we sleep on it. During a night’s sleep our day’s experience upgrades our mental – storehouse. Renunciation – relinquishing, rejecting something, both positive and decisive in action. Remember there are no neutral thoughts or experience. If we would be healthy, happy, and prosperous and free, we must learn to do healthy, happy, prosperous and free constructive thinking and acting. If we dwell on negative stuff, it will come back sooner or later or at least cause mental and emotional constipation. Alcoholics Anonymous teaches us to let go of everything that is well spent, useless and harmful daily. Our Step Ten, “Continued to take personal inventory and we were wrong promptly admitted it.” Action is the magic word. By daily practicing of this spiritual principle we’ve learned To let go and let God. Can you remember this oldie, “You’ve got to accentuate the positive eliminate the negative latch on to the affirmative. But don’t mess with mister in-between. You’ve got to spread joy up to the maxim...” A great song as a very good idea. I’ve learned the importance of forgiveness as a great elimination and renunciation tool cleanses and strengthens us and freeing us to love one another. I gladly let go of weak, worn-out, useless, and harmful thought and feelings. Thy Love, Thy Will be done.

Come, let us love one another

Life – Regeneration
“Pay Forward” Gift # 347

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

“Do small things with great love” Mother Teresa.



Missing The Mark
“Pay Forward” Gift # 348

Today’s “Pay Forward” gift is - Missing The Mark – How About A Little Target Practice? 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. I choose to give up my so call “right” to judge. I am willing to cease fighting for my rights, trusting our Father I feel safe doing it. “For He shall give His angels charge over me, to keep me in all my ways. They shall bear me up in their hands, lest I dash my foot against a stone.” How many times am I to forgive someone, even if that someone is me? “I say not unto thee, until seven times: but, until seventy times seven.” I choose not to hold anyone bound out of enlightened self-interest, I want us both to be free. What we call sin comes from a word meaning missing the mark. A.A. gives us lots of opportunities to target practice, and I need it. Our Father’s guidance system within tells us when we are missing the mark. Let us stop our chatter and listen to His Holy Voice, then take another shot at our target. Let us turn within and find our individual Divine Design and align ourselves, which is ours for the asking. Thy Love, Thy Will be done.

Come, let us love one another

To Lovingly Embrace Monday Again
“Pay Forward” Gift # 349

Today’s “Pay Forward” gift is – To Lovingly Embrace Monday Again. I love having something to do, that can make a good difference. Here it is Monday again, and I am still in radical training. It is clear that my need for training, learning the art of living, loving and serving is not complete. At some level I don’t want it to be complete; I love the adventure and discovery too much. Any rise in my consciousness increases my capacity and ability to experience our Father’s Love, His Will, His Way, and His Truth. I can worship Him here and now, and see proof of His Presence and Action everywhere in everyone. I can see His good works through the eyes of faith in His mercy, grace, and I love it. Today I am willing to be patient with my failings and the failings of others. Alcoholic Anonymous gives us lots of opportunities to uncover, discover and share an ever awakening way of loving life. It is clear; as long as I am alive my work is not done. Thy Love, Thy Will be done.

“Do small things with great love” Mother Teresa.



“Pay Forward” Gift # 350

Today’s “Pay Forward” gift is – The Fourth Dimension. On pages 8 and 25 in The Big Book Bill shares a little of his experience. “I was soon to be catapulted into what I like to call the fourth dimension.” “We have found much of heaven and we have been rocketed into a fourth dimension of existence of which we had not even dreamed.” The fourth dimension is that which embraces and encompasses the other three; it is an intuitive realization, coming at a level deeper than words. It is the setting aside our over dependence on time and space and all conditions. It is the process in which forms lose their apartness and become one under divine law. In meditation we may become still and detached from time, space and conditions for a few moments. In other words we can let our thoughts and feeling pass; that is we don’t dwell on them. One metaphor I like it is as if we were sitting on a river bank and watch something flow by. If we are lucky we may for a moment experience timeless, space less and free of conditions. However as soon as we try understanding it or sharing it consciously, we can’t, it’s beyond human language. I believe that the 4th dimension is truly a spiritual experience. Sometimes when I pray and meditation I enter into the invisible silence of our Father’s Presence, I experience a few moments of contemplation and I experience a little bit of the fourth dimension. Thy Love, Thy Will be done.

