



*"Beloved, let us love one another: for love is of God;
And every one that loves is born of God,
And knows God."*



*"Do Small Things With Great Love."
Mother Teresa
Out Of The Darkness Into The Light*

CAUTION

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

Doing what's suggested in this workbook may cause you to let go of some parts of your personal "reality." It could cause fewer limits for you. You may stop blaming other people, places, and things. You may stop being a user and become an owner of your own stuff. You may find yourself giving up some of your old resentments, pains and fears. You could even find yourself with a new understanding and awakening. You could find your Self. Neither this workbook nor any of its contents are for sale. They are for sharing. Pass it on freely to those you love and those you don't.

If there is an area you want or need to focus on turn to the affirmation "look to this Day" and change the wording to focus on that important idea. Change the wording to reflect the expression of that idea. Such as "Look to this love" or "Look to this prayer" or "Look to My Heart's Desire – ad infinitum, and meditate on it daily, until it becomes a way of life. If you committed to one-day-at-a-time for 40 days - "You would be amazed before you are half way through." It takes less than a minute to repeat the affirmation – a very wise investment.

Living One Day At A Time
"Pay Forward"

I greet The Indwelling Presence within you.

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

Look to this day,
For it is life,
The very life of life.
In its brief course lie all
The realities and verities of existence,
The bliss of growth,
The splendor of action,
The glory of power –
For yesterday is but a dream,
And tomorrow is only a vision,
But today, well lived,
Makes every yesterday a dream of happiness
And every tomorrow a vision of hope.
Look well, therefore, to this day.
Sanskrit proverb
By Kalidasa - Indian poet - Fourth Century A.D.

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What We Think Upon Grows
"Pay forward" #1

Today's "Pay Forward" gift is - What We Think Upon Grows. "Finally, brethren [and sister], whatsoever things are true, whatsoever things are honest, whatsoever things are just, whatsoever things are pure, whatsoever things are lovely, whatsoever things are of good report; if there be any virtue, and if there be any praise, think on these things" (Philippians 4:8). I choose to occupy my heart, mind, body and soul on those things I want. I agree to feast on those things I want, to be and to do our Father's Love and His Will. I am fasting from all grievances and injustices, real or illusionary. I have every reason to be grateful, joyous, happy and free. Our Father has been and is so merciful, generous, forgiving and abundantly gracious to me. The pain I experience at any level of my spiritual or human condition turns out to be growing pains. At eighty-nine and a half I have a few pains that come along with all physical antiques. By our Father's loving grace nothing can keep me from carrying His Will for me. I love new ideas, adventures that stretch my present state of being, and that take me out of my comfort zone. When we are working A.A.'s Steps and Traditions and we are not uncomfortable, most likely we are not being very honest. If we are evergreen perennials we continue to grow. When we become too ripe we begin to rotten. Are we willing to accept our Father's Loving gift and pass them on? Thy Love, Thy Will be done.

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"All That I Have Is Yours"
"Pay Forward" #2

Today's "Pay Forward" gift is - "All That I Have Is Yours." As a member of Alcoholics Anonymous it is so easy for me to identify with as the Prodigal Son, in the story of the son returning home to his father (Luke 15:11-32). He had been given his inheritance early and went off in a far country and wasted it on a way of life most active alcoholics can understand. By the time I was sober for a few years, there were times I acted like the self-righteous elder brother. He was jealous of the way his dad treated his prodigal brother. His home coming called for a great celebration, killing the fatted calf, which was only done for very special events. The Elder Brother had always stayed home working to please the father. He was never given the big party with a fatted calf to enjoy with his friends. He would not go to his prodigal brother's celebration. His dad tried to reason with him. "Son, you are always with me, and all that I have is yours." I've experienced a great longing, a thirst and hunger after a better life. Our Father offers us all we need to carry out His Will, if we could only awaken to His message. "Son, you are always with me, and all that I have is yours." At any time I could have returned to our Father, asking more of A.A., more of myself and more of our Father sooner. Thy Love, Thy Will be done.

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Sharing A Few Thought Starters
"Pay Forward" #3

Today's "Pay Forward" gift is – Sharing A Few Thought Starters. I am reminded that I could count the number of seed in an apple. But who among us can ever say how many apples are in a seed? We can count the number Twelve Step calls we make. But, we will never know how many sober up and carry the message to others? We could count the times we have truly forgiven others. But, now that we know that a "wrong" such as we forgave can be forgiven, can we count on others forgiving us? We will remain in our self-made prison until we learn to forgive. If we want more love, we will do well to plant more love seeds. If we want to experience miracles, come and let us serve one-another and we will become a miracle. Enough love will heal any problem, because God is Love, and all things are possible for Him. Some of us have gone on all kinds of journeys looking for our Father. He has been, He is, He will be always present within us all, no matter what we have done or not done. For every act of unkindness I do today, I will have to do at least three acts of loving kindness, silently and or openly. We all have a great gift to share, our created Self. Forgiveness is a wonderful gift for our self; it also frees both giving and receiving love. Thy Love, Thy Will be done.

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But Who Do You Say I Am?
"Pay Forward" #4

Today's "Pay Forward" gift is - But Who Do You Say I Am? Do I have the courage to claim that I am - you are an individually Divine Design being; created as a child of our Father; in His image and likeness? Am I willing to claim my birthright? Which, is to live, move and have my being with the purpose I am given as a son of our Father, and accepting everyone's inheritance as is, letting go of my judgment. The origin of the word courage is from the French word Coeur, which means "heart." Do I have what it takes to share from my heart? Do I deserve to have the honor to be called a child of our Father? I am reminded that we cannot earn grace, it is freely given. It takes courage to surrender all of our personal "reality." A willingness to die to the illusionary world view we made up that takes a heartfelt commitment. An old saying around A.A. is the only thing we need to change is everything we do, say, think and feel who we do it with and how we do it. If I am truly going to live as if I am His child; in His image and likeness, my selfish, self-centeredness has to be transformed by His grace into enlightened self-interest. That is to live my birthright because it is best for me, and it is. Thy Love, Thy Will be done.

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Choose Wisely
“Pay Forward” #5

Today’s “Pay Forward” gift is – Choose Wisely. When our subconscious mind, which is our storehouse for everything we’ve done, say or felt, accepts an idea, it begins to put it into effect. It draws on everything we have collected, most of which we don’t remember. It mobilizes powers we are mostly unaware of. All created beings have within the infinite intelligence that transforms what we eat into what we call life. This Divine power is omnipresence as long as we are breathing, what happens after this life, I don’t know. However, I think it is a good idea to act as if there is a heaven, if there isn’t, we will never know anyway. If we seek through prayer and meditation, Alcoholics Anonymous suggest, we can draw on an unlimited energy of our Father. This invisible Source lines up all we need to carry out our given purpose. As many of us have found out we can misuse this gift to harm others and therefore ourselves, so it pays to choose wisely what we shall set into motion. Sometimes it succeeds quickly and sometime slowly, but if the thing is not utterly impossible, it will come about in this outer world of expression, once the idea is truly accepted. The conscious mind may give the orders but the unseen does the work. Then we have another choice to make, what are we going to do with the outer expression? “...His secret is with the righteous” (Proverbs 3:32). Thy Love, Thy Will be done.

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Being Politically Correct
“Pay Forward” #6

Today’s “Pay Forward” gift is – Being Politically Correct. Forgive me if I am not, for sure I am not a word-smith. I just want to share my experience, strength and hope. Our world has gone mad with the idea that we must choose our words so not to offend anyone. It is well known that alcoholics, even the recovering ones, are sensitive, so no matter what we do or say will not please some, that’s why forgiveness is in order. “Practice makes perfect.” To practice A.A.’s spiritual principles in all my affairs; takes lots of practice. Prayer and meditation could be summed up as the Practice of the Presence of our Father/Creator. As I practice speaking and writing the ideas I long to express, I understand what I am trying to share. I work out physically for an hour five times a week, and my health is great. I make it a point each day to share the love; planting the love I want for myself. Daily I share A.A.’s way of life with someone. Next to the last time my dad fired me, he told me I would have to work for myself or by myself, because I just could not get along with anyone. By our Father’s grace that has greatly changed. “What I am now, I am through the grace of God, and the grace which was given to me has not been wasted” (1 Corinthians 15:10). Thy Love, Thy Will be done.

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I Know Who I Am – Who Am I Becoming?
“Pay Forward” #7

Today’s “Pay Forward” gift is – I Know Who I Am – Who Am I Becoming? I accept the reality that this present moment is the only one I need to deal with. “Give us this day our daily bread.” I don’t want to get stuck in the past pretending it is today, but I do want to learn from it. “The heart of prayer is to recognize the Presence and action of God and consent to it. We do not have to go anywhere; God is already with us” (Father Thomas Keating). Effort has to do with the future; that I am becoming. Consent has to do with the present moment. Faith refers to what we already have; our Father within, doing the works. What we do in silence, our Father’s first language, we will experience in our daily life. “Remain in Me, and I will remain in you” (John 15:4). It’s important what we tell ourselves, not what other people tell us or about us. The art of life is to live in the present in the Presence, realizing we are the channel of our Father, with the purpose He has/is giving each of us to express. A member of Alcoholics Anonymous or one borrowing its spiritual tools has what we need to be and to do our God intended purpose. I choose to start each new beginning, any shift in my attention, by saying “Our Father.” It reminds me Who our Boss is. Thy Love, Thy Will be done.

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Serendipity Spiritual Journey
“Pay Forward” #8

Today’s “Pay Forward” gift is – Serendipity Spiritual Journey. I’ve been a worker most of my life. When I was growing up, I tried to earn my dad’s love; it didn’t work. I’ve been trying to earn our Father’s love by doing the things devoted, committed workers do. In A.A. I go about doing service, working the Steps and Traditions, writing and doing workbooks and workshops, writing these daily affirmations, I’m endlessly doing. I want everyone’s love and respect. Then why don’t act like 24/7? Once a work-a-hol-ic, always a work-a-hol-ic. Part of today’s daily prep-work was a reading that reminded me of my trudging “the Road of Happy destiny.” “Martha, Martha, you are anxious and worried about many things. There is need of only one thing. Mary has chosen the better part, and it will not be taken from her” (Luke 10:41-12). Mary’s whole attention was focused on the Master. Her love moves her faith to a deeper level of listening and surrendering, and its fruit, interior freedom. By practicing A.A.’s spiritual principles in all my affairs I am learning to do the Mary-thing. By the grace of our Father [unearned] there is a unique place for each of us on this Serendipity Spiritual Journey. It is not a process but an awakening; the revealing of our individual mission. Let’s look for the presence of good in each other, knowing there’s a purpose. Thy Love, Love Thy Will be done.

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The Core Of Impatience
"Pay Forward" #9

Today's "Pay Forward" gift is - The Core Of Impatience. Some days, I'm in the wrong place, doing something I told myself not to do. What a waste of time and energy. Who wouldn't be impatient? One of the hardest things about practicing patience is that impatience feels so right. Impatience was one of my major defects. I sponsored a guy for about three years; he had a PhD Degree in Philosophy and a Master's degree in Business. I asked him a simple question, like how many meetings are you going to a week? He studied the question, like ten minutes before he answered. One time it was too much for me, and I told him I felt like a detective when I tried to share with him. I turn to our Father seeking guidance, and the answer came to me. I realized whenever I am impatient, there is one thing in common; I don't see any value or purpose in it for anyone. By our Father's grace I changed the way I share. Everyone I share with brings me a gift, and I have a gift for them, if I don't pay attention, I will miss it. At the first sign of impatience, I turn once again to our Father and He blessed me with the answer. Love as patience is passive waiting to begin; not in a hurry, calm, ready to do its work when the summons comes, for love understands and therefore, waits. Thy Love, Thy Will Be done.

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What About Faith?
"Pay Forward" #10

Today's "Pay Forward" Gift is - What About Faith? I have an important event taking place in a few days, and I have an abiding faith that our Father will give me all I need to fulfill it. It is becoming easy for me to trust our Father for all my future needs for carrying out the purpose He created me for. But, I need to experience my faith in His grace now. I awakened this morning with the pain in my neck, a physical one, that's distracting me from doing my daily pre-work. I am grateful for an abiding faith in His grace for a far-off point in time, but what about this moment? It's taking far more spiritual discipline for the here and now faith and trust. I don't want to down-grade my vision and plans that lies ahead, but this present distraction needs to be addressed. The pain is not going away. Father I ask You, to cause me to carry out my mission with or without this pain. This morning the demands and challenge is to have faith that I will do and be Your love and Will, and serve those I am blessed with. A.A. is teaching me to take up "my cross" and do, say, think and feel, and concern myself with those I am to share with. I know that Your Loving Guidance is always available to me. I need to stop my self-centered thinking and feeling and get on with life. Thy Love, Thy Will be done.

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Using The Service Elevator
"Pay Forward" 11

Today's "Pay Forward" gift is - Using The Service Elevator. Going all the way up in a very tall building [Spiritual Dwelling place], is a choice. The easier, softer way to get to the "Top Floor" is the Service Elevator. The stairs will get us there, but it will take a lot more time and energy. "The best way to find yourself is to lose yourself in the service to others" Mahatma Gandhi. "Twelfth Step is seen in its full implication; it is really talking about the kind of love [service] that has no price tag on it" (Twelve Steps and Twelve Traditions). Jesus said, "But who is the greatest among you, let him be your servant." All genuine spiritual paths will get around to telling us to serve one another. A.A.'s gives us the tools to take us up the "Spiritual Summit" – spiritual awakening. If we want to stay awaken we need to share the gifts we have been so freely given. As we grow up spiritually our service is motivated in different ways. For me, service was like a duty, my sponsor told me I had to do my part if I wanted what they had, and I did. In other words my service was purely selfish. At some point, my giving of myself was motivated by the wisdom of enlightened self-interest. Giving of myself became a way of life. Service was not about me, it is about our Father's purpose for me. Thy Love, Thy Will be done.

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Loving Our Enemies
"Pay Forward" #12

Today's "Pay Forward" gift is - Loving Our Enemies. Emmet Fox tells us, that fear is our only enemy. "This short word [fear] somehow touches about every aspect of our lives" Alcoholics Anonymous page 67. Jesus tells us that we are to love our enemies. His commandment is simple, but not easy. Embracing is an expression of love. If we embrace [love] our fear [enemy] instead of pushing it away, an important event happens. Fear will change its nature; it is a real problem we can address or its one of our illusions. We can deal with a problem or get help. Once we realize the fear is a False Event Appearing Real, we may let it go, and let the Boss deal with our "temporary insanity." My latest need to love my enemies [my helpful friends] came while sharing my 3rd edition of "Pay Forward." Some of my loving friends that I share my works www.12stepworkbook.org reminded me of the typos, grammatical errors and spelling mistakes I make. I run my works through two grammar and spelling checks, but I still have errors. [Embracing the problem] I didn't learn how to read and write, much less grammar and spelling, in school. Teaching by way of phonics didn't work for me then or now. I learned to read and write after I came into Alcoholics Anonymous. I wanted what they had and was willing to go to any length to get it. I'm deeply grateful for my loving helpful "enemies." Thy Love, Thy Will Be done.

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Sometimes Our Wizards Are Odd
“Pay Forward” #13

Today’s “Pay Forward” gift is – Sometimes Our Wizards Are Odd. “We are at our best when the doctor who resides within each patient has a chance to go to work” Albert Schweitzer. Our healing; becoming whole is a pure miracle. Our healing is done by the Divine Wizard of Oz within. Sometimes our healing is done by the Wizard of Odd. Why should we care as long as we are healed, made whole? When we realize it is our Father, our Doctor within doing the works, we are reminded that all things are possible even for the likes of us. Let us give credit where credit is due and realize miracles are not magic or odd. Miracles come by the way of grace not earned. Perhaps those who know nothing about A.A. think our way of life is odd. Most of us awaken to the reality that all True healing is a miracle of mercy and grace. There are those with no firsthand experience with Alcoholics Anonymous, who may think we are brainwashed and that our Program is a placebo. Well, my brain did need a good scrubbing. I know A.A.’s spiritual principles work and it is not just thinking that makes it so, it’s demonstrated around the world, daily. I am grateful for miracles, for mercy, for our Wizards, Oz and Odd. I am receiving whatever it takes to rewrite and rewire my personal “reality” with the Spiritual, mental, physical, emotional, social equivalents of Your Will, Father. Thy Love, Thy Will be done.

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Fully Divine And Human
“Pay Forward” #14

Today’s “Pay Forward” gift is - Fully Divine And Human. My greatest Hero came into this world as an archetype. We can be awakened to our Father’s Divine Design; we only need to be willing. A.A. offers us both the Divine and human tools to chip away all that is not our individually intended purposeful Self; His Will and Love to be done. As a long-time member of A.A.’s spiritual way of life, I had a hard time forgiving myself enough to get out of the way of our Father’s mercy and grace. Each time I work through the Steps and receiving the Step Twelve’s promised spiritual awakening, my trust and faith grows. For a few moments, at times during my prayers and meditation, I am still; having an open mind and heart. Then, I experience our Father’s Presence, my Higher Self and my human self in a union beyond words. “God, You are my God. I pine for You; my heart thirsts for You. My body longs for You, as a land parched, dreary and waterless” (Psalm 63:1). “What we really have is a daily reprieve contingent on the maintenance of our spiritual condition. Every day is a day when we must carry the vision of God’s will into all of our activities” Alcoholics Anonymous page 85. Thy Love, Thy Will be done.

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Resist Not
"Pay Forward" #15

Today's "Pay Forward" gift is - Resist Not. I believe in full ownership of my personal "reality" both conscious and subconscious. This gives me the right and power to surrender all of it to our Father for a daily upgrade and the possible transforming my defects into workable assets. I need not look on His Loving promises as referring only to after-life, but for the here and now. I may or may not have to struggle with seeking and finding His Love and Will that is my choice. I have Alcoholics Anonymous' tools that let me deal with life in this present moment in His Presence. I believe our Father's Kingdom is within us and we can enjoy "eternal life" here and now. I am dedicated, devoted and committed to be and to do His Love and His Will, consciously known and unknown. I pray for the insight, and understanding as needed. By our Father's grace we can become spiritually awakened and full human. My goal is not to reject the good things of this physical world, but to use them rightly. In this way I believe my purpose has a better chance of taking place. I believe the way to become more like you and I was created to be is through spiritual practice, service and being fully human. I am receiving a great outpouring of His Holy grace, as I say the Lord's Prayer. Faith works through indwelling Presence. Thy Love, Thy Will be done.

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I believe - Help My Unbelief
"Pay Forward" #16

Today's "Pay Forward" gift is - I believe - Help My Unbelief. But, how is such faith to be obtained? We need to go to the one Source and accepting our unbelief, and ask Him for our needs, and count on Him to supply us. Faith is not money by which our healing, fulfillment can be purchased from our Father. Like all of His gifts, it comes by grace, unearned. The Lord's prayer is a good place to start and end each day, and even once in a while during the day. This great prayer is a compact formula for the development of our created purpose. When we ask for our daily bread we can consciously include our need for an upgraded faith. We can trust that He already knows what it will take for us to complete the individually Divine Design He created us as. "Thy Kingdom come Thy Will be done." Is our simple affirmation of our awakening faith? It's good to believe in the future. However, let us give of ourselves, the gift that keeps on giving; believe in our Father's Presence here and now. Our prayers are giving our hearts, minds and soul directions to something that is unlimited. As we receive the gift of grace let us pass it on. A.A. offers us the opportunity, ways and means to do so. "Let love alone speak: the simple desire to be one with the Presence, to forget self, and rest in the Ultimate Mystery" (Father Thomas Keating). Thy Love, Thy Will be done.

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What About Faith
“Pay Forward” #17

Today’s “Pay Forward” gift is - What About Faith. Our Father [Higher Power] always meets His children where they are, however weak we may be. He has given us the right to choose, and He respects that right. Therefore, He will bless us in the measure in which we yield ourselves to His Divine workings, and open our hearts, minds and souls to Him, holding nothing back. Faith in our Father is the opening to receive everything from Him. We can only receive Divine grace according to our faith. Let us not seek to do or to be anything of ourselves, alone and unaided! Except our powerlessness and expect everything from our Father that we realize is His glorious Way. Gifts are granted in greater or lesser measure in proportion to our Faith. Eric Butterworth tells us that we don’t get what we want, we get what we expect. “Have faith in abundance and expect your faith to come through” (Christian D. Larson). “Let it be done to you as you believe.” Prayer without faith is fruitless; It is the prayer of faith that heals. To have faith means to surrender our personal “reality” absolutely. But how is such faith be found? “I believe; help thou my unbelief.” It is not without struggle that we come to believe in our Father willingness to heal and transform us. “Made a decision to turn our will and our lives over to the care of God as we understood Him.” Thy Love, Thy Will be done.

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Just As I Am
“Pay Forward” #18

Today’s “Pay Forward” gift is - Just As I Am. “Your positive, optimistic thoughts add to your good more dramatically than compound interest increases your bank account” (Eric Butterworth). I had a “too real” bad-dream. I was at a workshop and during the break the leader told me I was a liar, and that half of the attendees left because of me. The dream revealed one of my greatest fears; to be of no value, useless, even harmful. I want so much for my life to make a good difference, does it? It would be helpful, about now, to find one thing I’m good at, and be genuinely grateful for it. All I need to do is to look back to February 6, 1957, my whole world as I knew it, was useless. I was facing the hideous Four Horsemen – Terror, Bewilderment, Frustration and Despair. I had hit my bottom, I had nothing of value, and no one to turn to. I had no relationship with our Father or anyone else. If I had not hit my bottom, I would not have the wonderful, fulfilling life I have, for which I am deeply grateful. I am willing to accept the present “whatever” and be content just as I am, here and now. Now that I have the spiritual tools to deal with my worst dreams; the nightmares that calls me into question, I’m grateful for them. “When the day ends and the sun sets, I let my troubles go” Albert Schweitzer. Thy Love, Thy Will be done.

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Bear Hugs Kettle
"Pay Forward" #19

Today's "Pay Forward" gift is – Bear Hugs Kettle. Our big Book tells us that resentments are the number one offender of alcoholics. The reading from the book, Around the Year with Emmet Fox is so insightful, I decided to pass it on as today's "Pay Forward" gift; a very handy tool. There is an anecdote of the Far West that carries a wonderful lesson. It appears that a party of hunters, being called away from their camp, left the campfire unattended, with a kettle of water boiling on it. Presently an old bear crept out of the woods, and, seeing the kettle with its lid dancing about on top, promptly seized it. The boiling water scalded him badly; but instead of dropping the kettle instantly, he proceeded to hug it tightly – this being a bear's defense. Of course, the tighter he hugged it the more it burned him, and the more it burned him the tighter he hugged it; and so on in a vicious circle, to the undoing of the bear. This illustrates perfectly the way in which many of us hug our difficulties to our bosom by constantly rehearsing them to ourselves and others. Whenever you catch yourself thinking about your grievances, say to yourself sternly: "Bear hugs kettle," and think about your Higher Power instead. You will be surprised how quickly some long-standing wounds will heal. "Mine eyes are ever toward the Lord" (Psalm 25:15). Thy Love, Thy Will be done.

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I Was Given The Secret
"Pay Forward" #20

Today's "Pay Forward" gift is – I Was Given The Secret. I got a Twelve Step call from a "drifter"; someone unable to stay sober, my heart went out to him. He reminded me of another "drifter" I worked with many years ago. I had tried everything I knew and everything others suggested; nothing worked. I experienced my powerlessness. I found myself asking our Father for help with all my heart mind and soul, holding nothing back. I was willing to trust in whatever I was given. What happen next changed the way I share with others. I entered his bedroom; he was holding a pistol to his head, saying he was going to "get it over with." I found myself yelling at him, "Shoot yourself," calling him a lot of bad names; he handed me the pistol and sobered. I had never been disrespectful to a cripple before; he was a paraplegic. The next drifter that called me, I wasted no time; I let him have it; he hung up. The secret for sharing was not my meanness, but my accepting my powerlessness, and totally surrendering to the mercy and grace of our Father; agreeing to follow His guidance, no matter what. He took it from there. Now-a-days I start off knowing that I am just a channel, surrendering to our Boss, trusting His guidance. "There is no difficulty that enough love will not conquer; no disease that enough love will not heal; no door that enough love will not open..." (Emmet Fox). Thy Love, Thy Will be done.

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What About Faith?
"Pay Forward" #21

Today's "Pay Forward" gift is - What About Faith? By the time I arrived at the doors of Alcoholics Anonymous the only thing I believed in was everyone and everything was not good. And if anything could go wrong it would. I didn't trust anyone; I was especially leery of those who claimed to be religious. Our Father could not teach me what I needed to learn as long as I was trusting in my crutch (alcohol). I had to let go of that crutch, before I could walk on the path of sobriety. I could see how other A.A. members were throwing away their alcoholic crutch, and shifting their dependence to their Higher Power. Taking one step at a time took on a whole new meaning. "But ask now the beasts 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). My faith in our Father's mercy and grace was becoming clear. I know we did not, cannot create ourselves. We were created in such a way that we have to have others. I let go of my crutch (alcohol). "Action is the magic word." My skills and talents were very limited, but when I started using what I did have they began to expand and grow. "Faith without works is dead." Thy Love, Thy Will be done.

*"Beloved, let us love one another: for love is of God;
And every one that loves is born of God,
And knows God."*



Affirmations
"Pay Forward" #22

Today's "Pay Forward" gift is – Affirmations. When I fall in an old ditch I want to remember to claim my part of the problem, surrender it to the Boss, get up and out ASAP, dust myself off, and be on my way, I'm choosing His Way. My affirmations are very useful tools for placing me back on the Spiritual Path I've choose to travel. 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. My mind is at one with Your Divine Mind, Father. I have the nostrils to inhale your Holy Spirit and to exhale all that is spent. I have the mouth to consume Your Holy Bread of Life. I have the tongue to speak Your Inspired Words. I have the hands to accept Your Gifts, and pass them on. I have the arms to embrace all with love. I have feet to take me about Your Holy Business. All of these gifts come to us by grace, on our serendipity spiritual journey. There is one life, and one Source, that is our Father/Creator. To punish myself for mistakes or wrongs is an act of self-betrayal. I now have the wisdom to get out of the driver's seat and let You, Father have the wheel. Thy Love, Thy Will be done.

*"Do Small Things With Great Love."
Mother Teresa
Out Of The Darkness Into The Light*

The Chatter Within
"Pay Forward" #23

Today's "Pay Forward" gift is – The Chatter Within. "The person who tries to live alone will not succeed as a human being. His heart withers if it does not answer another heart. His mind shrinks away if he hears only the echoes of his own thoughts and finds no other inspiration" Pearl S. Buck. I realize how important the need to share with other humans is. A large part of my daily routine is sharing with others, one-on-one, workshops and meetings. Then a new project shows up and I cannot think of anything else. My meditations focused on the project, instead of my spiritual practice. While sharing with others in person, the new project too often takes over. My internal chatter impairs my hearing another's needs correctly. My self-centeredness returns unabated and here comes my sense of wanting to be alone and unaided by other humans. The quality of our lives calls for other created beings to share with. I know what to do to get back on track; I need to turn to our Father for guidance, most often that works. Let us rejoice and share the love we are. Thank You for this Intuitive Wisdom, Spiritual Discernment; for all of your Gifts. I am blessed with all I need to carry out our Father's Will for me. When I have an important new project, I believe to be our Father's Will; I will have a number of one-on-one cancellations, giving me the extra time I need. Thy Love, Thy Will be done.

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And knows God."*



Seasons!
"Pay Forward" #24

Today's "Pay Forward" gift is – Seasons! I'm Eighty-nine and a half years old. My physical body is in the winter of life. My heart, mind and soul are in the spring. I can answer yes to three important questions for a simple recipe for a good life. First - I am a beloved lover loving daily. I offer acts of love every day, although I do not always feel loving. We were created in the image and likeness of our Father, He is Love, and so are we. He is much better at being unconditional. We cannot earn His Love nor can we prevent it. Loving His creatures is expressing His Will. The way to worshiping our Father, in spirit and truth is to love. Next - I do something daily that makes a good difference – living Alcoholics Anonymous' way of life makes it an easy path to follow. This gives me a sense of purpose. I seek fresh opportunities to serve - daily. I am learning how to love more, that makes me feel challenged and productive, which is a key to satisfaction. My third yes, is sharing; giving back some of what I was, I am freely given. On awakening I turn to You, Father and I am filled with love and gratitude. "Trust in the Lord with all your heart, and do not rely on your own insight. In all your ways acknowledge Him, and He will make straight your paths" (Proverbs 3:5-6). Thy Love, Thy Will be done.

*"Do Small Things With Great Love."
Mother Teresa
Out Of The Darkness Into The Light*

Are You Sure You Are Lost?
"Pay Forward" #25

Today's "Pay Forward" gift is – Are You Sure You Are Lost? It is difficult to get where we want to go when we don't know where that is. If we can't reach our destination on the path we are on, we can try another. An easy path is not always the appropriate choice. However, if we didn't get lost once in a while we wouldn't see much of our country. If we have an open-mind and not judge the path we end up on as right or wrong, we can choose to see where it takes us. Sure enough there is a purpose, known or unknown for being where we are; let us trust our invisible means. Just ask our Father for guidance in the beginning, and trust, that it will be given. We are likely to be introduced to things and people we would not meet otherwise, which makes it the right place. Remember, to be ourselves by not depending too much on others directions; most likely they are telling us of their path or destination not ours. "You are not stuck where you are unless you decide to be" (Wayne Dyer). Believe it or not whichever the path we take will ultimately bring us Home. I am so grateful I chose Alcoholics Anonymous, when I was lost as my path to my Spiritual Home. Come let us be on our way and we will surely meet someone we can share our gifts of love. Thy Love, Thy Will be done.

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And every one that loves is born of God,
And knows God."*



There Really Is A Purpose!
"Pay Forward" #26

Today's "Pay Forward" gift is – There Really Is A Purpose! There is a purpose in everyone and everything, even if it is only a one-time chance meeting. When everything is going great I really mean it. When I have to struggle with the present, I call everything into question. When the results of the struggle turns out good, I can say to myself, "See, I told you. When things don't turn out to suite me I question who was to blame, me or our Boss. I remind myself this is another good opportunity. However, my personal "reality" will not always buy it. Yes, we are problem people; however we do have a solution. For the problem of poor health the Solution is to seek and find the intended Divine Design within. For lack and limitation the Solution is to seek and find our Creator's infinite storehouse. For loneliness the Solution is to get out of ourselves and extend the love we are. For not knowing the Solution is to seek and find the Divine intuition promised us. Let's not wait around for a great bust of faith; each tiny act of faith builds a greater faith. I may "struggle" a little bit with today's opportunities or I could just enjoy it. "We grow neither better nor worse as we get old, but more like ourselves." (May L. Becker) Let us remember Who the Boss is. Thy Love, Thy Will be done.

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Mother Teresa
Out Of The Darkness Into The Light*

Owning My Judgment
"Pay Forward" #27

Today's "Pay Forward" gift is - Owning My Judgment. I choose to forgive all of all, even myself. Perhaps it is more important that I am learning how to own the judgment that called for the need to forgive in the first place. I am building a new habit of love and compassion that holds no one bound, it's easier than I thought. Of course it's by grace, no wonder it's not difficult. More-over, it's based on Reality not my personal "reality," which is being upgraded even as I am writing this. Of course, this too is by our Father's Loving grace. There is always a reason and a season, but I do not have to understand how to or why. I only need to remember to trust that our Father always knows best. Once again, I have witnessed an out pouring of love, given freely. I am assured of our Father's consistent upgrade in which I am part of and a witness to how it works. I pray that I am not lukewarm in my conviction; proof of my abiding faith in our Father's grace. I have learned in A.A. how important it is for me to deal with my selfish self-centeredness. When I really owned it I was able to surrender it completely to our Father, and He transformed it into an enlightened self-interest. It's simple, like all good ideas; it's better for us to give of ourselves, and what we want to keep, it multiplies. Thy Love, Thy Will be done.

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And knows God."*



Who Controls The Fire Within?
"Pay Forward" #28

Today's "Pay Forward" gift is – Who Controls The Fire Within? On our vacation we roomed at the Far View Lodge at Mesa Verde National Park. The name was perfect; we could see from our room around 100 miles. We were up all night watching a lighting storm headed our way. It was the best "fire-works" I had ever seen. We witnessed lighting starting one forest-fire after another. A Forest-Ranger told us how important those fires could be, if they don't get out of control. The undergrowth gets so thick that the forest will not support the animal life. Burning limited controlled areas were very helpful; these are started by forest rangers. This morning my prayers and meditations fired me up, beyond my control. I was feeling a wonderful fulfilling union with our Father's Loving grace. I consciously affirm daily that I am devoted, dedicated and committed to be and to do our Father's Love and Will, known or unknown. My habits of thoughts become my beliefs, creating my feelings. In this morning's prep-work for the day, I meditated on ways I could practice my affirmation. When I am enjoying my spiritual path I experience my serving others as if I am serving our Father in others. I remind myself, that no one or anything can hinder our Father's Love and Will for me, but me. I pray to experience our Father's Presence with both my near and my far view. Thy Love, Thy Will be done.

*"Do Small Things With Great Love."
Mother Teresa
Out Of The Darkness Into The Light*

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Good Morning God
"Pay Forward" #29

Today's "Pay Forward" gift is - Good Morning God. I was in Zurich Switzerland and I wanted to go for my morning walk. I asked my sister-in-law, who was raised in Germany, how to say good morning. She said to try this, "Guten Morgen Gott" which is "Good morning God." Everyone smiled; it must have been my southern accent. On my 63rd A.A. birthday, so many expression of love set my mind, my heart and soul into a love's Awakening. I received a poem, which was part of a Sabbath service at a Jewish temple, reminding me how grateful I am. "Once or twice in a lifetime, a man or women may choose a radical leaving, having heard – Go forth. God disturbs us toward our destiny by hard events and by freedom's now urgent voices which explode and confirm who we are. We don't like leaving, but God loves becoming." Another friend reminded me of our true nature; love. When I was about fifteen years old I had an awakening that I did not understand correctly at the time because I was filled with self-pity. I knew I was more loving than I could every express and that I was of more value than I could prove. Sharing with so many in A.A. I realize the wrongs committed and the not rights done are due to short coming, not because we are evil or sinful. Sin's true meaning is - missing the mark. Thy Love, Thy Will be done.

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And knows God."*



We Are His Channel
"Pay Forward" #30

Today's "Pay Forward" gift is - We Are His Channel. Our powerlessness need not block our making a good difference, as I am reminded that we are channels of our Father's grace. Our prayers and meditations are like pipes, through which water is carried from a large mountain stream to a city some distance away (from heaven to earth). The pipes do not make the water willing to flow down from the hills, nor do they give it its power of blessing and refreshment. That is its very nature. All the pipes do is to determine the direction. In the same way, the very nature of our Father/Creator is to love and to bless. His love longs to come down to us with its quickening and refreshing streams. But He has left it to prayer and meditation to say where the blessing is channeled. He Has committed it to His believing humans to bring the living water to desert places. The Will of our Father/Creator to bless is dependent on the will of His children to say where the blessings go. As we accept and practice A.A.'s spiritual principles, so freely given, we never have to drink alcohol or do drugs again. "But whosoever drinks of the water that I shall give him shall never thirst" (John 4:14). Thy Love, Thy Will be done.

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Out Of The Darkness Into The Light*

Called To Service
"Pay Forward" #31

Today's "Pay Forward" gift is - Called To Service. Our Father's creatures are individually Divine Designed; each with a mission. I intuitively know what we eat, drink and breathe is transformed into life. The Divine discontent I'm experiencing tells me that I need to answer my call (given purpose), and live it 24/7. I can no longer hide behind my denial about not consistently expressing my given purpose. Our Father whispers in our heart, mind and soul our heart's desire; His Will. Throughout history people from every walk of life have shared their spiritual awakening. Example, Lazarus in the tomb represents someone in the Dark Night of the Spirit, (one feeling imprisoned and forgotten by God). The Holy Voice of God calls us forth from our darkness [denial]. "Jesus' loud cry ordering Lazarus to come forth from the tomb." Another example, the transformation of the butterfly. A caterpillar will eat all it can [I drank all I could]. It makes its prison, its cocoon [I imprisoned myself]. Breaking out of its self-imposed confinement it answers its creator's call, becoming a butterfly, free, soaring above their prison. Then there is the Eskimo tribe known for their ivory carving. Turning the ivory over and over chanting, "I know you are in here, reveal yourself." When they get an image in their mind, they carve it. I repeat to myself, I know you; my heart's desire is within me, reveal Your-Self. Most alcoholics living A.A.'s spiritual journey of recovery will identify with these three examples. Thy Love, Thy Will be done.

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Waiting
"Pay Forward" #32

Today's "Pay Forward" gift is – Waiting. Now that I have made the decision to be and to do our Father's Love and Will, I want it, now. I don't like waiting, which happens to be one of my defects. I became, "... entirely ready to have God remove all these defects of character." There were ten black birds on a wire, one decided to fly. How many were left? Ten, one decided but didn't do it. Yes, action is the magic word, but we are wise to do it in our Father's timing, not our personal "reality." My part is to be ready to surrender all, and to accept His plan. Trying too hard to do or say the right thing gets in His Way. Practicing all of A.A. spiritual principles leads to a personal relationship with our Father/Creator. I am reminded that is an expression of everyday love, He is Love. "Give us this day our daily bread." Not, next week's. Just thinking or praying for our nourishment is not enough, we need to eat it, and no one else can do that for us. Father, I see the proof of Your Presence (which is the bread I seek), with my eyes of faith as every expression of life. Father, I pray for your love, mercy and guidance, to offset my weakness, letting go of the illusion of sinfulness (the intent to do harm). Thy Love, Thy Will be done.

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Practicing Divine Wisdom
"Pay Forward" #33

Today's "Pay Forward" gift is – Practicing Divine Wisdom. I have opportunities daily to share the gifts I've been given. Which of these gifts can I share with confidence, in the most loving, and the effective way? I turn to our Father with an abiding faith in His grace, and I pray that He will use me. Not only do I want my life to matter in a good, loving way, I need it. I know that my love and gratitude is deeper than words but I don't want to hold back just because I cannot express that love and gratitude well enough, let me share what I do have, today. One of His promises is, "...being brought before kings and rulers for my sake, and it shall turn to you for a testimony. Therefore, settle it in your hearts, not to meditate before what you shall answer: For I will give you a mouth and wisdom, which all your adversaries shall not be able to gainsay nor resist" Luke 21:12-15. I want to remember that when I am about to share. "Love and tolerance is our code" Alcoholics Anonymous page 84. Learning how to give of ourselves in service is the most fulfilling way of life. A.A. offers us great opportunities to share; love and service gives our life meaning. Our loving Father is the only True Source. Come let us be about our Father's Business. Thy Love, Thy Will be done.