Come, let us love one another

Linking Our Father's Will And Our Will As One
"Pay Forward" Gift # 351

Today's "Pay Forward" gift is - Linking Our Father's Will And Our Will As One. Father, I see Your Presence with my eyes of faith. Father I am as you created me, Your son and a loving brother to all. Being a brother to all means I am to live the commandment, to love our Father with all my heart, mind, and strength and to love all my brothers and sister as I love myself. I realize that's no less than to do, to be our Father's Will, joining my will with His Will. Our will is our personal "reality's" directive power determining our character. When we will our Father's Will be done we are building a loving Spiritual character, awakening our true self, loves awakening. Desiring our Father's Will be done is a good beginning but then we need to take the action shown us and express His Will in this body, this world. Come let us link our will with our Father's Will, in order to develop a loving Spiritual capacity to express the love we are. Let us practice A.A.'s Spiritual Principles in all our affairs, clearly our Father's Will. Let us plant this affirmation seed; "I am devoted, dedicated and committed to do and to be Thy Will, Thy Love Father, consciously known or unknown." "We have ceased fighting anything or anyone." What would Love do? What would our Hero do? What would our Higher Self do? Let the answer to these three questions be One. Thy Love, Thy Will be done.

"Do small things with great love" Mother Teresa.



Linking Our Father's Will And Our Will As One
"Pay Forward" Gift # 352

Today's "Pay Forward" gift is – First Involution Then Comes Evolution - Divine Design's Unfoldment. Upon awakening I turn to You Father, I am filled with love and gratitude. "I cannot prove to you that God exists, but my work has proved empirically that the pattern of God exists in every man and that this pattern in the individual has at its disposal the greatest transforming energies of which life is capable. Find this pattern in your own individual self and life is transformed" C.G. Jung. A.A. is that way-finder for me, practicing its Spiritual principles the best I can has chipped away a large part of my illusions, revealing my purpose in life. I believe our purpose is the unfolding of our Father's individual Divine Design. First we have involution, the Divine Design within, then the evolution or unfolding. The oak tree is already in the acorn waiting to unfold. A.A.'s Program, based on Christianity, shows us the complete way of Spiritual evolution. It is our choice what part we play in Divine Design's unfoldment, reminded that action is the magic word. Known or unknown our fulfillment in this life is waiting for our willingness, for this I am filled with love and gratitude. An old adage says: God has a plan for every man, and He has one for you," and this is absolutely correct. This statement is from another great spiritual leader. Alcoholics Anonymous offers us the tools we need to awaken to our Heart's Desire. Thy Love, Thy Will be done.

Come, let us love one another

Cease Fighting For My Rights
“Pay Forward” Gift # 353

Today’s “Pay Forward” gift is – Cease Fighting For My Rights. “And we have ceased fighting anything and anyone - even alcohol” Alcoholics Anonymous. However fighting for or defending our rights and the rights of our country is so engrained, it is a deeply seated personal “reality” characteristic, it was the “manly” thing to do. I dreamed of being a hero as far back as I can remember. When I was six years old, I wanted to be Batman, failing at that, I tasted my hero illusions to come. I was playing pool, when a teenage gang leader, picked a fight with me, I was fourteen. Until then I was passive, stuffing my anger, letting others running over me. I went into an angry rage, beating the guy, as if I was possessed; the beginning of my violent demand for my rights. My destructive journey began; punishing everyone who had abused or harmed me; I tried to make it appear as an accident. As my violence increased I could no longer hide my motive. I confused others politeness toward me as respect, later I realized it was fear. Reaping the benefits from practicing A.A. spiritual principles, I experience love in service which turned out to be my heart’s desire. I became totally committed to cease fighting for my rights or others’ rights. When I failed I increased my commitment. “The fruit of prayer is faith – the fruit of faith is love – the fruit of love is service” Mother Teresa. Thy Love, Thy Will be done.

“Do small things with great love” Mother Teresa.