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Centering Within
"Pay Forward" #34

Today's "Pay Forward" gift is – Centering Within. I choose to center my heart, mind and soul within You Father. I realize You are always centered within me, and within all of Your creatures. Let's keep it simple, there is one life, that life is perfect, that life is our Father's Life, which is my life, your life, all life. It's easy to talk about learning from our mistakes, but it is not ours until we practice what we learned from those mistakes. Back to the basics; every created being has a living relationship with our Father's infinite Being, too bad we are not always conscious of that reality. We were created in His image and likeness, once again we may not be aware of it or accept it, but that will not change who and what we are. "Be still, and know that I am God" (and we are His children) Psalm 46:10. Conscious of it or not our Father, who penetrates, surrounds, and embraces us every moment. "God [our Father] is the atmosphere that our spirit needs to breathe in order to live, move, and have our being" Acts 17:28. Tree of Life - "Stand Tall and Proud Remember your Roots! Be content with your Natural Beauty Drink plenty of Water Enjoy the View" Illan Shamir. Advice from a tree, I pray that nothing I do, say, think or feel hides Your Presence, Father or blocks me/us from doing, and being the individuals You Created. Thy Love, Thy Will be done.

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Bending With Life's Winds
"Pay Forward" #35

Today's "Pay Forward" gift is – Bending With Life's Winds. My prayers are expanding, and taking on many forms. Sometimes I have a few movements in union with our Father. The past few years I've used Centering Prayer, a path to contemplation (the highest form of meditation; our Father does the communication). A.A.'s way of life offers us a great spiritual growth tools to remove the obstacles to my interior silence. When I realize that I have made up more obstacles to my spiritual path or human growth, it's time to work the Steps and Traditions again. I only need to be willing, not always able to let go and let our Father's will be done. Let me remember even for an instant that it is the Father within doing the works we call life. His love is a healing power touching everything into wholeness. Our love is an extension of His love. I would like to be as wise as a tree in a windstorm, bending when the wind is too strong. I envision the trees on the Gulf Coast, how they are shaped with the prevailing wind. In A.A. I am learning to be flexible, even in the prevailing winds (our daily-life). A too rigid closed-minded lifestyle may cause a spiritual, mental, physical, emotional or social "bone" to break. However, the good news is, if there is a "break" (falling back into an old defect) that which our Father healed is stronger than it was before the "break." Thy Love, Thy Will be done.

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No Empty Space
"Pay Forward" #36

Today's "Pay Forward" gift is - No Empty Space. This is true as far as the spiritual and the physical worlds (the atom). Each of us is responsible for what we fill that space with. Our emotional hang-ups were a chief obstacle to our awakening and growth. Later our spiritual pride became a hindrance. We are reminded that human effort depends on grace; to live, move and have our being. "Whatever the degree of Divine union we may reach bears no proportion to our effort. It is the sheer gift of Divine Love" (Father Thomas Keating). As we practice the spiritual principles given us in A.A. and apply them in our daily lives our fears, resentment and worries begin their departure, leaving room to plant the seed of those things we want. The first nine Steps help us own our good as well as our useless, harmful habits of thoughts and feelings. Step Ten's daily housecleaning alerts us to those negative enemies that are reclaiming unattended space. Steps Eleven and Twelve helps us reclaim that space and use it for our heart's desire, based on the transforming power of Divine Love. "And who could ever give him so much that he would have to pay it back? For everything comes from Him; everything exists by His power and is intended for His glory. To Him be glory evermore" (Romans 11:35-36). The grace of time is given us to fill, not to kill. Thy Love, Thy Will be done.

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Getting Out Of His Way
“Pay Forward” #37

Today’s “Pay Forward” gift is – Getting Out Of His Way. I believe my Home Group is a community of faith in our Father’s grace, offering support; correction and mutual concern on our A.A. spiritual journey. Using Alcoholics Anonymous’ spiritual tools we can chip away all that is not our true individual created self. We realize the importance of service work; getting out of ourselves by sharing the gifts we are so freely given. As we practice these principles in all our affairs, we realize if one of us suffers, all parts do also, and if one part is honored, all are blessed. So much of our lives were wasted on withholding ourselves, now we find how great it is that we can make a good difference in this old-world. Our lives are not as unpredictable as it was. While it is true we may not know what form or shape or size our experience will come, we can be assured that it will be much better if we share the gifts we are given us by grace. A great many active A.A. members are living far better than we could ever imagine. Whenever we feel we are given more than we can handle it’s no long the problem it once was. It turns out to be another opportunity to call on our real Boss and get out of His way, letting Him have His Way. Thy Love, Thy Will be done.

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Climbing Our Mount Everest
“Pay Forward” #38

Today’s “Pay Forward” gift is – Climbing Our Mount Everest. I could never understand why anyone would climb a dangerous mountain. After all that hard work and they spend very little time at the top. When I asked someone, that knows a lot about the sport, I was told climbing was the goal, not the mountain top. I’ve been known to make a mountain out of a molehill. At one time, just not taking a drink, and seeking peace; real sobriety one day at a time was equal to climbing Mount Everest. Each daily climb was an affirmation and a hope that I could reach my sobriety summit. Now, I understand the meaning that the “climbing” was important for building my confidence in A.As’ spiritual principles working. By our Father’s grace, I have not spent too much time or energy on anyone of my “plateaus.” I learn to ask more of our Father, of Alcoholics Anonymous’ way of life, and of myself. Faith in our Father’s Love and Will is our spiritual assurance, and the power to do the seemingly impossible. My primary work is the use the spiritual tools, I have been so freely given, to do and to be the created individual I am. Our earthly consciousness is to use our creative power to bring about our given purposeful life; to serve, to love one another by passing on a way of life that works. Thy Love, Thy Will be done.

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Herding Our Holy Cows
"Pay Forward" #39

Today's "Pay Forward" gift is - Herding Our Holy Cows. The question is - Do I have a herd of Holy Cows in hidden fields within me? It's time to take an inventory of my habits of thoughts and feelings abiding in my personal "reality." I can identify, and brand those Holy Cows I find, and surrender them to our Father and follow His guidance. Some will be sent to the market to share. Some will join my growing herd. With the eyes of faith I see the proof of our Father's Presence, Power and Wisdom within each of us doing the works we call life. I urgently seek that mystical union to increase daily. I accept that I have a lot unbranded Holy Cows in hidden fields of denial. Next Spring, I will do another roundup. "The eternal quest of the individual human being is to shatter his [or her] loneliness" (Norman Cousins). For me, There's One Solution to loneliness, it's that Mystical Union, which created us all to be One Life - that is our Father's Life within, around and through each of us. When we awaken, and are introduced to our True Self we will no longer be lonely, or fragmented, but Whole. I can see beyond myself, and I see our created-Self. We always have Loving Divine Company. I look through the eyes of faith, at the proof of our Father's Presence, and I listen for His Holy Voice, though all of us. Thy Love, Thy Will be done.

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Vine Ripe Fruit
"Pay Forward" #40

Today's "Pay Forward" gift is - Vine Ripe Fruit. "I am the Vine, you are the branches: he that abides in Me, and I in him, the same brings forth much fruit; for without Me you can do nothing" (John 15:5). What a simple thing it is to be a branch. The branch grows out of the vine or out of the tree, and there it lives and in due time bears fruit. This is such a good metaphor for our Father/Creator relationship with active members in Alcoholics Anonymous. We are like branches growing out of the Divine Vine. When we practice A.As' spiritual principles we bear Vine Ripe Fruit. I reminded myself that every atom in my body, as it is with all created individuals, is for expressing love, bearing fruit, harmony of purpose, proof of our Father's Present and Action. His Divine Design coming in to this world of expression; His perfect circulation, assimilation and elimination, in that perfect rhythm called life, love giving each of us purpose and meaning; the vine ripe fruit of His grace. What seems to be failing is but the stepping stone. "Faith is the centerpiece of a connected life. It allows us to live by the grace of invisible strands" (Terry Tempest Williams). Let my love be a healing power touching everything/one into Wholeness, for my love is an extension of our Father's Love, ever Present. Thy Love, Thy Will be done.

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The Omnipresence Dwelling Within
"Pay Forward" #41

Today's "Pay Forward" gift is – The Omnipresence Dwelling Within. A.A. tells us that we may choose our understanding of our Higher Power. One that we can adapt to our particular temperament and natural disposition. As we begin to practice A.A.'s spiritual principles our understanding will be transformed into a spiritual reality, and have the wisdom to dispense with our "too small of God." We become aware that the Divine Spirit is above every method or practice. Our spiritual understanding, if we are active in our program, to be upgraded, as we forgive everyone and everything and serve others in their needs. Many believers think our Father; His Holy Spirit comes to dwell within as we dwell in a house. Nothing of the kind, I can dwell in a house without it becoming part of my being. I may leave it without suffering; no vital union exists between my house and me. This is not the way with His Presence within me. He penetrates our whole being, which He created each of us as. His Infinite Intelligence is the Power transforming all we eat into everything we call life. There is one life, and it is perfect, it is our Father's Life, and mine, and yours. Alcoholics Anonymous' spiritual tools chip away the resistance of our made up personal "reality" leaving Him a freedom to demonstrate His Loving individual Divine design, as He intended us to be. Thy Love, Thy Will Be done.

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Appealing My Judgments
"Pay Forward" #42

Today's "Pay Forward" gift is - Appealing My Judgments. If I continue to be concerned about a past judgment about someone or something, it is a past-due project. To start the process I must first own the judgment, then I can surrender it to one of our Father's lower courts; His duly appointed. If they cannot correct the problem, and if that does not work, I can appeal to the Highest Court, directly to our Father. I will accept His ruling willingly. Most likely, He will cause me to change my judgment, and upgrade it to an asset. That is what He has done with some of my worse defects. By His grace I have a spiritual tools box, filled with transformed asset, I can share. I am so grateful for His good works; to do otherwise is to dishonor His love. When I fail I know what I need to do without delay. All my illusions are lies that I made up or went along with, which is the core of my useless judgments. Everything we do, say, think, feel, or experience at any level will change us a tiny bit. Trying to live on yesterday's bread will assure us that we will be making outdated judgments. A.A. suggests that we live one day at a time, seeking time to fill not to kill. As soon as you realize you are living a bad, useless or harmful judgment, appeal it to the Highest Court. Thy Love, Thy Will be done.

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Divine Therapy - A Spiritual Tool
"Pay Forward" #43

Today's "Pay Forward" gift is – Divine Therapy - A Spiritual Tool. Father Thomas Keating coined the phrase, Divine Therapy. It is an idea which portrays the spiritual journey as a form of psychotherapy which is designed to heal the illusion of separation. Our Father/Creator is closer than anything we can come up with. Bill W., our co-founder had an experience in which he believed he was in conscious contact with his Higher Power. "I was soon to be catapulted into what I like to call the fourth dimension of existence" Alcoholics Anonymous p8. This insight comes to some of us gradually emerging from allowing the Divine Therapy to accomplish its work within. Increasingly His Omnipresence accompanies us like a fourth dimension to our three-dimensional world. Always loving, respecting our freedom, forgiving, as we become more aware of His Presence, and developing us at every level into newer and more wonderful expressions of His grace. "There is a 5th dimension beyond that which is known to man - It is a dimension as vast as space and as timeless as infinity – It is the ground between light and shadow between science and superstition of his knowledge This is the dimension of imagination It is the area we call - The Twilight Zone." We can continue to misuse this powerful gift or use it as its intended, to co-create instead of making up illusions. Thy Love, Thy Will be done.

*"Beloved, let us love one another: for love is of God;
And every one that loves is born of God,
And knows God."*



No Dues Or Fees
"Pay Forward" #44

Today's "Pay Forward" gift is - No Dues Or Fees. "The only requirement for A.A. membership is a desire to stop drinking" Alcoholics Anonymous Tradition Three. "Any alcoholic is a member of A.A. when he says so." One does not even have to have an honest desire to stop drinking and he or she does not have to say they are an alcoholic. Alcoholics Anonymous began in 1935 with two, and it continues to grow. Tradition Two - "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 service; they do not govern." The only Boss is our loving God, WOW. There are no dues or fees, but it keeps on going. By the time most alcoholics, problem drinkers arrived at A.A.'s doors have paid far more than the most expensive country club in the world. The "dues" we pay are the practicing A.As' spiritual principles as a way of life. Action is the magic word, and that is service to others. If we are not joyous, happy and free in sobriety, I believe we are not doing something right or we have not been living A.A. long-enough. The most important thing we receive free is the grace of our Father/creator and for many of us that has come in great abundance. Answering our call to action in A.A. is a chance to demonstrate our gratitude for this wonderful way of life. Thy Love, Thy Will be done.

*"Do Small Things With Great Love."
Mother Teresa
Out Of The Darkness Into The Light*

Happy And Usefully Whole
"Pay Forward" #45

Today's "Pay Forward" gift is – Happy And Usefully Whole. It takes humans a long time to wake up and live a few simple Truths. Many of these have been around since the beginning of time, or at least the beginning of recorded time. "Let it be done unto you as you believe." "Your faith has made you whole." "A.As' Twelve Steps are a group of principles, spiritual in their nature, which, if practiced as a way of life, can expel the obsession to drink and enable the sufferer to become happy and usefully Whole" Foreword Twelve Steps and Twelve Traditions. My life was so fragmented when I arrived at Alcoholics Anonymous, I could not believe I could be anything that resembled wholeness. "It can pass into expression through us only as we consciously allow It to do so" The Science of Mind, page 46. I had to apply A.As' spiritual principles, clearing away the wreckage of my past, before I was able to accept our Father's mercy and mercy. I was in the process of recovery for some time before I could open up to a way of living that had been far beyond my "pay grade." A.A.'s way of life has revealed the gift of purpose; the reason why we are here. Now, I am able to affirm and mean it with all my heart, mind and soul that, I am committed, dedicated and devoted to be and to do our Father's Love and Will, known and unknown. Thy Love, Thy Will be done.

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And every one that loves is born of God,
And knows God."*



His Junior Partner
"Pay Forward" #46

Today's "Pay Forward" gift is – His Junior Partner. "We had a new Employer. Being all powerful. He provided what we needed, if we kept close to Him and performed His work well" Alcoholics Anonymous page 63. I am reminded of my partnership with our Father. I accept that I am way down the line as a junior [His son] partner. I have a tiny place in His Operation, which is grounded in the mission He has assigned me. My spiritual maturity needs upgrading. I am to demonstrate each of the ten elements of my mission, He has entrusted me with. I am a beloved lover loving. I am a healed healing. I am a taught teacher teaching. I am a forgiven forgiver forgiving. I am an empowered empower-er empowering. I am an enlightened enlightener enlightening. I am an enriched enricher enriching. I am a communicated to communicator communicating. I am created co-creator co-creating. I am an awakened awakener awakening. His will needs to be done; of course this can only come about through His grace. I intend to stay in conscious contact with the Home Office. We are freely furnished with an abundance of everything we could need, including a great labor pool. I am in radical training and I know I will not be punished for my mistakes. "The thing that is really hard, and really amazing, is giving up on being perfect and beginning the work of becoming yourself" Anna Quindlin. Thy Love, Thy Will be done.

*"Do Small Things With Great Love."
Mother Teresa
Out Of The Darkness Into The Light*

A Call To Love
"Pay Forward" #47

Today's "Pay Forward" gift is - A Call To Love. "When the power of love overcomes the love of power the world will know peace" Jimi Hendrix. We do not have to be a great mystic to know that our Father/Creator is Love. Just look around us and within us and we can see proof of His Loving Presence. All of life is built to share, maybe as a giver or the flip-side, a receiver for now, subject to change without notice. We have to share with other forms of life, to live. We may be blind to that for a time, but love's wakening will come. I love my mission. I feel it's my calling not a j-o-b. A job is when we do something for money or other mediums of exchange, a calling is to share with love, with purpose, and is given to us by grace, we cannot earn it. I do acts of love daily, but not always feel loving. I can make long gratitude list, but I may not feel grateful. Love and gratitude have come to me unearned, by grace. Our Creator is Love, and we are created in His image and likeness, but we cannot make ourselves fall in love. Sometimes we don't feel anyone loves us or that we are unlovable, even though in reality we are loved. When all else fails, try doing a little service work, that is the giving of ourselves, that keeps on giving. Thy Love, Thy Will be done.

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And knows God."*



Tending To Our Father's Business
"Pay Forward" #48

Today's "Pay Forward" gift is - Tending To Our Father's Business. I've heard it said that we are to treat everyone and everything in our experience as if we asked for it. No, treat it as if we prayed for it. Something from the Bible, which goes like this, Before we ask our Father, He has answered. I believe our Father does answer before we ask, because He puts the request in our hearts before-hand. I believe our Father gave each one of us a purpose to carry out, which we call His Will. We can, by practicing A.As' spiritual tools we become more fluent in His first language; silence. "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." He is the infinite Wisdom within us that transforms the food we eat into everything we call life. He is omnipresence, and is most likely trying to communicate though each of us 24/7, His Love and Wisdom. However, it passes through our personal "reality" filter system, it gets watered down. If we choose we can practice centering our minds in His Presence at each beginning, the shift in our consciousness, by saying our Father. Let our prayers take us to a silent communication deeper than words, into more direct union with Him. Come let us be about our Father's Business as a junior partner. Thy Love, Thy Will be done.

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Mother Teresa
Out Of The Darkness Into The Light*

Unmasking The Meaning
“Pay Forward” #49

Today’s “Pay Forward” gift is – Unmasking The Meaning. “The least of things with a meaning is worth more in life than the greatest of things without it” (C. G. Jung). Often these teaching events are not pleasant, but painful. What makes these good or bad events meaningful is that they bring a deeper understanding of my life’s purpose. I was confronted with an old defect in a different mask; letting others determine how I react to life. That insight was an answer to my prayer by making me aware that I was not trusting our Father to determine my worth, meaning. The event was a downer at first. When I chose our Father for my nourishment, I returned to love. That love became my meaningful event, having an awakening. My experience being in harmony with my heart’s desire, a prayerful answer, reminding me, “Who’s my Boss.” These events are my teachers and guides, indeed a valuable service. I am reminded that everything has a purpose. Our Father is a Divine energy saver; letting me conserve my time and energy on what is truly meaningful. Often I don’t know what’s in alignment with my mission, or how my choices lead me to a life-altering experience. However, I am willing to trust our Father. I believe everyone and everything has meaning, but I don’t always act like it. I am devoted, dedicated and committed to do and to be our Father’s Love and Will, consciously known or unknown. Thy Love, Thy Will be done.

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And knows God.”*



Spiritual Principles On Call
“Pay Forward” #50

Today’s “Pay Forward” gift is – Spiritual Principles On Call, Omnipresent. When I viewed A.A.’s Twelve Traditions as rules or regulations I had to abide by, I experienced little value personally. Once I began to view them as Spiritual Principles I applied them in every area of my life, they became vital to me. All of us are expressions of our Father, therefore at the center of our being are the Omnipresence Spiritual Principles. That means at some level all relationships are with our Father – Creator. A.A.’s Traditions give us a set of loving, powerful working tools for all our relationships, just as A.A.’s Twelve Steps gives us for our personal life. “There are two worlds: the world that we can measure with line and rule, and the world we feel with our hearts and imagination” Leigh Hunt. Rules and regulations build walls of separations. Our reaction to negative labels causes us all kinds of problems. Alcoholic is no longer a label but a disease and condition we have a great solution for. Coming from our heart, not just our head we respond to whatever pops up, having room to love, to serve and to heal. Most of us in A.A. have stopped responding to useless and harmful labels driven by rules and regulations. Let’s measure others and ourselves with our hearts, minds and souls; our love flowing freely. It’s OK to just think and speak about love and service, but far more fulfilling to do it. Thy Love, Thy Will be done.

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Mother Teresa
Out Of The Darkness Into The Light*

The Widow's Mite
"Pay Forward" #51

Today's "Pay Forward" gift is - The Widow Mite. Her gift was two of the smallest Roman Coins. It was more than what the rich gave; she gave all she had and the rich gave a tiny bit of their abundance. Mother Teresa gave all her life to help the poorest of the poor. She shared a life of love, charity, and compassion. This Modern Saint was in the spirit of the Widow Mite. "Silver and gold I have not, but what I do have I give." When I came to A.A. I was illiterate; I was unable to learn how to read using phonics. What little I could read was learned by memorizing words. As I share my workbooks and these Pay Forward gifts reveal the fact that I am not a Wordsmith, a skillful writer. I do not have the "silver and gold" of the great givers or writers, I offer what I do have, in the spirit of the Widow's Mite. By The grace and mercy of our Father each of us, have our individual gifts to share, sometimes as a giver, and other times a receiver, we are all receivers. As the result of living A.As' spiritual principles we can share, if we choose, our experience, strength and hope, making a good difference. "We cannot all do great things. But we can do small things with great love" Mother Teresa. All over the world those living A.As' way of life; "yes to that." Thy Love, Thy Will be done.

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And knows God."*



Denial
"Pay Forward" #52

Today's "Pay Forward" gift is – Denial. I have two useful ways I view denial. I believe denial is a wonderful gift of grace. My experience tells me that my denial of a defect does not breakdown until I have whatever it takes to accept responsibility for it. By owning that defect it is my choice what to do about it. Because I am not blaming it on someone else it is mine to surrender to our Father, and step out of His Will being done. The other important way I view and use denial is to withdraw the power I've given whatever it is that is no longer useful or is harmful. I can let go and let God have His Way. Repentance means denial; it is a relinquishment and without having to make it a capital crime. A.A.'s spiritual tools enable us to deny out of our storehouse old useless and harmful habits of thoughts and feelings. We can do this as if we are gently sweeping away cobwebs. Then, we can affirm those things we do want, and claim our Divine inheritance. Working A.A.'s Steps we identify old negative patterns, as we take ownership, we can build an Early Warning System. As these unwanted guest popup we can deny them the power they demand. We can rid our consciousness of some limited thoughts that have encumbered and darkened our understanding, by living A.As' spiritual principles. Thy Love, Thy Will be done.

*"Do Small Things With Great Love."
Mother Teresa
Out Of The Darkness Into The Light*

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A Great Dream To Live For
"Pay Forward" #53

Today's "Pay Forward" gift is – A Great Dream To Live For. I had a wonderful dream this morning. I was expressing the tenderness and love I want to demonstrate in my everyday life. Out of my fear to openly love, I acted like the macho guy who demanded respect; "Don't mess with Texas." The agreement I made with myself when I was 14 years old; I will never let anyone abuse me or run over me again. I always longed to love and be loved, but I couldn't let anyone know, I could be had with just a little kindness. I have been able to share much of the love I am, but still hold back. The Spiritual transformation I have been seeking is the complete rebirth of the love I am, consciously and consistently demonstrating that Reality, withholding nothing from anyone, even myself, I haven't needed to protect myself for a long time. Even when someone has harmed me; I choose to let our loving Father take care of that, transforming that hate or fear into love. Let me return to love, and come out of hiding. I choose to share the Divine Gifts, given to me by Your grace, Father. Let all that need for "protection" be melted away into nothingness. Even if I am exposed as a gentle loving kind of guy. This is the day of my salvation. This is the day of our Father's Loving Way of life, let me let go. Thy Love, Thy Will be done.

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And knows God."*



The Grace Of Intuition
"Pay Forward" #54

Today's "Pay Forward" gift is – The Grace Of Intuition. "He prays well, who loves well, both man and bird and beast: He prays best, who loves best, all things both great and small: For the dear God who loves us, made and loves all" (Coleridge). Upon awakening I turn to You Father, I am filled with love and gratitude. I've had some good realizations about Divine wisdom, and my faith and loving service. There is a big difference between intuitive faith and the faith we experience in an ordinary day. It is an unquestionable knowing; we just know whatever is on its way. Intuitive wisdom, faith and love know without question, a knowing deeper than words. Our personal "reality's" knowing is based on habits of thoughts and feeling, which may or may not be true. When these three: wisdom, faith and love are intuitive, they are Spiritually communicated to us, though us by grace. I need and want to express these, so I may better experience their reality, "No matter how far down the scale we have gone, we will see how our experience can benefit others...We will intuitively know how to handle situations which used to baffle us" Alcoholics Anonymous page 84. Let us be about our Father's Business, we will be given everything we need to carry it out. We can be grateful for all the A.A. service opportunities, offered us. You may even choose to share the daily "Pay Forward" gift. Thy Love, Thy Will be done.

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Out Of The Darkness Into The Light*

Open Heart Open Mind
"Pay Forward" #55

Today's "Pay Forward" gift is - Open Heart Open Mind. By the time I arrived at A.A. I didn't trust anyone, including myself. I heard the following from someone who seem to know what he was talking about. "Take everything with a grain of salt. Watch your back. Don't trust just anyone, especially someone who says, "Trust me, friend, I know what I'm doing." Check it out. Trust your gut." I come to believe this person's wisdom; it did ring true, at the time. Parts of it turned out to be workable; however it was based on fear more than our loving Father. I have learned by working with newcomers that we should not trust anyone beyond their current ability. It is not fair to that person or to our self. An A.A. member with about six months sobriety told me that he knew his wife wanted him to love her more than he could. He said, "I promise you I love her all that I can." Well, that's all anyone can do. Out of the mouth of babes comes great wisdom. Upon awakening I turn to You Father with an open heart and mind, I am filled with love and gratitude, now is the time to act like it by doing it the best I can. The gift of love is as precious as the gift of life and the gift of time. Let's make every moment count, because we will not pass this way again. Thy Love, Thy Will be done.

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And every one that loves is born of God,
And knows God."*



My Broad-Road Got Narrow
"Pay Forward" #56

Today's "Pay Forward" gift is - My Broad-Road Got Narrow. I never thought that my tolerance becoming narrow would be a sign of growth, as far as my guidance system goes. In the beginning of my serendipity journey, my tolerance was indeed a broad road. I was living a "life" of an angry, violent, and alcoholism, plus a closed mind, with less and less tolerance. My narrowing down of my guidance system will not tolerate even a little unkindness or dwelling on any kind of negative stuff. I realize that all I have of any value has been given to me by grace. I can no longer get by with taking credit when it is our Father doing the works. I experienced demands within that I needed to empty my personal "reality's" forcing me to practice a little humility. I am guided (sometimes forced) to be obedient to our Father's Will. When my will and His Will seem to be at odds, my narrowed down tolerance is saying, "don't, go there" or if I am already there "don't, dwell there." On top of that I am reminded of my commitment to do His Will consciously know or unknown. Yes, I know that growth is a divine answer to my prayers, but my guidance system is "just doing its job." I am reminded of my shifting motives and mood changes. Regardless of what this looks like I am truly grateful for this spiritual journey. Thy Love, Thy Will be done.

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Mother Teresa
Out Of The Darkness Into The Light*

Will I Ever Forgive Everyone
"Pay Forward" #57

Today's "Pay Forward" gift is - Will I Ever Forgive Everyone at all levels? I often think I have, and then some old judgment pops up, mainly about not forgiving me. We are attached to those we have not forgiven. That, means I'm attached to my "not-wanted" side and other unwelcome beings. Once a unforgiver always a un-forgiver, I write this in the spirit of the principle, "Once and alcoholic always an alcoholic." OK, Father I surrender it to you, "Once a depend-er on You, Father always a depend-er on You." This too, I surrender to You, the One Source of Life, in which each of us is an expression. We are the effects of that One Cause; proof of His Omnipresence in this world. It's when I get the Cause and effect mixed up that I fall into a ditch. There is One Life - that Life is perfect - that Life is God's Live - that Life is my/our Life here and now. My prayer is for the closing the curtain on our ordinary thinking and feeling, opening up the conscious union with that indwelling Presence. We are in effect repenting, changing directions, opening ourselves to the Divine Therapist. This can re-align us with our Father and our Higher Self. "The time has come...Thy Kingdom...is near" (Mark 1:15). I say yes, to His healing process. I say yes, to His Presence, and to His Actions. Thy Love, Thy Will be done.

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The Root Meanings
"Pay Forward" #58

Today's "Pay Forward" gift is - The Root Meanings. Let's look at a couple troublesome words. The root word for evil in Hebrew is aven, which means "nothing," thus we feed our thinking on "nothing." By looking to our physical body and world as our source of fulfillment, we become a mere living, breathing animal. Another useful way to look at evil is the fact that it is "live" spelled backward. A great many of our problems are caused by putting our personal "reality" or ego, as our "Source" instead of our Father. Sin is another word that causes the abuse of the most commonly used "Drug – Guilt and Punishment." Missing the mark is the root for the word sin. I am given the gift of grace to feel the same Divine Love in my heart for the sinner and the saint. All walls of separation are falling down as we realize we have only missed the mark. Our Loving Father does not punish us for our wrongs. The consequence of our wrongs is the "punisher." Why, if God is perfect and humans are in His image and likeness, should there be such imperfection in humans? After all, there is an infinite intelligence within us that transform water into flesh and bones, then why don't we call on that Indwelling Presence and Power for all our needs and wants? There are processes we must go through, and A.A. has given us the tools to chip away all that is not our Father's Will. Thy Love, Thy Will be done.

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Out Of The Darkness Into The Light*

Though The Eyes of Faith
“Pay Forward” #59

Today’s “Pay Forward” gift is - Though The Eyes of Faith. I Listen with ears of faith, to Your Holy Voice directing me in a way I can currently hear understands and follow. I see Your Presence with my eyes of faith. Yes, Father I now understand that it takes an infinite number of finite tiny individual parts to make up Your Divine expression we call life. I am honored being a tiny part of Your Whole. Thank You for letting me, us all be an expression of Your Love, Your Will, Your Life and Your Omnipresence. Father it is my pleasure being a tiny part of Your Divine Mind, Your Omniscience. I am truly grateful for the conscious flow of intuitive wisdom, Spiritual discernment and common sense freely given. Father, it is a great honor for me being a tiny part of Your coming into this finite world. We are all tiny parts of Your Omnipotence expressed as Divine energy centers. It is joy-filled expressing a tiny finite part of Your unconditional Love, Father, flowing from within, around and through us. Each tiny expression of love is making a good difference. Father, being at one with Your created beings consciously is a joy-filled Reality. There is one life, that life is perfect, that life is Your Life, Father, that life is my life, that life is all life. Come let us share our tiny part and be joyous, happy and free. Thy Love, Thy Will be done.

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Enlightened Self-Interest An Asset
“Pay Forward” #60

Today’s “Pay Forward” gift is - Enlightened Self-Interest An Asset. Experiencing my selfishness transformed by the power of grace into an asset, is an awakening to our Father’s unconditional love. I am reminded that He is truly my Source for everything He Wills me to do and to be. I choose to do Your Will and Your Love 24/7 consciously known or unknown. Being in harmony with Your intention for me, Father I’m a co-creator, instead of an illusion maker of separation. I’m willing to fill my mind with what I want, not with what I don’t. My love in union with our Father’s Love is becoming deeper than words. I choose to do acts of love daily, instead of withholding, A.A. offers lots of opportunities. I’m learning to get out of the way of miracles. Now, I’m teachable. I love having a real purpose in life. I’m willing to show up no matter what, even when my trust and faith are lacking, I make an attempt to return to love, ASAP. We are always in the Presence of the creator of all miracles and this is the time and place where miracles happen and promises are kept. Everywhere I look I see the proof of our Father’s Presence by His works. Let me remember even for this instant to hear Your Holy Voice, Father and follow all Your Ways. Thy Love, Thy Will be done.

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What's Compassion
"Pay Forward" #61

Today's "Pay Forward" gift is - What's Compassion. "You may call God love. You may call God goodness. But the best name for God is compassion" (Psalms 23:6). I was told that the problem I am having, would cause me to have compassion for others. Two people I share the Program with, went back out, to try a little control drinking and drugs. They've become what I call drifters, in and out of sobriety. I feel sad that they are unable to stay stopped, and I fear for their life. I had that drifting problem before A.A., and I can remember the frustration and powerlessness, with no way out. In A.A. I have come to believe compassion is empathy; an understanding that comes from experience. I do have a deep awareness of the suffering of others, coupled with the wish to relieve it, but feeling powerless to do so, healing is our Father's business. I believed for a long time if someone came to me for help, I should take care of them. Sometimes I could be helpful, other times it was beyond my "pay-grade." I am willing to share my experience, strength and hope, but I am not the healer, that is our Father doing for us what we cannot. My self-concern is that my life will be meaningless, useless, and non-effective, as it once was. I am reminded that we are to carry the message, not the alcoholic. Thy Love, Thy Will be done.

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Past Judgment
"Pay Forward" #62

Today's "Pay Forward" gift is - Past Judgment. I now realize the only thing that concerns me about the past is my judgment of it. If I own it and surrender it to our Father He can teach me what it was for. He can change our judgment, and upgrade it into an asset. Let us honor His good works and accept His loving mercy and grace. To hold on to our old judgment about the past is to dishonor His love, and generosity. So, what if we fail again in what seems to be the same way? It means that we are stuck in an illusion; all illusions are lies that we made up or went along with our judgment of it. Every moment everything we do, say, think and feel, in other words experience at any level change us a tiny bit. We are not the same as we were when we first began to read this. My perception about judgment of the past has changed a tiny bit. If we are willing to surrender it once again qualifies us for the latest upgrade. I can accept my old judgment as a sign of my lack of trust in our Father. To be humble is simply to choose, to desire, to be willing to accept His will, His mercy, His love His grace His plan for each of us. "To live is the rarest thing in the world. Most people exist, that is all" (Oscar Wilde). Thy Love, Thy Will be done.

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A Junior Partner's Opportunity
"Pay Forward" #63

Today's "Pay Forward" gift is - A Junior Partner's Opportunity. I have a great opportunity to invite my consciousness to return to love this day. That is, to remember to seek and find our Father's Presence in everyone and everything. I am willing, let's see if I can and how fast I can return to our Boss. Wasting as little time and energy on my not-able-ness, but I'm spend more on contemplation; His Omni-es. I started this day with a good idea that would not leave me alone. I tried to trick myself with extra meditation, but that did not work. That would be taking our first language, silence too far. I am reminded of my partnership with our Father, I accept that I am way down the line as a junior [His son] partner. I have a tiny place in His Operation, which is the mission He has assigned me. My Spiritual maturity and possibility a little upgrade as His junior partner depends on my demonstrating my mission. His Will need to be done, always an expression of His grace. I intend to stay in conscious contact with the Home Office. We are freely furnished with an abundance of everything we could need. And a great labor pool [all junior partners] to draw from. I'm in radical training and I will not be punished for my mistakes, in which I am grateful. After all we have a built-in barometer. OK, enough talk I need to get busy. Thy Love, Thy Will be done.

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Commitment
"Pay Forward" #64

Today's "Pay Forward" gift is – Commitment. At one time I believe if I made a commitment it was the same as giving my word. I was raised with a very strong code; if one gives their word to do or not do something it had to be done. I had a real problem when I took the third Step, "Made a decision to turn our will and our lives over to the care of God as we understood Him." I believed if I made a decision it was equal to giving my word, and that would mean I made a firm commitment. Because, I had not finished the other Steps it was impossible for me to keep that commitment. Once again I was a big failure; nothing new for me. I later found out that making a decision; was only willing to change directions; to let our Father do for me what I could not do for myself. After years of living the Spiritual Principles of A.A. I can make a firm commitment and I am most likely to keep it. I still believe it is very important for me to keep my word, to myself and others. So I am careful what I agree to do or not to do. "I pray that I wear the world like a loose garment." I am devoted, dedicated and committed to do and to be our Father's Love and Will. Thy Love, Thy Will be done.

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Miracles Are
"Pay Forward" #65

Today's "Pay Forward" gift is – Miracles Are. If they were not I would not be, and for sure not writing this or anything else. If the miracles did not happen, the rest of "The Good News" loses all real significance. If my greatest Hero did not believe them to be possible, and undertake to perform them, His message would be contradictory, and devoid. I do not know of any active dedicated, devoted and committed member of Alcoholics Anonymous that does not only believe in miracles, but have experienced them. What is a miracle? Miracles do not violate universal principles; our current awareness is only a fragment of the whole universe as it really is. Miracles do not breach universal laws, they just rise to a high level, and they are a shift in our present understanding. When our space-ships went into outer space they did not violate the law of gravity they raised above it. My personal "reality" mind-set about miracles had to be dismantled along with a lot of other limited ideas. Now, my intense desire for miracles is a homing device, and it will always lead me directly back to my only true Source, and unconditional Love. "The biggest adventure you can ever take is to live the life of your dreams [to do that is truly a miracle]" (Oprah Winfrey). A.A. is where miracles happen and promises are kept. "We love because it is the only true adventure" (Nikki Giovanni). Thy Love, Thy Will be done.

*"Beloved, let us love one another: for love is of God;
And every one that loves is born of God,
And knows God."*



Preparing to be Prepared
"Pay Forward" #66

Today's "Pay Forward" gift is - Preparing to be Prepared. As I prepare for this day I am being prepared by our Father's grace, He is within, around and through us all, and fills the space between. Omnipresence is not just a kissing up word but REALITY. I pray that every part of me; the good and not good, is being transformed into His workable assets. Not as something to own but to live, and to share. Our deepest prayers are answered before we ask, because it is our Father within guiding us. His encouragement is hidden in our heart's desire. Until we are willing to accept the REALITY that it is our Father within doing the works that we call our life. His Life is being expressed as our life. At times, our motive is so selfish, and self-concerned we may question why He would have anything to do with us? Well, He knows via His Omniscience, and He gets His Will done via His Omnipotence. Of course His Wisdom is far beyond our pay-grade. In a moment of stillness we may spontaneously awaken to our True Self, without planning, just being, just doing, we intuitively know that we are one of His children. I believe for that moment we are in alignment with our Father's Will, which is our heart's desire, our intended Self. Letting Him have His Way takes lots of courage, but it is worth whatever it takes. Thy Love, Thy Will be done.

*"Do Small Things With Great Love."
Mother Teresa
Out Of The Darkness Into The Light*

Chatter
"Pay Forward" #67

Today's "Pay Forward" gift is – Chatter. Out of an enlightened self-interest I want so much to do and to be our Father's Will, 24/7, but I fall far short. My personal "reality" chatter blocks me from intuitively hearing His Loving Voice. Within each of us our Father's Holy Presence is transforming what we eat into everything we need to live. I meditate on the circulation of His Will, and its assimilation, and the elimination of the chatter getting in His Way. When I am able to be silent and still I experience a wonderful rhythm of life in conscious union with His Will; my deepest heart's desire. I believe our Father/Creator wants His children to know His Will and Love. We all have a part in expressing Him in this world. However, we must be in alignment with His will to enjoy the journey. Our limited finite being sees only a shadow, an outline at best of His Will. Most often we are not conscious of His Will being done until after it's done. We are all given everything we need to carry out our individual mission, and everything we need to rewrite and rewire our personal "reality," we cannot do anything good enough to earn His grace or do anything so bad that He would withhold it. With the ears of faith, I intuitively hear His Voice saying, "Have I been with you all this time ...and you still do not know me?" John 14:9. There is always a purpose, Trust Him. Thy Love, Thy Will be done.

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And knows God."*



Being The Best Me I Can Be
"Pay Forward" #68

Today's "Pay Forward" gift is – Being The Best Me I Can Be. I can clearly see why so many A.As find Emmet Fox so helpful, it's easy to understand. "If ye then, being evil, know how to give good gifts unto your children, how much more shall your Father, which is in heaven give good things to them that ask Him?" Matthew 7:11. A lot of us focus on our wrong done or the good not done, which is self-centered, instead of the loving useful things we share. I think a "cutter" is one who has a core belief that if they cut out the "evil" in themselves they will be able to experience the love and value they are longing for. It is a cry for love and help. Is that what we are doing when we tell our story to other alcoholic? I often spend too much time in the past, leaving little time for the miracles and abundance so freely given to me. I should share more about the miracles and the abundant life I have. When asked how I am, I say a little above excellent, but to keep from sounding too good, I often add, I've learned to lower my standards, the fact by grace they are way above what I dreamed they could be. I strive to live the way I believe our Father Wills us to. "We are not saints. The point is we are willing to grow along spiritual lines." Thy Love, Thy Will be done.