Awakening To The Infinite Intelligence Within
“Pay Forward” Gift # 354

Today’s “Pay Forward” gift is – Awakening To The Infinite Intelligence Within. I know there is an infinite intelligence within you and I that knows the answer to our questions before we can ask them. It is the same intelligence that created each of us as individual expressions of His loving grace. It is the same intelligence that turns the food we eat into flesh, bones, thoughts and feelings that we call life. Let us own our part of His Presence, serving and loving one another. Let us seek and find His omnipresence within every cell in our bodies, while doing this thing called life. Let us honor who we are, asking for a conscious union with the divine design we are, and living it as we are directed. If we can be still and cease fighting anything and anyone as our Big Book suggest, we are likely be able to see the expressions of our Father’s Presence, as life, as love. We are likely to have Job’s vision. “But ask now the beast, and they shall teach you, and the fowls of the air, and they shall tell you: Or speak to the earth, and it shall teach you: and the fishes of the sea shall declare unto you...that the hand of the Lord hath wrought this” Job 12:7-9. Let us open our hearts and minds to His Infinite possibilities. “It works, it really does.” Our joyous, happy and free sobriety is proof that it works for millions of us around the world. Thy Love, Thy Will be done.

Come, let us love one another

The Elephant's Way
"Pay Forward" Gift # 355

Today's "Pay Forward" gift is - The Elephant's Way. I must have had some baby elephant training. The baby elephant's leg is tied to a chain staked to the ground, keeping the baby elephant from moving beyond the chain's length. As the elephant grew, it became strong enough to either break the chain or rip the stake out of the ground. It didn't however, because it became so conditioned to the distance it could travel that it never tested the chain. That's a great metaphor for the way we stay bound to limitations we learned early in life; perhaps too good of students for bad teachings. I recall the statement, "Don't let your right hand know what your left hand is doing." What's that supposed to mean? I'm introducing my right hand to my left hand, and to the rest of my body. I've made a decision to turn my will and my body over to the care of our Father. Parts of my body sometimes do things the rest of my body disapproves of. Time to do a body parts inventory, each body part should be autonomous. Our body parts leaders are but trusted servants; they do not govern. For my body's purpose there is but one ultimate authority—a loving God... Come let us lovingly serve one another, carrying the message of hope to the parts that still suffers. After all – our body's common welfare should come first; the point is we are not elephants or saints. Thy Love, Thy Will be done.

"Do small things with great love" Mother Teresa.



In His Name – We Share The Love We Are
"Pay Forward" Gift # 356

Today's "Pay Forward" gift is - In His Name – We Share The Love We Are. Most of the great Spiritual teachers came to realize that God is love, an important characteristic, the nature of our Creator. Alcoholics Anonymous gives us a great set of Spiritual tools to express the love we are. Having a Spiritual awakening to His Love, we're truly blessed as we practice love in all our affairs, in our Father's loving image and likeness. Today I choose to focus on this important characteristic; love. I started my day by praying for what I need to share the love I am. I am meditating on our Father's unconditional Love and its meaning for me and its expressions within me and the outer world. I choose to consciously practice each of the six loves. As we shift from one thing to another we ask, "What would Love do?" Then do it. I am choosing to dwell within on one attribute of love at a time, and when not loving stuff pops up I surrender it quickly and return to love. As I share my life with others by extending the appropriate love, first silently and then openly if called for. I sought ways to practice the Presence of our Father in all my affairs. Sharing love is proof of His Presence, His Name/Nature is Love, and we are created in His image and likeness. One kind thought or act at a time, will work. Thy Love, Thy Will be done. For free workshop papers go to www.12stepworkbook.org – click Workshops

Come, let us love one another

I'm Back
"Pay Forward" Gift # 357

Today's "Pay Forward" gift is – I'm Back. A great many years ago while strongly suggesting that a person leave town, they asked me: why I had to get so angry to do what was right? I have repeated that same defective pattern five times. The latest: I didn't address the lack of commitment and the disrespect for my time long ago. My stuffing reached a boiling point. I became angry and over reacting, taking down the welcome sign. "...when we were wrong promptly admitted it." I didn't. Why didn't I promptly admit when I was right, instead of stuffing it? Others can't know what I don't tell them. I am challenging my reasons for not acting on what was becoming unacceptable sooner. My judging another too harshly for not living up to my values is wrong. Not addressing an ongoing problem once consciously known as soon as possible is my defect. Not following that simple wisdom I became an anger enable-er, a self-righteous "pusher-a-way-er." "Nothing pays off like restraint of tongue and pen." "One unkind tirade or one willful snap judgment can ruin our relation with another." No kidding. I reacted to the problem and the solution too late. I regret that my lack of restraint, which was wrong, caused problems for two innocent bystanders I care for. Now, I own my part of the defective pattern; I surrender it to our Father. I pray He will transform it into an asset as He has done for other defects. Thy Love, Thy Will be done.