*"Do Small Things With Great Love."
Mother Teresa
Out Of The Darkness Into The Light*

A Parody About Us
"Pay Forward" #69

Today's "Pay Forward" gift is – A Parody. In case you didn't know, Alcoholics Anonymous is a fellowship designed to administer to a bunch of ex drunks whose only qualifications for membership is that they cannot hold their liquor and don't want to learn how. It has no rules, dues, or fees, not anything that any sensible organization seems to require. At meetings the speaker starts on one subject and ends up talking about something entirely different concluding by saying "I don't really know anything about this program except it works." The groups are always broke, but seem to have money. They are always losing members but always seem to grow. They claim Alcoholics Anonymous is a selfish program, but always seems to be doing things for others. Every group processes laws, edicts, and pronouncements which everybody bitterly ignores. Members who disagree with anything are privileged to walk out in a huff, quitting forever only to return as though nothing had happened and to be greeted accordingly. Nothing is ever planned more than 24 hours ahead yet great projects are born and survive magnificently. Nothing in Alcoholics Anonymous is according to Hoyle, how can it survive? Perhaps it is because we have learned to laugh at ourselves. God made man, He made laughter too. Perhaps He is pleased with our poor efforts and makes everything run right no matter who pushes the button. Maybe He is pleased, not with our perfection, but with our sincerity, maybe He is pleased because we are trying to be nobody but ourselves. Thy Love, Thy Will be done.

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And every one that loves is born of God,
And knows God."*



If You Were Busy
"Pay Forward" #70

Today's "Pay Forward" gift is - Busy Being Busy. Why am I so busy? February 6, 1957 I had none of the great tools I have today. The more I learn about A.A. I can share it. As I awaken our Father's Love and Will, I take the time to pray and meditate, and pass on what He reveals. I am busy doing, being, sharing, taking down, building up and learning about spiritual principles. Let me remember to invite my consciousness into the Omnipresence, Omnipotence and Omniscience at each beginning, I only need to say, our Father, to center my mind. If I am too busy for Him, I will have lots of time for problems and fool's gold. If we would busy ourselves giving away everything we want for ourselves, like love, forgiveness, kindness, understanding, etc., we would find ourselves living the life we dreamed of. "If you were busy being kind, before you knew, you'd soon forget to think 'twas true, that someone was unkind to you. If you were busy being glad and cheering people who are sad, although your heart may ache a bit, you'd soon forget to notice it. If you were busy being good, and doing the best you could, you'd not have time to blame someone who's doing just the best they can. - If You were busy being right, you'd find yourself too busy quite to criticize your neighbor long, because he's busy being wrong" (Anonymous). Thy Love, Thy Will be done.

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Mother Teresa
Out Of The Darkness Into The Light*

Decisions
“Pay Forward” #71

Today’s “Pay Forward” gift is – Decisions. In this human condition our power or at least our experience of it, is most often determined by our decisions.

A Right Decision Affirmation: I must have decided rightly, because I am at peace. I made the right decision, and I will choose, likewise, once again, because I want to be at peace. I now feel a sense of love, happiness and freedom because I realize the Holy Spirit has increased all the consequences of my right decision and will continue to, if I let Him. I choose to let Him, by allowing Him to decide for God for me.

A Wrong Decision Affirmation: I must have decided wrongly, because I am not at peace. I made the wrong decision myself, but I can decide otherwise. I want to decide otherwise, because I want to be at peace. I do not feel guilty, because the Holy Spirit will undo all the consequences of my wrong decision if I let Him. I choose to let Him, by allowing Him to decide for God for me.

“...by virtue of the thoughts, which they choose and encourage, that mind is the master-weaver, both of the inner garment of character and the outer garment of circumstance, and that, as they may have hitherto woven in ignorance and pain they may now weave in enlightenment and happiness” (James Allen). A.As’ Step Three. “Made a decision to turn our will and our lives over to the care of God as we understood Him.” Thy Love, Thy Will be done.

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I’m A Wall Buster
“Pay Forward” #72

Today’s “Pay Forward” gift is – I’m A Wall Buster. As always our Father gives me all I need. I am grateful to be able to accept His help, excluding no one or anything. I am so happy that He doesn’t forget us. Learning consistency is part of my radical training. I’m willing to forgive of myself, and get out of the ditch I’ve fallen into, dust myself off and try again; that’s proof of my intention. I can see there is no distinction between the sacred and the secular, just different vibrations of Divine Energy/Consciousness. Everything in the human condition is changing, I choose not to resist any change great or small; I’m willing to forgive myself if I do. I am responsible for my choices, and my actions, the rest is our Father's business. “Vulnerability means to be hurt over and over again without seeking to love less, but more” Father Keating. “I am giving you a new commandment; Love each other. Just as I have loved you, you should love each other” John 13:34. The more we give will increase our capacity to receive. I choose not to withhold, but if I do I’m willing to forgive myself. I’ve become a wall buster rather than a wall builder. I extend and accept the love we are. “The summit of happiness is reached when a person is ready to be what he [or she] is” Desiderius Erasmus. Thy Love, Thy Will be done.

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Mother Teresa
Out Of The Darkness Into The Light*

The Language Of The Heart
"Pay Forward" #73

Today's "Pay Forward" gift is – The Language Of The Heart. When we drop our defenses down and come from our heart, not only do we get the benefit, but it helps open us up. I would like/love to be one of those who offer a real heartfelt smile, it feels so good. Well, if I want it, why don't I offer it 24/7? Do I mean it when I agree with the statement, that Alcoholics Anonymous is the language of the heart? Yes and much more; it awakens us to the indwelling Presence of the Source of all love. Everything we want and don't want, starts within the silence and invisible creative consciousness, we call thoughts and feelings. Our Father expressing Himself outward into the world through His creators. Our gain or problem is our filter-system reforming what is pure love into something else or at least watered down. We are created in the image and likeness of our Father/Creator as His children, which is love. How about putting a smile on my face, that's generated from my heart, mind and soul - here and now, if only for this holy instant. "This overcoming of all the usual barriers between the individual and the Absolute is the great mystic achievement. In mystic states [Love] we both become one with the Absolute [Love], and we become aware of our Oneness." (William James). That Oneness is the love we are and that will cause a heartfelt smile, consistently flowing through us. Thy Love, Thy Will be done.

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And knows God."*



Regrets?
"Pay Forward" #74

Today's "Pay Forward" gift is – Regrets? "We are going to know a new freedom and a new happiness. We will not regret the past nor wish to shut the door on it." Alcoholics Anonymous is where miracles happen and promises are kept. My regrets for the things I did have been tempered by loving forgiveness. By our Father's grace some of my major defects were transformed into workable assets. I do regret the wrongs and harm done, and the good I didn't do, yet His Loving grace changed those very things into a useful fulfilling purposeful way of life. I feel great saying, "I'm a grateful alcoholic." However, I can understand why someone outside of A.A. thinking that I must be insane or callous, uncaring irresponsible person. I love undoing my wrongs and doing the good things not yet done, ASAP. If our Father wants those things done or not; He will give us an opportunity and whatever it takes, or He will just take it away. I cannot do anything to change the decisions or actions I made in my past, but I can choose once again. My future, today, holds many opportunities to make a good difference, no matter the size. Let me be the best son and brother to all; lover, healer, teacher, forgiver I can be, for I shall not past this way again. My heart's desire has opened my eyes to see our father's Presence, Love and the ears to hear His Holy Voice within the invisible silence. Thy Love, Thy Will be done.

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Crossing Out Our Illusions
"Pay Forward" #75

Today's "Pay Forward" gift is - Crossing Out Our Illusions. The worse day of life was February 6, 1957. Every area in my life was bankrupted; I had failed at being a worthwhile human. I could no longer deny my uselessness, powerlessness. I had indeed hit my bottom, with no way out. It turned out to be my "Good Friday." The beginning of my re-birth. I am able to understand why the Crucifixion of Jesus is called - "Good Friday." The word crucifixion means the crossing out in consciousness of certain errors that has become fixed states of mind, the letting go of the carnal mind, the personal "reality." Calvary means "the place of a skull. "My God, my God why hast thou forsaken me?" It is here that the final battle is fought. Every time we own and surrender an old habit of thought and feeling; part of our personal "reality" - there is a "crucifixion." What seems to be the worse time of life turns out to be a true blessing? Every time our Father transforms one of our defects into an asset, the process of death and re-birth becomes a reality. With an enlightened self-interest I own my selfishness that I may surrender it and unite with our Father's grace. The spiritual process of A.A. embodies the crucifixion and re-birth. The saying, "Thank God It's Friday" takes on a whole different meaning. I am truly grateful for what my Hero, Jesus for showing us the Way. Thy Love, Thy Will be done.

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When Wrong Is Right
"Pay Forward" Gift # 76

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.

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Awakening To The Divine Union
"Pay Forward" #77

Today's "Pay Forward" gift is – Awakening To The Divine Union. With a deep love and gratitude, I accept the Divine Gift of Yourself to me, to all of Your Creations, 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. I have entered that stream of our Father's Will and Love for the moment. The Infinite Love, beyond all finite human understandings is flowing within, around and through all the other Six Loves [www.12stepworkbook.org], 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" page 89 Alcoholics Anonymous. Thy Love, Thy Will be done.

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A 40-day Radical Training Commitment
"Pay Forward" #78

Today's "Pay Forward" gift is – A 40-day Radical Training. If you are reading this, it means that I have finished my 40-Day commitment. I find it best not to talk about a project, until it is finished. Example – I decided to write a Moody Workshop. I asked everyone I was sharing with, for suggestions. With no exception, everyone thought it would be great, and gave me their first-hand battle experience with moodiness. However, talking about and doing are not the same thing. I came down with a severe mental writer's cramp. I tried everything I could think of to get passed the blockage, nothing worked. After about three months, I gave up. Three years later I decided to take on writing the Moody workshop again, I finished it in two weeks. I invite you to Join me daily on this serendipity journey. I've done other 40-day feasting and fasting commitments on important areas of my life, which were very rewarding, but difficult to stay focused. Forcing me to trust our Father, as often as moment-by-moment, with the side-effects of bring me closer in my relationship with Him. This 40-day Radical Training is on building a loving relationship with the indwelling Presence within. I am committed to own and surrendering each of my defects as they come into view, addressing them ASAP. During my daily morning prep-work I ask our Father for the day's theme relating to this project. You may choose to use my daily themes by making it fit your heart's desire. Thy Love, Thy Will be done.

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Prep-Work For My Radical Training Commitment
"Pay Forward" #79

Today's "Pay Forward" gift is – Prep-Work For My Radical Training Commitment. I'm to practice all ten elements of my mission; loving, healing, teaching, forgiving, empowering, enriching, enlightening, co-creating and awaking. I'm to Stop taking another's "reality" - personally. My plan of action: **SPIRITUALLY COMMITMENT** – to pray and meditate three times a day. At each beginning (shift in my attention) I'm to say, "our Father." Often reminding me of our individual Divine designed created Self (the indwelling Christ); of the Divine Presence that is transforming what we eat into life. I am willing to trust the Holy Spirit (The Voice of Christ) to guide me and inform me as needed. **MENTALLY COMMITMENT** – to Golden Key all negative stuff quickly (stop thinking of the problem and think of some aspect of our Father). I choose to dwell on the constructive, and useful, which is what I want, not on what I don't. Reminding myself of the omnipresence within each of us. **PHYSICALLY COMMITMENT** – to exercise one hour per-day five days a week. I will fast from sugar. I'll get enough rest. Eat healthy. Remembering it is the temple of my Higher Self. **EMOTIONALLY COMMITMENT** – to Practice all seven loves, and be quick to forgive all. I choose to surrender the negative useless and harmful feelings. **SOCIALLY COMMITMENT** – to honor the indwelling Presence within all. I'll not make a capital crime out of any wrong. With the eyes of faith I see the omnipresence, omnipotence and omniscience within all. Thy Love, Thy Will be done.

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A 40-day Radical Training Commitment
Theme For Day 1 – Our Father's Will
"Pay Forward" #80

Today's "Pay Forward" gift is – Radical Training Theme For Day 1 – Our Father's Will. "Not my will, but thine, be done." I am going to offer radical affirmations; some I've experienced and others I want to believe. Our Father created each of us as His individual Divine Design, one of a kind, in His image and likeness. We all have a purpose; His Will is to be done. It is His responsibility to give and ours to receive everything we need. One Source. He maintains us physically by transforming the food we eat into life; that takes an Infinite Intelligence. I bought into a great many illusions, which make it difficult for me to accept our Father's grace, sometimes. I believed in lack and limitation, instead of Divine Abundance. Now, I realize that no one can be good enough to earn or bad enough to prevent our Father's grace. A.A. gives us the tools to chip away a lot of what we are not. Step Eleven – "Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His Will for us and the power to carry that out." I am committed to practice A.A.'s spiritual principles in all my affairs, and when I fall short I forgive myself. Doing a radical training will open my storehouse of defects, assets and the love I want to be, and the love I am, we are. I'm committed to address them, ASAP. Thy Love, Thy Will be done.

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A 40-day Radical Training Commitment
Theme For Day 2 – I Am Responsible
“Pay Forward” #81

Today’s “Pay Forward” gift is - Radical Training Theme For Day 2 – I Am Responsible. My mission is to be the individual our Father created me as, “To my own self be true.” I am accountable for my Decisions, my actions and my reactions, in other words, for everything I do, say, think and feel. I compound my problems when I dwell on the negative. I choose to honor our Father’s works, in which I’m deeply grateful for. An act of healing is to call on our Father’s Presence. We exist in limitless opportunities which are forever seeking expression through us. I am willing to stop fighting, and let the BOSS have His way with you and me. The Serenity Prayer – I need to accept without question what I cannot change. I need to take the responsibility to change what I can and ask for the wisdom, before reacting. I am posting reminders in my office, and home, to call our Father’s name at each beginning, and to affirm our Father, His Son, the Holy Spirit and my Tri-Partnership, the Holy Spirit (the Voice of Christ), my Indwelling Christ and my personal “reality.” I am given the gift to feel the same Divine Love in my heart for the sinner and the saint. All walls of separation are falling down. “When anyone, anywhere, reaches out for help, I want the hand of A.A. always to be there, and for that: I am responsible.” Thy Love, Thy Will be done.

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A 40-day Radical Training Commitment
Theme For Day 3 – “Giving Of Myself”
“Pay Forward” #82

Today’s “Pay Forward” gift is - Radical Training Theme For Day 3 – “Giving Of Myself.” Those people, who were at peace with themselves, and the world when I arrived at Alcoholics Anonymous, had what I wanted. Their life was centered on sharing the gifts received by the grace of a Higher Power. I run across a copy of my A.A. journey time-line, written long-ago. It’s fun being reminded of the ways we were giving of ourselves during the early years of my A.A adventure. I wanted then and now to do and to be His Love and Will with both a childlike, and adult innocence. Our Father communicates with us in many ways, 24/7. I pray that we may become more fluent in His Language. I caught up in too much useless chatter this morning; I need to Golden Key it, [stop dwelling on the problems and think of some attributes of the Boss]. I have an A.A. meeting, shortly; I’ll share some of my early experience, which always helps. I have a backlog of computer work to do, however my computer, phone and TV went down. I ask our father for help and once again my needs were taken care of in a way I know our Father was doing for me what I could not do. I had lots of time to practice today’s theme. “We love because it is the only true adventure” Nikki Giovanni. Love offers us an endless space to grow. Thy Love, Thy Will be done.

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A 40-day Radical Training Commitment
Theme For Day 4 – Focusing On Assertiveness
“Pay Forward” #83

Today’s “Pay Forward” gift is - Radical Training Theme For Day 4 – Focusing On Assertiveness. Directly and indirectly I am using this “Radical Training” commitment to become a more skillful “assertor.” I agree with those who say that alcoholics without recovery respond to life’s problems in a childish and immature way. Those who are practicing A.As’ spiritual principles in all their affairs are more likely to respond as a mature adult, in other words they are skillful asserting themselves. In A.A. meetings, we are likely to hear things which encourage assertive behavior. “Easy Does It.” “First Things First.” “Live and Let Live.” “Let Go And Let God.” “Take Your Own Inventory.” “Honesty, Willingness and Open-Minded, The Three Essentials.” “Carry The Message Not The Alcoholic.” “Those We Resent - Own Us.” “Use The “F” word Often = (“F”)orgive.” Al Anon’s Three C’s, “I didn’t cause it, I can’t control it and I can’t cure it.” Assertiveness offers us great benefits: 1) It allows us to relate to others with less conflict, anxiety, and resentment, and more relaxed. 2) It allows us to focus on the present, and retain our self-respect without trampling over others. 3) It increases self-confidence and not having to live up to another’s standards. 4) It acknowledges the rights of other people. 5) It allows us to stand up for our beliefs, expressing the love we are, without hostile demands, letting each of us to be ourselves. 6) Its paying attention to God’s intention. Thy Love, Thy Will be done.

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A 40-day Radical Training Commitment
Theme For Day 5 – It Works – It Really Does
“Pay Forward” #84

Today’s “Pay Forward” gift is - Radical Training Theme For Day 5 – “It Works, It Really Does.” Why do so many people keep coming to 12 Step Programs? For every alcoholic using Alcoholics Anonymous’ Program seven use it for other living problems. Why? I have to say the other seven do not use our spiritual principles because they admire “un-recovered” alcoholics, most likely because it rings True, and it works. I can only speak for myself, however, for 63 active years in A.A. I can only share my experience, as I understand it. I have seen countless people from all walks of life come and go. For me, just not drinking or doing mind-altering drugs and focusing on what’s wrong instead of what’s good, is not enough. The spiritual principles of A.A. became a way of life, and that is when my world-view took on our Father’s intended meaning. I became a joint heir with those walking their A.A. talk and those who went before us. My promised awakening came. I have witnessed countless others experiencing a divine conscious union with our Father/Creator’s indwelling Presence. My greatest teacher said, “I and the Father are one.” We become a channel of our Father’s grace by living Alcoholics Anonymous’ simple, but not always an easy path. I keep on keeping on day by day. Yes, beyond any reason of doubt, “It works, it really does.” Father, I ask You to teach me the difference between giving up, and letting go. Thy Love, Thy Will be done.

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A 40-day Radical Training Commitment
Theme For Day 6 – One-Of-A-Kind
“Pay Forward” #85

Today’s “Pay Forward” gift is - Radical Training Theme For Day 6 – One-Of- A-Kind. I was driven by my fears and illusions; I was governed by my selfish self-centeredness. As I awakened as the result of living the spiritual principles, freely given in Alcoholics Anonymous, miracles do happen. One of the greatest was in the spirit of the Saint Francis Prayer. One of my worst defects was transformed into enlightened self-interest. “O Divine master grant that I may not so much seek to be consoled as to console, to be understood as to understand, to be loved as to love. For it is in giving that we receive. It is in pardoning that we are pardoned. And it is in dying that we are born to eternal life. Amen. I was not to wait on the perfect condition, now is the time. I’m given whatever it takes. “This above all: To thine own self be true, and it must follow, as the night the day, thou canst not then be false to any man” (Shakespeare). The road to be happy, joyous and free is to seek and find our Father/Creator’s one-of-kind Divine design, and live it. “Greater love has no man than this that a man lay down his life for his friends.” Friendship is based on what we have in common; A.A. gives us the opportunities to have lots of friends. A.A. gives the tools to chip-a-way all that is not our True self. Thy Love, Thy Will be done.

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A 40-day Radical Training Commitment
Theme For Day 7 – I Am
“Pay Forward” #86

Today’s “Pay Forward” gift is - Radical Training Theme For Day 7 – I Am. This offering is inspired by the works of Charles Fillmore and Alcoholics Anonymous. I am (you are) a child of our Father, and our inheritance is from Him. I am the indwelling Christ or if you please our Higher created Self; our true spiritual being, whom our Father created in His image and likeness. Through the I am we link ourselves to our Father; with love, wisdom, spirit, in other words to all His intended attributes for our human condition. I am is the gate through which our thoughts come forth from the invisible. Through A.As’ spiritual principles, we can hitch our star to our Father’s band wagon and enjoy our inheritance. “I Am hath sent me unto you.” By our Father’s loving grace we can let go of our little self and take hold of our Higher Self. “Not my will, but thine, be done.” I Am is the will in its highest aspect, because it is the directive power that decides our character formation, which makes what is called individuality. “Don’t call me good, it is the Father within me doing the works.” Let us boldly affirm: I am a child of our Father/Creator, and I am joint heir with the silent, invisible indwelling Presence within all of us, which is our Higher created Self, called by many names or no name. Thy Love, Thy Will be done.

*“Do Small Things With Great Love.”
Mother Teresa
Out Of The Darkness Into The Light*

A 40-day Radical Training Commitment
Theme For Day 8 – Where Shall We Meet?
“Pay Forward” #87

Today’s “Pay Forward” gift is - Radical Training Theme For Day 8 – Where Shall We Meet? I want to improve my conscious contact, my relationship with our Father. Step Eleven tells us it can be done through prayer and meditation. However, there are Ten Steps before this one that prepares us for Step twelve. As we awake, we will do well to practice A.A.’s spiritual principles. I understand the altar we are to go to pray and meditate is the temple within, our place of worship. I had to clear away some of the wreckage of my past before I felt like it was OK for me to meet our Father’s Holy Spirit, the indwelling Presence. By working A.As’ spiritual principles, I realized it was a good idea to pray anytime. However, I can pray whenever, but I’ve learned not to go to the altar within to meditate with an un-forgiven resentment. I would focus on the negative stuff and it would get worse. Matthew 5:21-26, confirmed my finding. I became willing to give up the lower for the Higher, my personal will for our Father’s Will. My yearning for a conscious union with Him increased, I have experienced His Loving grace many times. There is no longer any question that our Father is my only true Source. Prayer and meditation does not change our Father, it change us. Wisdom tells me to return to my altar, often. Thy Love, Thy Will be done.

*“Beloved, let us love one another: for love is of God;
And every one that loves is born of God,
And knows God.”*



A 40-day Radical Training Commitment
Theme For Day 9 – Your Faith Has Made You Whole
“Pay Forward” #88

Today’s “Pay Forward” gift is - Radical Training Theme For Day 9 – Your Faith Has Made You Whole. I’ve had a very generous invisible means of support all my life, but I did not realize it until I joined A.A. February 6, 1957. Within a year and a half I had no doubt that our Father was doing for me what I could not do alone and unaided. I entered into a committed search for spiritual help. I had no relationship with our Father. Alcoholics Anonymous gave me the tools and opportunity to realize a loving relationship; centered in service. Now, it is the most important thing in my life. Before awakening to the Reality of our Father and the indwelling Presence within us, my thinking was located in head; good, and bad self-centered thinking. Along with my spiritual awakening came what I can call my Faith-thinking. Not merely and intellectual process, based upon reasoning. A Faith-thinker does less comparing, analyzing, or draw conclusions from known premises, and sees appearances as effects not a cause. Most likely, their judgments are based on spiritual discernment, not on their personal “reality.” Peter was asked – “But who say ye that I am?” I have to ask the question throughout the day – “am I a real Faith-thinker at this moment?” Sometimes, yes and other times no, I’m in radical training. Faith is spiritual assurance, the power to do the seemingly impossible, out of the invisible spiritual substance. We cannot separate our faith from our actions. Thy Love, Thy Will be done.

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A 40-day Radical Training Commitment
Theme For Day 10 - Conscience
"Pay Forward" #89

Today's "Pay Forward" gift is - Radical Training Theme For Day 10 – Conscience. Letting our conscience be our guide can be a wise choice, or a very bad one. Some of us were too good of students for bad teachers. Everything we have ever done, said or felt is in our subconscious storehouse. The good news is that's all subject to change. Our Father knows how to do it, trust Him. There is within each of us that indwelling Presence, and that's our best guide. It is our Father within doing the works. By His grace I was introduced to His loving Presence. I awakened as the result of living A.As' spiritual principles. I realized that there is within us the infinite Power that created each of us, transforming everything we eat and drink into our flesh and bones, in other words into everything we call life. That good we really are has never been absent, no matter what we've done, said, thought or felt. Most of us, for years lived the empty illusions of separation. At times I've lived a quiet desperation, and at other times a noisy one, feeling alone no matter how many others were present. I was introduced to a way of life that works, and I come to understand there is a Divine goodness at the root of all existence. At the touch of Its secret spring this Divine goodness may be brought to light, at any time. Thy Love, Thy Will be done.

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And every one that loves is born of God,
And knows God."*



A 40-day Radical Training Commitment
Theme For Day 11 – Dig Deeper
"Pay Forward" #90

Today's "Pay Forward" gift is - Radical Training Theme For Day 11 – Dig Deeper. When I hit my bottom, A.As' spiritual principles placed me on a pathway back Home to our Father, much like the Prodigal Son. "The only requirement for A.A. membership is a desire to stop drinking." The process of recovery is not unlike the search for diamonds in South Africa. At first only a few diamonds were found in the yellow clay (Tradition Three), and they were happy with their good fortune. For the first few months in A.A. I didn't drink, and had found a group of people, who welcomed me, I was as grateful as I knew how to be in the beginning of my new way of life that was my yellow clay. "Upon digging deeper, they came upon the blue clay, and to their amazement found as many precious stones in a day as they previously found in a year." When I worked the Steps I received all three gifts embodied in Step Twelve. I found a way of life, I never dreamed would be possible for me; this was my blue clay. However, Alcoholics Anonymous differs from the diamond field in the sublime fact that beneath our present digging there are more and still more and richer strata waiting our spiritual way of life. To practice A.A. in all our affairs means we can apply these spiritual principle on each of our other defects, we only need to Dig Deeper. Thy Love, Thy Will be done.

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A 40-day Radical Training Commitment
Theme For Day 12 – Love One Another
“Pay Forward” #91

Today’s “Pay Forward” gift is - Radical Training Theme For Day 12 – Love One Another. All relationships are expressions of love, but often we need the Eyes of Grace to see beyond appearance. “Beloved, let us love one another: for love is of God; and every one that loves is born of God, and knows God” (1 John 4:7) Love is the power that joins and binds together the universe and everything in it. Love is a healing power touching everyone and everything into Wholeness, Holiness. Love is a harmonizing power. It conserves substance and rebuilds, and restores us and our world; back into its intended purpose. There are limitless ways Divine Love is expressed in this world. Our responsibility is the willingness to receive it and pass it on. “Seek, and you shall find; knock, and it shall be opened unto you.” Love is a mighty power that is expressed through us, and cannot be suppressed by any outside force, unless we let it. I am willing to surrender my fear of love, and affirm the omnipresence and omnipotence of love. “...perfect love cast out fear.” The indwelling Presence [Love] within each of us overcomes that which is not love. We could say that the healing of our bodies is the restoring our father’s Divine Design; each cell loving one another. Be still and affirm: “God, in His Love, fills me with new life. In His name I am cleansed, strengthened, and healed.” Thy Love, Thy Will be done.

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And every one that loves is born of God,
And knows God.”*



A 40-day Radical Training Commitment
Theme For Day 13 - A Listener And Doer
“Pay Forward” #92

Today’s “Pay Forward” gift is - Radical Training Theme For Day 13 – A Listener And Doer. “When you talk, you are only repeating what you already know; but when you listen, you may learn something new.” (Dalai Lama) No matter how many inspiring words I read or how many I speak, what good will they do if I do not act on them. Let us find a way to give of ourselves and keep on giving and never count the cost. Let us have the ability to be outrageous in our giving. To be upset over what we don’t have, is to waste what we do have. “Self-pity is our worst enemy and if we yield to it, we can never do anything wise in the world.” (Helen Keller) I think it is OK to feel sorry for someone going through a lot of pain and suffering, even if that someone is our self. Alcoholics Anonymous gives us a way out of ourselves; we don’t have to dwell in self-pity for long. Come let us share our compassion with one another. I need divine guidance for my daily living, and I really need it when it comes to giving. With receiving, a simple thanks will do. I had to learn when and how and who to give to, without enabling. I’ll ask my Source for guidance. Father, what would You [Love] have me do? Father, I listen to Your Holy Voice directing me in a way I can currently hear, understand and follow. Thy Love, Thy Will be done.

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A 40-day Radical Training Commitment
Theme For Day 14 - Imagination
"Pay Forward" #93

Today's "Pay Forward" gift is - Radical Training Theme For Day 14 – Imagination. Due to the misuse of this great tool I believed it was just a not-to-be trusted day-dream. I have been given the understanding it can be very useful and a valuable way of thinking. The imagination is that faculty of mind which images and forms. Everything that is seen or touched was first a mental picture, and was brought into expression by this forming power. My home, the car I drive, on-and-on was once just an idea in someone's mind, that was molded into their present form. "The only requirement for A.A. membership is a desire to stop drinking." This commitment could only be imagined; a day-dream at one time. This simple idea turned into a way of life, I never thought would be possible. Prayer and meditation, a useful form of imagination; seeking guidance for my daily life, cause me to live, move and have my being in patterns of a sober, happy, joyous and free life. The spirit of Truth projects into our minds imagery pictures that, rightly understood, will be a sure guide toward the Will and Love of our Father. The imagination will carry out any idea that we dwell on, however, theories are not to be trusted. There must be evidence that it works, action is the magic word. I affirm: "in the quietness and confidence of Spirit, I see myself as our Father sees me, in His image and likeness." Thy Love, Thy Will be done.

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And knows God."*



A 40-day Radical Training Commitment
Theme For Day 15 – Holy Spirit – My "Spiritual Google"
"Pay Forward" #94

Today's "Pay Forward" gift is - Radical Training Theme For Day 15 – Holy Spirit [Spirit of Truth] [My "Spiritual Google"]. I affirm: "Divine understanding in me unites with the Holy Spirit, and I'm shown what to do." I know where to go for the guidance I need for my daily life; prayer and meditation. Spiritual understanding is that something though which we understand our Father and ourselves, better. When I ask with an open heart and open mind most often I am given what I need to carry out our Father's Will. I pray for a deeper understanding, into the vine ripe fruit of wisdom; the love expressed by the Holy Spirit, the Voice of our Father. I seek and find the spiritual understanding; proof of our Father's grace. My "Spiritual Google" comparisons are not made in the realm of form, but in ideas, tempered with wisdom. If the willfulness of my personal "reality" tries to take over, I deny it power, and affirm my True Source, and return to our Father's Love and Wisdom. We are all free to use the Holy Spirit just as we are to use the principle of mathematics. I pray that I persistently carry out my spiritual exercise every day. Prayer does change things. Our lives are unfolding according to the Divine Design expressed individually through each of us; sometimes it is called our heart's desire, or our Father's Will. Thy Love, Thy Will be done.

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A 40-day Radical Training Commitment
Theme For Day 16 – The Best Time For Our Father's Will
"Pay Forward" #95

Today's "Pay Forward" gift is - Radical Training Theme For Day 16 – The Best Time For Our Father's Will. The only time I need to concern myself with our Father's Will, is now. But, now is the only time we can ever do anything! "For yesterday is but a dream, and tomorrow is only a vision, but today, well lived, [doing and being our Father's Will] makes every yesterday a dream of happiness, and every tomorrow a vision of hope. Look well, [to His Will] therefore, to this day [now]." (Sanskrit proverb). In A.A. After we have work, the Steps and had an awakening, we are to practice A.As' spiritual principles in all our affairs. That's taking singleness of purpose to a whole new level; it's taking a holistic approach. I realized I needed to include our Father's Love and Will in every area of my life; improving my chances to be joyous, happy and free, plus continuing to awaken and grow. "Spiritual experience is deep, calm and self-assertive; it is the result of actually realizing the Presence which binds all together in one complete Whole" [our Father's Will being done in earth as it is in Heaven] (Ernest Holmes). The will is the executive power of the mind. The spiritual principles of A.A. are from the teaching of my greatest Hero, Jesus. To be at one with the Will of our Father, is to walk our A.A. talk, one "today" at a time. Thy Love, Thy Will be done.

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And knows God."*



A 40-day Radical Training Commitment
Theme For Day 17 – The Serenity Prayer
"Pay Forward" #96

Today's "Pay Forward" gift is - Radical Training Theme For Day 17 – The Serenity Prayer. What about the unfairness problem? I realized it would be better for me to focus on the solution, instead of the problem. "God grant us the serenity to accept the things we cannot change." I cannot change the unfairness in this old world, nor other people, that's our Father's business. The A.A. meetings, workshops and my sharing one-on-one begin with the Serenity Prayer. My Question is how much time and energy do we spend trying to change something or someone we are powerless to change? "Courage to change the things we can and wisdom to know the difference." Practicing the spiritual principles of A.A. has given me a better understanding of how it works. It's a good idea to include our Father as our True source of wisdom even for the little things. Unfairness has been a major defect of mine for most of my life. The majority of my violence was connected to my punishing those who were unfair. I haven't physically harmed anyone for a very long time, but that old pattern has taken on many forms. It's time for me to accept that I can only change the effect, not the cause. "Once an unfair punish-er – always an unfair punish-er." I'm the cause of my problems; taking another's defects, personal. I surrender this pattern completely, holding nothing back from our Father. I pray He will transform it into another asset. Thy Love, Thy Will be done.

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A 40-day Radical Training Commitment
Theme For Day 18 - Zeal
"Pay Forward" #97

Today's "Pay Forward" gift is - Radical Training Theme For Day 18 – As a member of A.A. I have good reason to have a working understanding of Zeal. It would've been useful, both as an active alcoholic and recovering one, to get a handle on this little four letter word. Like other four letter words, love and fear, zeal comes into play often. Zeal - great energy or enthusiasm in pursuit of a cause or an objective. We can use electricity to cook a meal or cook a human being, our choice. Zeal is the affirmative impulse of existence; it tells us to "Go Forward." To be without it is lacking enthusiasm for life. It can be a mighty force that incites us into action, perhaps sharing A.As' service or maybe sharing the "Pay Forward" gift each day, but it needs to be tempered with wisdom. I was fired up when I found I could make a good difference sharing the gifts I'd been freely given. I became an A.A. "crusader, reformer and evangelist." When someone came around me they were going to get a dose A.A. and an abundance of spiritual ideas and ideals. I talked it a whole-lot better than I was walking it. I love this metaphor, "Watch the pull of a giant locomotive; note how it slowly but steadily moves forward, almost by inches at first but gradually increasing until its mile-long train swiftly disappears, in the distance" (anonymous). I think I'll try the train thing. Thy Love, Thy Will be done.

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A 40-day Radical Training Commitment
Theme For Day 19 –Asking For Inspiration
"Pay Forward" #98

Today's "Pay Forward" gift is - Radical Training Theme For Day 19 – Asking For Inspiration. I ask the Boss to inspire me with a great "Theme," and nothing comes to mind, yet. I affirm our Father is my only true Source. However, my faith in His grace is being tested when I don't get an abundant supply right-away. That's called outlining, telling myself what the answer should be like, "my will be done." It is easy to have faith when everything is going better than expected. I'll turn to that indwelling Presence within, that's transforming the water I drank in to what we call life, letting His Will be done. He must still be present within me because I am still breathing. I must remember I'm on His time, not mine. I've been eating too much "spiritual fast food." When everything is going great, and I'm served quickly - I affirm that I am dedicated, devoted, committed to do and to be His Love and His Will, 24/7, known and unknown. I had gone off on my own, thinking my good intention was enough. As it turned out I do have an inspired lesson to share. I am disappointed because, I think I must come up with an inspiring idea every day to share, or I am not carrying out my mission. I realize that I'm looking to me as the source of inspiration, and not our Father. OOPS. Father, forgive me; I'm the Prodigal Son, once again headed Home. The Love, Thy Will be done.

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A 40-day Radical Training Commitment
Theme For Day 20 – Which Judgment Matters Most?
“Pay Forward” #99

Today’s “Pay Forward” gift is - Radical Training Theme For Day 20 – Which Judgment Matters Most? What I know to be true, I need to share. Our Father/Creator individualizes His Divine Design as each of us. This indwelling Presence, is call by many names, I choose call It, my indwelling Christ. Since my spiritual awakening as the result of practicing A.As’ spiritual principles, I’ve wanted to say openly that you and I are our Father’s children, created in the image and likeness of His Son. Who came to show us how to live, move and have our being as both Spiritual and human. A.A. does not get into religion or politic; a very wise decision. I am not writing this in a religious context, but as the reality of the Spiritual way of life. I agree to love and worship our Father in Spirit, the Highest level of Consciousness and Truth – Reality, and to love one another as He Loves each of us. A.As’ Spiritual journey teaches us about our True Source. The unconscious becoming conscious in our awakening to the Mystery of our Father individualize Presence within us. A.As’ way of life washes our guilt away and restores our lost Self, welcoming us Home. The way you go about your search for meaning, is your business. I offer no apology for these claims, or for saying that Jesus Christ is my greatest Hero. Or, for what I intuitively know you and I, are. Thy Love, Thy Will be done.

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A 40-day Radical Training Commitment
Theme For Day 21- Choosing The Road We Will Travel
“Pay Forward” #100

Today’s “Pay Forward” gift is - Radical Training Theme For Day 21 - Choosing The Road We Will Travel. For this alcoholic I had to deal with the basics. The group of dedicated A.A. members that took me in, including me in everything they did. They demonstrated the importance of what I call the first set of Back-to-Basics; don’t take the first drink, hang out with sober A.A. members, and focusing on Step One. It wasn’t long before I was introduced to what I call the second set of Back-to-Basics, found on page 45 of Alcoholics Anonymous. “Lack of power that was our dilemma. We had to find a power by which we could live, and it had to be a *Power greater than ourselves*. Obviously. But where and how were we to find this Power? Well, that’s exactly what this book is about?” It was hammered home that I was not to forget the importance of the first set of Back-to-Basics. However, my life was expanding and growing by the grace of our Father, by using the spiritual tools so freely given. I was to serve the “poorest of the poor” alcoholics as needed. However, I had entered a spiritual road less traveled; the dwelling on living and sharing the second set of Back-to-Basics. I am committed and devoted to practice A.As’ spiritual principles in all my affairs. I was asking for too little for a very long time. I’m asking now for more of our Father’s grace, of A.A., and of myself. Thy Love, Thy Will be done.

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A 40-day Radical Training Commitment
Theme For Day 22 – Now What?
“Pay Forward” #101

Today’s “Pay Forward” gift is - Radical Training Theme For Day 22 – Now What? Before I began my spiritual journey I had no relationship with our Father or any humans I could count on. Being my only source I had an incompetent, bankrupted boss, I was truly self-employed. Of course I was self-centered as a matter of survival, having no one to depend on. A group of dedicated A.A. members took me in, and for the first time I could remember I felt like I could depend on other humans. The ones that were spiritual grounded were my mentors. By living Alcoholics Anonymous’ spiritual principles, my selfishness was transformed, to a large degree, into an enlightened self-interest. It was better for me to seek and find our Father as an indwelling Presence within us all. It has become clear that I have problems with other’s selfishness when I take it personal. For the 2010 A.A. Convention I coined the phrase - "Where Miracles Happen and Promises are kept." I’ve had moments of a mystical union with our Father. I experienced a love and gratitude much deeper than words; a sense of well-being and peace. We cannot make it happen; these are the gifts of grace. Enlightened self-interest tells me to turn to our Father; I only need to say His sacred name, our Father. I remind myself not to take anyone’s selfish self-centeredness personal. It is an opportunity to practice extending the love and forgiveness out of enlightened self-interest I long for. Thy Love, Thy Will be done.