"Do small things with great love" Mother Teresa.



Never Enough, Look Who's Talking
"Pay Forward" Gift # 358

Today's "Pay Forward" gift it is - Never Enough, Look Who's Talking. Upon awakening I turn to You Father, I am filled with love and gratitude. I am grateful for the gift of an abiding intuitive faith, which overcomes my finite personal "reality". That feeling of "never enough" is telling us that we are trying to live two or more lives at once. Our personal "reality" is finite; it cannot contain the infinite for more than an intuitive instant. We waste a lot of time and energy trying to fill the "never enough" emptiness with stuff. That "never enough" feeling is our Father within telling us to choose His Love and His Will once again, letting the past and the future go, for now. Let us be still and awaken in this present moment to His Presence within, that is enough, that will fill us with a love and gratitude deeper than words. That feeling of "never enough" is our Father's guidance calling us to a greater love in union with His Love and His Will. This alcoholic did a lot of harmful stuff trying to overcome that "never enough" feeling, never imagining it had a Divine purpose. I choose to let my weakness; my personal "reality" has a day of rest. I'm reminded of the one thing needed, surrendering myself. "In my defenselessness my safety lies." "What the caterpillar calls the end of the world, the Master calls a butterfly." (Richard Bach) Thy Love, Thy Will be done.

Come, let us love one another

Calling For An Upgrade
"Pay Forward" Gift # 359

Today's "Pay forward" gift is – I Need Upgrading. I am receiving whatever it takes to do Your Will, Father and to rewrite and rewire my personal "reality" with the Spiritual, mental, physical, emotional, social equivalents of Your Will, for me on my serendipity journey Home to You. Yesterday was a good example why my personal "reality" needs 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. As I have confidence in our Loving Father, the more I'm able to face the truth about myself. 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's" upgrade is the need to include our Father in everything I do or don't do, no matter how small or great. I must take responsibility for the choices and action I take, why not turn first to our Father and then do my part? We have guides and teachers that help keep us on the correct path, and sometime they lead us astray. It is my choice which road to travel and not blame others. The real Source of all of life is our Father. Today I am willing for our Father to be the Boss and I love being one of His junior partners. The only time I really need an upgrade is now. Thy Love, Thy Will be done.

"Do small things with great love" Mother Teresa.



The Serenity Prayer – Another Awakening
"Pay Forward" Gift # 360

Today's "Pay Forward" gift is - The Serenity Prayer – Another Awakening. God grant me the serenity to accept the thing I cannot change, courage to change the things I can, and the wisdom to know the difference. Every time I think I've gotten the most out of this simple prayer, by our Father's loving grace I receive another level of understanding. It took a long time before I was able to accept the fact that I could not change someone else or myself at some levels. Our Father operates on all levels of the finite and the infinite. I experienced the realization that I cannot change our Father's Love or Will for you or me. Also, it is beyond my pay-grade to understand when His Love and Will are being done, for others and I, things are not always what they seem. When I look back at the major transformations, I first resisted change, so I need the courage to change. Passing through those painful and fearful times I could not see that my true prayers were being fulfilled. There is no question; I most often need the wisdom to know the difference. Our Father is Love that mighty Power expressing throughout all His creation, and cannot be suppressed by any outside force. His Love is the Power that joins and binds together all His creation, Love is a harmonizing constructive Power touching everyone, everything into wholeness. Spiritual discernment places wisdom above the faculties of the mind. Thy Love, Thy Will be done.

Come, let us love one another

Perhaps Being Our Intended True Self Is Being Purified!
“Pay Forward” Gift # 361

Today’s “Pay Forward” gift is – Perhaps Being Our Intended True Self Is Being Purified! Upon awakening I turn to You Father, I am filled with love and gratitude. Upon awakening I turn to the silence within affirming; it is our Father within doing the good works. I am being prepared and I am preparing to carry out His Will, His Love. In contemplation meditation our Father’s guidance moves me from the formless silence to the outer world of form, the purpose He gave me. I trust He is leading me into effective loving service where I can make a good difference, even if it is ever so small. I trust He is filling my heart, mind and soul with truly caring not just a duty. I trust my sharing is not just an impulsive fix but an act of keeping on keeping on my heart’s desire of wanting to make a good difference as an expression of loving service. Within the silence let me be still and look for our Father’s Presence and seeing It with the eyes of faith. My heart, mind and soul are purified with complete forgiveness for all; purification is forgiveness. Letting go of my powerlessness my heart, mind and soul is open to our Father’s Will and His Love. As I am touched by His grace I am willing to respond outward as I am directed, in the fullness of His time. Practicing A.A.’s spiritual principles in all our affairs, the best we can, is fulfilling our promises. Thy Love, Thy Will be done.