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And knows God.”*



A 40-day Radical Training Commitment
Theme For Day 23 - It’s Not The Size Of The Gift
“Pay Forward” #102

Today’s “Pay Forward” gift is - Radical Training Theme For Day 23 – It’s Not The Size Of The Gift. With just a few days in A.A. my healing was underway, giving me something of real value. We are healed healers healing with a gift to share. It is our choice how we use our gifts. All of us are important; sometimes the receiver and another time the giver, with our Boss supplying our needs. Let us choose today to place your heart and mind into love’s service. “It is when we give of ourselves that we truly give”. Healing is an inside job expressed outward, not outward inward. Give away what we have, and it will increase. Sometimes just the willingness to share is enough, let’s not wait until we have “it” altogether, and share whatever we can, now. “It’s not how much we give but how much love we put into giving.” (Mother Teresa) We are taught teachers teaching what we really believe. If we don’t like what we are showing the world and ourselves it can be changed. Alcoholics Anonymous specializes in changing our false self and self-centeredness; awaking us to the love we are. As we go about sharing our gift-of-the-day let us fill it with love. Instead of hiding behind our “scars” let us share the love we are. When we enter the “dark room” of self-centeredness, let’s turn on the love-light and not trip over love-less-ness. “It is higher and nobler to be kind [loving]” (Mark Twain). Thy Love, Thy Will be done.

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A 40-day Radical Training Commitment
Theme For Day 24 – A Possible Termite Invasion
“Pay Forward” #103

Today’s “Pay Forward” gift is - Radical Training Theme For Day 24 – A Possible Termite Invasion. Watch out for the termites, the little day-in day-out “unimportant” stuff. These little guys can undermine the foundation of any relationship. They are a real present danger, if not confronted. Termites destroy more property than all the fires, floods, wind, and hail, and so it is with relationships. Due to the possible high cost of the “big” problems we are forced to address then or run away from them. With the “little” problems/opportunities we don’t have to do anything about them, they’re not important enough to matter. One way or another, we often stuff these little guys. A few termites do not matter, but when they build up in large numbers, watch out. They take on many disguises, and organize themselves into a colony; the habits of thoughts and feelings making up the patterns of our personal “reality.” It’s in our best interest to deal with all problems AS SOON AS POSSIBLE. A.A. offers us a great set of spiritual principles that will work on any human condition, even termite extermination. “However, see the challenges as projects, and you tune in on a whole different flow of consciousness” (Eric Butterworth). When I depend on our Boss as my only true Source, the solutions I need are readily available. The size does not matter, what we do with them does. Thy Love, Thy Will be done.

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And knows God.”*



A 40-day Radical Training Commitment
Theme For Day 25 – The Way Of The Bee
“Pay Forward” #104

Today’s “Pay Forward” gift is - Radical Training Theme For Day 24 – The Way Of The Bee. “The fly sits on the filth as well as the honey, but the bee seeks only the honey and avoids the filth” (Anonymous). It was suggested that I follow the bee, and not that of the fly. Until we are led to the limits of our present game plan and find it to be insufficient, we will not search out or find our real Source. Ralph Waldo Emerson said: “To leave the world a bit better, whether by healthy child, a garden patch, or redeemed social condition; to know even one life has breathed easier because you lived, that is to have succeeded.” In A.A. we have the opportunity to make a good difference daily if we choose. I doubt if we will ever run out of alcoholics and other addicts that use A.As’ spiritual principles. For every one alcoholic using our program to find a sober, joyous, happy and free life, seven are using it to recover from some other human condition. They use it because it works. “Experience is what you get when you didn’t get what you wanted. And experience is often the most valuable thing you have to offer” (Randy Pausch). As a member of Alcoholics Anonymous we have lots to share. A.A. is very generous letting non-alcoholics use our program. They only need to put a disclaimer, stating that their use of it is not A.A. approved. Come, let us love one another. Thy Love, Thy Will be done.

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A 40-day Radical Training Commitment
Theme For Day 26 – In The Eyes Of The Beholder
“Pay Forward” #105

Today’s “Pay Forward” gift is - Radical Training Theme For Day 26 – In The Eyes Of The Beholder. By accepting A.As’ spiritual principles I was given the grace of sobriety, plus a loving way of life that works; managed by my real Boss. I had believed the abundant life was only available to the lucky or gifted people and or to those who knew how to kiss up to our Boss and others. I always felt unwanted and left out of the “good stuff.” I found a group of A.A. workers who had learned how to give and receive love; service. I wanted love as much or more than anyone, but my anger and self-pity made it difficult for others and me to share the love we are. I was an expert at finding the bad, harmful and useless. As the result of working A.As’ spiritual principles I was awakened to the cause of the sick, unloving, self-centered world view; me. One long-timer in A.A., Bill O. was the first person that saw the good in me. He told others how well I was doing, that got back to me, causing me to be grateful, which was also new for me. It encouraged me to do whatever it would take to prove Bill was right about me. I have spent much of these 63 years seeking and sometimes finding our Father’s Presence within us all. Indeed, it is to be found in the eyes of the beholder. Thy Love, Thy Will be done.

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And knows God.”*



A 40-day Radical Training Commitment
Theme For Day 27 – Divine Discontent
“Pay Forward” #106

Today’s “Pay Forward” gift is - Radical Training Theme For Day 27 – Divine Discontent. I want, I demand too much of myself and of my serendipity journey. I judge myself as if I should be much farther along than I am. I have to question myself, is this problem spiritual pride or Divine discontent? The indwelling Presence knows what it takes for me to keep my dedication, commitment, and devotion to do and to be His Love and His Will. I try to hurry up the process, as if I could make it happen. I would like it done by mid-night, so I could start tomorrow sharing my re-birth. I want the fourth dimension, which embraces and encompasses the other three, here and now. I want the realization of doing away with time and space and all illusions of apartness from our Father’s Love and Will, ASAP. No doubt I have some unbinding and dismantling of my old habits of thoughts and feelings; my personal “reality.” Father, teach me to step out of my head, and into my heart, opening to the flow of Your grace. I need to be grateful for all our Father has provide not just the bare necessities but everything in abundance. Let me remember it is a waste of time and energy to get emotionally upset by anything that happens or doesn’t. I need to stop the useless chatter, and return to our Father’s Loving grace, which is Omnipresent. Thy Love, Thy Will be done.

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A 40-day Radical Training Commitment
Theme For Day 28 – This One Matters!
“Pay Forward” #107

Today’s “Pay Forward” gift is - Radical Training Theme For Day 28 – This One Matters! Every thought, decision and action changes us a tiny bit. Most of the time we are repeating an old habit, which is reinforcing whatever, and making it more “real.” There is a saying in A.A. that resentments [French = “resentir”, re-, intensive, and sentir “to feel”] are the number one offender of the alcoholic. If we don’t use the “I” word [forgive] we will for sure keep on re-feeling it. “Look to this day [thought] for it is life...In its brief course lie all – The realities and verities of existence, the bliss of growth, the splendor of action, the glory of power...Look well, therefore, to this day [thought] (Sanskrit proverb). I choose to focus on what I want, not what I don’t. However, let me remember that action is the magic word, causing my choice to be “real.” Prayers and meditations are a state of mind that we enter when we go into the place of silence, where we have the opportunity to join in unity with the indwelling Presence. Even if it is only for a moment we can rest in His Loving Embrace. We can improve our conscious contact with our Father, and rest in the true Sabbath. “The Sabbath was made for man, and not man for the Sabbath.” A great joy does accompany a moment of union with the Source of all Love and Life. How can we not be grateful? Thy Love, Thy Will be done.

*“Beloved, let us love one another: for love is of God;
And every one that loves is born of God,
And knows God.”*



A 40-day Radical Training Commitment
Theme For Day 29 – Time To Leave The Nest
“Pay Forward” #108

Today’s “Pay Forward” gift is - Radical Training Theme For Day 29 – Time To Leave The Nest. “To Be fully alive, human and completely awake is to be continually thrown out of the nest” (Pema Chodron). Both our Father and my earthly dad were ready for me to leave the nest at 17 years old; I jump out of the nest, into a journey into the unknown outer space. There is an analogy between growing up spiritually and the growing up as a responsibility human being. From adolescence to adulthood, we pass through a crisis. One of the worse problems for me was holding on to old useless harmful habits of thoughts and feelings. By the time I got to A.A. I didn’t have a problem letting go of my relationships, they were done with me, and I had given up on having what I never had. I needed to forge new relationships not only human wise but spiritually, I was the only one standing in the way. The A.A. group that took me in, made me a part of their service way of life, it came easier than I ever dreamed possible. I became somewhat free from my needy past and became co-dependent on our Father. My crisis of faith was a great invitation to have a Higher Power that could and would do for me what I could not. Wanting a deeper loving relationship with our Father and union with His indwelling Presence, became my heart’s desire, still is. Thy Love, Thy Will be done.

*“Do Small Things With Great Love.”
Mother Teresa
Out Of The Darkness Into The Light*

A 40-day Radical Training Commitment
Theme For Day 30 We Will Know Even As We Are Known
“Pay Forward” #109

Today’s “Pay Forward” gift is - Radical Training Theme For Day 30 – We Will Know Even As We Are Known. When we think we don’t know what to do, there’s a part of us that does know. It is that indwelling Presence that created us for a purpose, and is responsible to supply us with all we need. Our need is to awaken to that wonderful Source and accept His Loving Grace. One of the best ways to handle our dilemmas is service, giving of ourselves. In our Spiritual Journey, we are asked by the indwelling Presence to adjust ourselves to a new relationship with our Father, our created Self, and with those, we share our time and space. Most of us didn’t have a clue as what’s taking place; it comes gradually, slowly but surely. There is some re-education of our personal “reality” taking place. This is a great time to practice the spiritual principle we are given; to seek and find the Omnipresence of our indwelling Presence, within us all. This is no longer a head-knowledge it has become a heart-knowledge. “Something in you dies when you bear the unbearable, and it is only in that dark night of the soul that you are prepared to see as God sees and to love as God loves” (Ram Das). “You can’t be brave if you’ve only had wonderful things happen to you” (Mary Tyler Moore). That indwelling Presence whispers in our heart – “Welcome to the home of the brave.” Thy Love, Thy Will be done.

*“Beloved, let us love one another: for love is of God;
And every one that loves is born of God,
And knows God.”*



A 40-day Radical Training Commitment
Theme For Day 31 –Enlightened Self-Interest!
“Pay Forward” #110

Today’s “Pay Forward” gift is - Radical Training Theme For Day 31 – Enlightened Self-Interest! “You have it in your power to conquer the ego and doubts of the mind” (Guru Maharaj Ji). That Power is the indwelling Presence, which nourish and maintain our life given us to share. By the grace of our loving Creator our defect, selfishness can be transformed into enlightened self-interest. We are given a life that calls for self-care, and then we can share the love we are. The flight attendant will instruct the passengers, if they are with a small child and the oxygen mask drops down, to put the mask on them first. They would be of no use to the child, if rendered unconscious. That is not being selfish but a case for enlightened self-interest. When we recover and awaken to a way of life that nourishes us, let us care enough about ourselves that we share that gift with others; a true meaning of enlightened self-interest. Let’s care enough for ourselves to put on the “Spiritual Oxygen Mask” first, and then we can share the healing, loving message, and not the dis-ease. It is true, one of the first qualities of a fulfilling life is service. My Spiritual Hero was/is the greatest servant of all. He is waiting for us to call on Him to help us be the love we are intended to be. Let us seek to have His Will and our will as one - His. Thy Love, The Will be done.

*“Do Small Things With Great Love.”
Mother Teresa
Out Of The Darkness Into The Light*

A 40-day Radical Training Commitment
Theme For Day 32 – Look Who’s Laughing!
“Pay Forward” #111

Today’s “Pay Forward” gift is - Radical Training Theme For Day 32 - Look Who’s Laughing! I never dreamed I would ever experience such a fulfilling way of life as I do. Laughter is an outer expression of an internal joyful heart. With the gift of faith in our Father’s grace we can know the Source of our happiness. Sometimes a joyful heart just springs up when we feel good. Sharing the Program with others, knowing we can make a good difference that feels good. A.A. has fostered the ability to laugh at myself, not as a put down but as a loving lift up. Feelings are our chemistry and can create a healthy environment or a sick one. A.As’ way of life offers us a choice. Laughter not only produces pleasant feelings and images, but also alters our body chemistry. Our feelings are the result of our beliefs, our personal “reality.” It’s 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 present moment. Laughter like love is a healing power touching everyone-thing into wholeness. God is Love. Laughter is love, no wonder it feel so right. 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.

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And every one that loves is born of God,
And knows God.”*



A 40-day Radical Training Commitment
Theme For Day 33 - Time To Awaken.
“Pay Forward” #112

Today’s “Pay Forward” gift is - Radical Training Theme For Day 33 – Time To Awaken. The spiritual path of those who are awakened, have one simple thing in common; called many names, they’re seeking a realization of God. As the result of practicing A.As’ spiritual principles we receive the promise of an awakening and the tools for daily improvement in our conscious contact with God as we understand Him. This spiritual path can take us beyond mere ethical and social ways to an uncompromisingly way of life. My goal is to follow our Steps, Traditions and Service concepts, with a willingness to own and surrender our personal “reality,” holding nothing back. In prayer and meditation we seek and find the omnipresence of our loving Creator, and a way of life that works for all season. The good news of our spiritual process has spread throughout the world. It’s available to anyone who has a desire to be joyous, happy and free from their self-made prison. These simple spiritual principles have served humans according to their capacity to receive, for a very long time. A.A., along with other great spiritual paths expands our ability to realize the indwelling Presence. Every spiritual teacher, has two sets of teachings one for the multitude, the other for their disciples. In A.A. the only requirement for membership is a desire to stop drinking. A.A. also offers a way of life far beyond anything we could dream of. Thy Love, Thy Will be done.

*“Do Small Things With Great Love.”
Mother Teresa
Out Of The Darkness Into The Light*

A 40-day Radical Training Commitment
Theme For Day 34 – As You Believe
“Pay Forward” #113

Today’s “Pay Forward” gift is - Radical Training Theme For Day 34 – As You Believe. When Jesus would heal someone most of the time He said, “Let it be done unto you as you believe.” Ralph Waldo Emerson said this, “A man is what he thinks about all day long.” William James said: The greatest discovery of my generation is that human beings can alter their lives by altering their attitudes of mind.” A.A. teaches us the importance of singleness of purpose. If we really want to be sober we will do whatever it takes. If we want a working relationship and conscious union with our Higher Power we will practice the spiritual principles so freely given us. To paraphrase or sum up the great teachers who say that we become what we think about. I believe we experience, but not necessary become what we focus and dwell on. Our Father/Creator individualizes each of us and that is what we awaken to, and become what we already are, His child. “If thou canst believe, all things are possible to him that believeth.” “Believe and succeed.” “Our doubts are traitors and make us lose the good we oft might win by fearing to attempt” (William Shakespeare). We must stop blaming other people, and circumstances, and own our part, so we can surrender whatever to our Father for transforming into assets. If we practice A.As’ spiritual principles we are given a whole list of wonderful promises (pages 83-84 Alcoholics Anonymous). Thy Love, Thy Will be done.

*“Beloved, let us love one another: for love is of God;
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And knows God.”*



A 40-day Radical Training Commitment
Theme For Day 35 – The Way Of Assertiveness
“Pay Forward” #114

Today’s “Pay Forward” gift is - Radical Training Theme For Day 35 – The Way Of Assertiveness. I wasted far too much time and energy standing up for my rights, via hostility or stuffing the problem by being passive. Many years ago I saw a lady demonstrate a quality I come to long for; how to stand up for what we believe in via assertiveness. She turned a panel of eight men who were defending their beliefs in a combination of negative ways, passive, hostile and passive-aggressive. In the end she had showed us the solution to the problem they were addressing. I saw the error of my ways and made a decision to learn how to stand up for my heart’s desire, my goals, which turned out to be my created purpose. The only thing my study did for me was make me hungrier for the ability to be assertive in a peaceful, loving way. Praying and meditating about it, and surrendering my inability to practice it, no matter how hard I tried I fell short. But, the spiritual action did open me up to receive the real solution; another of my defects transformed into a workable asset. By His grace I understand assertiveness is expressing the love we are, in the image and likeness of my Hero, Jesus. Practicing everyday kinds of love: patience, kindness, generosity, humility, and courtesy, and unselfishness, good sense of humor, sincerity and innocence, through A.As’ spiritual principles, is a big help. Thy Love, Thy Will Be done.

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A 40-day Radical Training Commitment
Theme For Day 36 – A Healed Healer Healing
“Pay Forward” #115

Today’s “Pay Forward” gift is - Radical Training Theme For Day 36 – A Healed Healer Healing. “Don’t call me good, it is the Father within me doing the good works.” I have experienced and witnessed His good works by those who work for our Father, and with Him, through His omnipotence grace. I am a fool if I say or believe that anything is impossible for our Father, or will He withhold His Loving grace. Our illusion of separation is the resister, and must be healed. Wounded at any level of the human condition our created self-sets our healing into motion. Through A.A.’s spiritual principles we can dismantle our personal “reality” preparing ourselves to accept our Father’s grace of healing, and a true relationship with Him and His. We have two master teachers; those we want to be like and those we don’t, reminding us that we still have healing beyond the physical to be done. We are supplied the opportunities to be healed. We need to pass on any healing we have received. A good starting point is to share our healing with another in need with the same dis-ease. My powerlessness called me to practice, “My Radical Training Basics” remembering it is our Father within, which is the Healer. “Watching great people do what you love is a good way to start learning how to do it yourself” (Amy Poehler). I choose to keep on keeping on being a channel for His grace. Thy Love, Thy Will be done.

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And knows God.”*



A 40-day Radical Training Commitment
Theme For Day 37 – Planting Our Dream
“Pay Forward” #116

Today’s “Pay Forward” gift is - Radical Training Theme For Day 37 – Planting Our Dream. When we were created as the individual we are it came as a Divine Design, with choices to make. A number of things which have real value are freely given, like, our bodies, our mind, our souls, our love, our purpose, hidden within our heart’s desire, along with free will. The paradox is, too often we think “things” are more important to “get.” The human mind is much like a farmer’s land. He or she has a choice to make, as to what seeds they plant. If we let others plant our seeds we believe they are to blame for the results. The land doesn’t seem to care what’s planted. “As ye sow, so shall ye reap.” When the seeds bear fruit we have a decision to make, how we are to experience the results. If we have awakened to our Divine Designed within, our Father/Creator’s Will; by grace our view of the world is spiritually discerned. If we are driven by our ego, personal “reality” we are blaming circumstances for what we experience. Those using the gift of spiritual discernment will look for the circumstances they want, and if they can’t find them, by God’s grace, they co-create them. Our mind comes as standard equipment. Too often those things we receive free, we place little value. It takes a spiritual awakening to give us a real value shift; an A.A. promise. Thy Love, Thy Will be done.

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Out Of The Darkness Into The Light*

A 40-day Radical Training Commitment
Theme For Day 38 – A Sleepless Night
“Pay Forward” #117

Today’s “Pay Forward” gift is - Radical Training Theme For Day 38 – A Sleepless Night. “Therefore if you bring your gift to the altar, and there remember that your brother [or sister] has anything against you: leave there your gift before the altar, and go your way; first be reconciled to you brother [or sister], and then come and offer your gift” (Matthew 5:23-24). One of my defects came out of hiding in a meeting; impatience [not seeing the value for anyone, is a waste of time]. The way I responded to another person was wrong; I need to make an amends, and then continue my meditation. It is about 3:30 am; I don’t want to compound the problem by waking them up to selfishly free myself, so I must wait. However I am making a start by owning my part and silently seeking forgiveness and our Father’s mercy. “It is not a matter of thinking a great deal but loving a great deal, so do whatever arouses you most to love” (Teresa of Avila). I am willing to take the needed action to clear this up. Well I did contact the person I harmed and they made amends to me, also. So often, in A.A. that’s how it works. I’m asking our Father to transform this defect into another workable asset. By our Father’s Loving grace and my denial breaks down I will have more valuable assets deposited into my spiritual account. Thy Love, Thy Will be done.