“Do small things with great love” Mother Teresa.



He Speaks And I Hear With The Ears Of Faith
“Pay Forward” Gift # 362

Today’s “Pay Forward” gift is - He Speaks And I Hear With The Ears Of Faith. Father I listen to Your Holy Voice directing me in a way I can currently hear understand and follow, meaning we have the ability to apprehend what’s needed to carry our given purpose, here and now. This understanding reveals that love and wisdom should work together as I share A.A.’s Program. At first my understanding may be head knowledge, by choosing to listen for our Father’s Holy Voice within, head knowledge turns to heart knowledge. As my understanding within unites with His Holy Voice, I know what to do or to be, for the present moment. I turn from the problem to the solution, our Father within solve my dilemma. When the solution takes place, clearly by grace, my understanding goes deeper than head knowledge and awakens a deep sense of gratitude. Let us stop our useless chatter for a few moments and accept the wisdom within. Let us look and see through the eyes of faith proof of our Father’s good working through us. Let us listen to His Holy Voice speaking through us, as we share the love we are. Let us ask for and accept our heart’s desire and do and be our created Self. We do not ask for too much, we often ask for too little. It has to be our Father’s good pleasure to fulfill His Will, His Love through us. Affirming this makes me feel good. Thy Love, Thy Will be done.

Come, let us love one another

What If My Eyes Were Single 24/7?
“Pay Forward” Gift # 363

Today’s “Pay Forward” gift is – What If My Eyes Were Single 24/7? When I look for the good with someone, for that moment my eye is single. When I am sharing Alcoholics Anonymous with someone who really wants it, it’s easier to stay on my purpose. When I am focused on living my heart’s desire, my eye is most likely single. I am given the power to turn just about any situation that is not my heart’s desire into a bit of loving service. I may not feel loving, but I can do a loving thing, out of enlightened self-interest, causing my eye to be single. It is A.A.’s 5th Tradition to honor our primary purpose, keeping our eye single. The focused on those who still suffer from alcoholism, at some point in our sobriety we all suffer from our “ism.” I choose to keep my eye single as I’m seeking our Father, as I let Him do through me what I cannot do. Living A.A.’s spiritual principles chips away what is not our Father’s Love and Will, plus we become miracle-minded. I choose this day to be miracle-minded; trading selfishness for enlightened self-interest, trading guilt and punishment, most commonly abused drug, for forgiveness. Trading not love for loving service. Trading my withdrawing and withholding for a miracle-minded grace to give of myself. I choose inner light, instead of darkness. I choose the power of our Father over the weakness of my personal “reality,” freeing my mind to be single once again. Thy Love, Thy Will be done.

“Do small things with great love” Mother Teresa.



Distilled Spirits
“Pay Forward” Gift # 364

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

Come, let us love one another

Being Faithful
"Pay Forward" Gift # 365

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

“Your children are not your children. They are the son and daughters of Life’s longing for itself. You may give them your love but not your thoughts, for they have their own thoughts. You may house their bodies but not their souls, for their souls dwell in the house of tomorrow,

which you cannot visit, not even in your dreams. You may strive to be like them, but seek not to make them like you. For life goes not backward nor tarries with yesterday. You are the bows from which your children as living arrows are sent forth.

The Archer sees the mark upon the path of the infinite, and He bends you with His might that His arrows may go swift and far. Let your bending in the Archer’s hand be for gladness, for even as He loves the arrow that flies, so He loves also the bow that is stable.”
The Prophet by Kahlil Gibran

“And He increased in wisdom and stature and in favor with God and man.”

“When I was a child, I spake as a child, I understood as a child; but when I became a man, I put away childish things. For now we see through a glass, darkly; but then face to face;



now I know in part; but then shall I know even as also I am known. And now abideth faith, hope, love, these three; but the greatest of these is love.”

“Do small things with great love” Mother Teresa.



Come, let us love one another