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A 40-day Radical Training Commitment
Theme For Day 39 – A Way Out – A Way Within
“Pay Forward” #118

Today’s “Pay Forward” gift is - Radical Training Theme For Day 39 – A Way Out – A Way Within. In a state of fear I have demanded a definitive answer, never to be confronted with this or that problem again. The form, in which an answer may come, will always pass away, but not the True source or the Spiritual principle it flows from. I have made it difficult to continue to awaken and grow by turning events or mind-sets into the illusionary principles. “I will never do that again.” “I always do this or that.” Our sub-conscious mind says, “OK, to our yes and to our no, until it is replaced with another temporary fix, or Divine wisdom, which is a real Spiritual principle. To live in the Omnipresence this present moment let our finite mind-set be part of the infinite. As we practice A.As’ Spiritual principles in all our affairs, some universal principles may seem simple and second nature, while others are, for the moment, beyond our current understanding. The key for an ever expanding life is being grateful for what I have already received, and stay willing to let go and let our Father have His Way. “To be over-grateful for the gift is to question the generosity of the GIVER.” The way out begins with a WAY within. That infinite Power which created each individual is the Indwelling Power in whom we live move and have our being. Thy Love, Thy Will be done.

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A 40-day Radical Training Commitment
Theme For Day 40 – I need A Reality Check
“Pay Forward” #119

Today’s “Pay Forward” gift is - Radical Training Theme For Day 40 – I need A Reality Check. Has this radical training helped me awaken and grow? How often does this problem I’m working on happens, how intense is it, and long does it last? By that standard I can say yes it’s working. I’m more willing to be vulnerable sharing my spiritual serendipity journey in my daily “Pay forward” affirmations. I want to be a dedicated friend of my Hero, Jesus. Over the years I have been judgmental of those who call themselves Christians but don’t walk their talk, according to me. Oops, what’s that about not judging others, or we are likely to be judged for the same thing? Hmm! What about my problem with unfairness and the need to punish the wrong doers? The real problem for me dealing with unfairness is my taking what others do, way too personally, that realization has brought about healing to the unfairness problem. My radical forgiveness has been very helpful. As I understand my Hero, Jesus was/is a High priest in the Order of Melchisedic. I pray that I may become a trusted servant in His Order, and someday I may be called His friend. Friends are those who have a common goal. Jesus was/is fully Spiritual and human in union with our Father, showing us how to do and be His Love and Will. My heart’s desire is to follow His directions, Path. A.A. is rooted in His way, truth and light. Thy Love, Thy Will be done.

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Theme For Day - Follow Up
“Pay Forward” #120

Today’s “Pay Forward” gift is - Radical Training Theme For Day - Follow Up. In our heart there is the desire to love and to be loved. The object of that love may change many times. It is hard to believe that this desire is really a hunger for our Creator disguised as something else. Our expressions of love often leave us frustrated and alone, because it is an imperfect reflection of “the Real Thing.” To find the fulfillment of the desire for love, most likely comes when we turn our love toward our Father/Creator, who is love, and so are we. This does not mean that our human love is wrong and should be avoided. We all love the best we can at any given time, which helps us develop more and better loving characteristics, which comes in handy for our human condition and our spiritual unfoldment. These attributes become spiritualized when given unselfishly, without possessiveness or bargaining. The shift – Am I a human trying to be spiritual or is the indwelling Presence becoming human? Not my will but, Yours be done Father. As the result from my 40-Day Radical Training I am more understanding, compassionate, and open-minded. I was made aware of the root cause of a life-long defect – unfairness, the solution was simple. I was taking what others did or said – personal, and I reacted as if “what-ever” was done to me. Although there were a number of other healing taking places, this unfairness thing was the greatest. Thy Love, Thy Will be done.

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Home Of My Defects!
"Pay Forward" #121

Today's "Pay Forward" gift is – Home Of My Defects! Taking selfishness and unfairness personally is the root cause of two of my major defects that date back as far as I can remember. I treated myself unfairly, more harshly than anyone else. I had a chip on my shoulder, filled with anger and self-pity. Living the spiritual principles of A.A. my denial began to break down. My dad told me, when he fired me, that I would have to work for myself, or by myself because I could not get along with others. I must take responsibility for my decision and actions. I was an expert at blaming others for everything that went wrong. To compound my problem I had no relationship with our Father or anyone I could count on. The only source I had was an incompetent, and bankrupted boss, I was self-employed. Before A.A. I was self-centered for my survival sake, having no one I could depend on. The A.A. members that were spiritually grounded became my mentors, unknown to them. By the grace of our Father some of my worse defects; selfishness and blaming others were transformed into a workable asset; enlightened self-interest. It is better for me to take ownership of my way of life. I need to give away everything I want to keep and increase. The indwelling Presence [our Father] within is my True Source. "So please ask yourself: What would I do if I weren't afraid? And then go do it" (Sheryl Sandberg). Thy Love, Thy Will be done.

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International Scapegoating
"Pay Forward" #122

Today's "Pay Forward" gift is - International Scapegoating. This year-around-sport with us since humans first showed up. Before I practiced A.A. spiritual principles in all, my affair, the best I could, I was a Scapegoating Olympic qualifier. I cannot remember a time before that I took responsibility for my decisions or actions. I was able to blame or explain my problem on other people or events. The Hebrew ritual from which the word "scapegoat" originated is described in Leviticus 16. On the Day of Atonement, a priest laid hands on an "escaping" goat, placing all the sins of the Jewish people from the previous year onto the animal. The goat was beaten with reeds and thorns and driven out into the desert. Instead of owning their sins, this allowed people to export them elsewhere. WOW! No wonder the "drug Guild and Punishment" are so addictive. The "Scapegoat-er" and the "Scapegoat-ee" are both part of the big lie. One loads the other up with their guild, and beat them and the other one opens the gate to the desert, hoping they will at last be free. Some people get really good at projecting their wrongs onto others. At some point those people find themselves out in the desert butting heads with the "Scapegoats." Until we can identify our useless and harmful patterns and own them and be willing to surrender them to the Boss, we will most likely have to deal with the "Scapegoats." Thy Love, Thy Will be done.

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Looking For Love In All The Wrong Places
"Pay Forward" # 123

Today's "Pay Forward" gift is – Looking For Love In All The Wrong Places. A Sufi master had lost the key to his house and was looking for it in the grass outside... [One of his] disciples said, "Master, have you any idea where you might have lost the key?" The Master replied, "Of course. I lost it in the house." To which the disciple exclaimed, "Then why are we looking for it out here." He said, "Isn't obvious? There is more light." Before I found a way of life that works, A.A. I was looking for my fulfillment outside of myself. Blaming other people, things like alcohol and events for my unhappiness, waiting for someone or thing to determine my purpose in life. Yet, in a very self-centered way, without a True Source. The key is not in the grass, it was not lost outside me. I needed to look to the indwelling Presence within. Where, I am free to be the individual our Father created me to be, and encourage others to be their created Self. By practicing A.As' spiritual principles the best I can in all of my affairs as it is suggested in our 12th Step. We awaken to the omnipresence of our Creator, and share the love we are, by practicing these simple ideas in our daily life; we will find the Key to real happiness, joy and freedom. No matter what the problem, there is a solution or a call for acceptance. Thy Love, Thy Will be done.

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What's Being Vulnerable - Honesty?
"Pay Forward" #124

Today's "Pay Forward" gift is - What's Being Vulnerable - Honesty? Fairly early in A.A. I found myself sharing that I was fearful, weak and a failure at being a human, for the first time rigorously honest with others. Later, as I began living A.As' spiritual principles the negative was only half of my vulnerability – honesty problems. As far back as I could remember I had been even more closed off sharing my hunger for love, compassion, forgiveness and a belief in a Higher Power. In others word the most fulfilling aspects of life; that I could be a warm and loving, wise and understanding person. I find it more fruitful being and sharing what turned out to be real vulnerability. A.As' powerful tools for a most fulfilling wonderful way of life have an abundance of affirming instrument, to co-create a joyful sound. It is important for me to affirm the grace I have; I am receiving daily, as a way of gratitude. I am a lover loving, a healer healing, a teacher teaching, a forgiver forgiving, an empowered empowering (the ability to do and be), an enriched enriching, an enlightened enlightening, a communicator communicating, a co-creator co-creating, an awakened awakening. These ten elements I find in different disguises in those who are spiritually awakened, in many, as the result of practicing A.As' simple program. I found these ten elements in all the great spiritual teachers, the greatest of all, Jesus, in whom A.A. borrowed a good deal. Thy Love, Thy Will be done.

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The Illusion Of Separation Begins – Part One
“Pay Forward”125

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

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The Illusion Of Separation Begins – Part Two
“Pay Forward”126

Today’s “Pay Forward” gift is – The Illusion Of Separation Begins – Part Two. There is One life, that life is perfect, that life is God’s Life, that life is our life, that life is my life. When Jesus Christ came into the world His mission was to heal and correct the illusion of the separation from God and others. Awakening as the results of living A.As’ spiritual principles, we take on some of His attributes. “The Father and I are one. I am in Him, and He is within Me.” The Christ Consciousness’/The Holy Spirit’s Good News/The Gospel is simple, no created being has ever been separate from our Father/Creator or can be. Jesus Christ’s Name is expressed through the Holy Spirit; the Consciousness of Holy Wholeness. He came into this world to demonstrate that we all live move and have our being within the Divine Union; each as an individual Divine Design within our Father as One life – Our mission – known or unknown is to glorify our Father’s Works. Christ’s Name [Attributes- Characteristics] is shared with each creature through the Holy Spirit/The Voice of God, and our True Self and our personal “reality” as our mentor and intercessor. He is in direct union with each individual Divine Design. “Think not that I am come to destroy the law, or the prophets: I am not come to destroy, but to fulfil.” Matthew 5:17-20. The Good News is all about love, forgiveness, healing, compassion, teaching, Divine Union, and is omnipresent love, never separation. Thy Love, Thy Will be done.

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Love And Tender Mercy Is My Choice
"Pay Forward" #127

Today's "Pay Forward" gift is – Love And Tender Mercy Is My Choice. I am so grateful that my introduction to Alcoholics Anonymous was love not fear based; "My way or the highway or your disease will get you." I was already "gotten;" I was being shown how to be "un-gotten." It is possible to help others awaken to the love we are. My guilt and shame didn't need pumping up; I was motivated by my hungry for acceptance, forgiveness and love. The very first night I came to A.A. I heard how one person, Ted W. exchanged his negative stuff into an exciting, joy filled constructive way of life. This A.A. member was making fun of his defects, his alcoholism and was not stuck in regret and remorse. He was laughing at himself, I couldn't remember a time when I could do that. I did not need to be reminded of my uselessness or powerlessness, I needed to experience the possibility that there was a way out, and I did. As I look back on that first night I realized that love had interrupted the past and opened the future to new probabilities. Some alcoholics introduced to a sober A.A. way of life responded best to a tough no-nonsense path. I already had too much of that from myself. Ted informed me that alcoholism was a deadly disease and kills the body and spirit but was no match for A.As' spiritual principles, when practiced as a way of life. Thy Love, Thy Will be done.

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And knows God."*



Be Still And Know
"Pay Forward" #128

Today's "Pay Forward" gift is – Be Still And Know. As I prepare for this day, I am being prepared by our Father's grace. He is within, around and through us, filling all the space between all His Creators. Omnipresence is not just a kiss-up word, but a REALITY. I pray that every part of me, good and not good is being transformed into His assets, not as something to own but to live, to share. Our deepest prayers are answered before we ask, because it is our Father within guiding us into asking. His encouragement is hidden within our heart's desire. Until we are able to accept the REALITY that it is our Father within doing the works we call our life, our search is fruitless. At times our motive is so selfish and self-concerned, we may question how "this" or "that" could be our Father's Will. Well, He knows by the way of His Omniscience, and His Will is done by the grace of His Omnipotence. His Wisdom is far beyond our pay-grade. In a moment of stillness we may spontaneously experience, His Wisdom of our True Self, without planning; just being and doing, by grace. For that moment we are in alignment with our Father's Will, our heart's desire. Come let us accept our Created-Self. Yes, that takes courage to let go and let our Father Has His Way, holding nothing back. "When you come right down to it, the secret of having it all is loving it all" (Joyce Brothers). Thy Love, Thy Will be done.

*"Do Small Things With Great Love."
Mother Teresa
Out Of The Darkness Into The Light*

One Breath At A Time
"Pay Forward" #129

Today's "Pay Forward" gift is - One Breath At A Time. As long as we have a breath left in us, we can make at least a tiny good difference. I can let fear and anger (Siamese twins; where one is the other is connected) give me "reason" to not love or serving others, to withhold or withdraw. When I am in that negative state, I can still be on a hero's path by just showing up. It's an unfair state of mind to compare myself with great beings doing a much better job than I can. Our Father/Creator must love the majority of us, most of all because He created so many of us and so few great-ones. It helps to remind myself that He created each of us as an individual expression of Himself. I dusk myself off and do what's in front of me; a small act of carrying out His Will. I can do at least a tiny act of love, silently or openly, even though I may not feel loving, that's a hero's path, at my pay-grade. By practicing A.As' spiritual principles, I have a choice, to surrender my negative, useless/harmful thoughts, feelings and ideas even when I feel their "justified." Now, that's the hero's way. I don't have time to waste on the insane fruitless stuff. I choose to extend both openly and silently gifts of love, which are part of my mission, to whom-ever I'm drawn. Let's not take our opportunities for granted. Thy Love, Thy Will be done.

*"Beloved, let us love one another: for love is of God;
And every one that loves is born of God,
And knows God."*



Listening Skills
"Pay Forward" #130

Today's "Pay Forward" gift is – Listening Skills. "Let the inner ear listen to the voice of Truth that is always speaking" (Ernest Holmes). I believe our Father's first language is silence. He communicates with us through our ear of intuition; I just know it is the Truth I have come to believe that everything has a purpose, yet I fail to listen to others at times, as if they have no value. Some examples: When I want to share my "words of wisdom" and another person will not stop talking, I'm impatiently not listening. I have a problem listening to someone I don't agree with or care much for, or they don't know what they're talking about. I tend not to listen to someone who is busy doing something else, or two or three talking at the same time, or the TV News, that I have no respect for. I have problems when I am too busy listening to my self-centeredness; I'm deafened by the hum of my own voice. By our Father's grace I was taught some good listening skills. Most people speak about 125 words a minute and our thinking is many times that, so we go off on side tracks. If we go of too far we will loss the meaning of what the speaker is saying. To stay focused on the one speaking we can ask ourselves questions about what he or she is talking about, and how we could use it. Thy Love, Thy Will be done.

*"Do Small Things With Great Love."
Mother Teresa
Out Of The Darkness Into The Light*

To Do Or Not To Do - That Is THE Question?
"Pay Forward" #131

Today's "Pay Forward" gift is - Procrastinate Procrastination. Go ahead and act as if, this is a wonderful A.A. truism. I know of people who are not in recovery, athletes, performers and artists that use it. At one time, it was enough to be free of fear, pain, and the other negative stuff, and self-righteousness judgment. When I fall in a ditch, it's better for me to return to love; to our Father. My reaction can bring me a joyful loving service or suffering. When I'm pouring out into the world about me negative self-centeredness, I need to detach from that useless stuff, and practice acting as if - I'm receiving the things I want, and pass it on. I choose not to procrastinate any longer. If I do, I will act as if I'm living my heart's desire, taking one step at a time toward my mission. I choose not to use the "drug" guilt and punishment, when I fall short to motivate myself, the results leave a lot to be desired. The best way for me to handle procrastination is to put it off. "It's the start that stops most people." Don Shula. Once I start I need to keep on keeping on. The time and place for healing wounds, and to return to love, is here and now. If we are willing to ask our Father to be our Source we will have all we need to make a good difference. Come Let us be about our Father's Business. Thy Love, Thy Will be done.

*"Beloved, let us love one another: for love is of God;
And every one that loves is born of God,
And knows God."*



The Life Of A Distributor
"Pay Forward" #132

Today's "Pay Forward" gift is - The Life Of A Distributor. My early morning awakening reminded me that I am a distributor not the first cause of anything. I was reminded that the abundance I have was given to me as a gift, not by my labor, although I showed up and did what I was guided to. I have no illusion that all I have, starting with my life, came to me by grace. In the business world I was a distributor for an Automotive Manufacturer, which gave me an insight into how important A.As' service is. It has been somewhat easy for me to understand the principle of passing what has been so freely given. I did not create my life or A.A. any more than I manufactured automotive, my part is to distribute it miracles. I am blessed with a fertile imagination; a powerful tool, which can be used constructively or not. I can visualize those things I want to share, helping me be more effective or useless, it's my choice. Out of enlightened self-interest I use my gifts of grace to expand my distributorship spiritual, mental, physical, emotional and social in the service of others, which benefits me. I turn to the Boss in my prayers, meditations, contemplations and affirmations often. As the useless undigested ideas come to my consciousness I can turn them over to our Father to be dismantled, and transformed into workable assets to share, instead of painful distraction. Thy Love, Thy Will be done.

*"Do Small Things With Great Love."
Mother Teresa
Out Of The Darkness Into The Light*

Let Us Celebrate Our Father's Day Every Day
"Pay Forward" #133

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

*"Beloved, let us love one another: for love is of God;
And every one that loves is born of God,
And knows God."*



Another Celebration Of Our Father's Day
"Pay Forward" #134

Today's "Pay forward" gift is - Another Celebration Of Our Father's Day. It is the Father within us controlling the timing of the release of our denial. By His grace it is only when we have the tools to handle it. We are placed under His guidance as we surrender to it. Divine love then prepares us to receive the maximum we are able to receive. By His grace we are guided from within by His inner light penetrating our made up darkness. His Divine gifts waiting to be discovered. Every day is our Father's Day; in His image and likeness let us do the unconditional giving gifts. The greatest gift we can give is ourselves, our love and service, asking nothing in return. When we awaken to one of our deepest desires, give some of it away AS SOON AS POSSIBLE. We can become a more effective giver by giving, there are no substitutes. "You need to persevere so that when you have done the will of God, you will receive what He has promised." Let us improve our conscious contact with our Father through our daily prayers, meditations, affirmations and the highest form of communication; contemplation. Follow up by accepting an opportunity for service. A.A. is a great resource. Don't wait on the calendar, start our Father's Day gift giving here and now. Another, happy our Father's Day and Brother and Sister's Day. Come let us share our experience, strength and hope silently or openly as called for. Thy Love, Thy Will be done.

*"Do Small Things With Great Love."
Mother Teresa
Out Of The Darkness Into The Light*

Letting Our Father Have His Way
"Pay Forward" #135

Today's "Pay Forward" gift is - Letting Our Father Have His Way. My morning prep work is filled with suggestions that have the same message; to let our Father have His way with me. "Be still, and know that I am God." "I step back and let God lead the way." "God has no office hours." "Our scientific power has outrun our spiritual power. We have guided missiles and misguided men." "Let go let God." Are we like a lifeguard sleeping on-the-job while those in the turbulent sea of life while people around us are going down for the count? Can I be a life-guarder? We are co-creators in His service, in His image and likeness. We plant the seeds [thoughts and feelings] we want to grow and bear fruit. I choose to plant the seeds our Father gives me, into the ground He has prepared for me. "The fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control." (Galatians 5:22) These are the seeds already planted within each of us. "It is the evolutionary [the tree is within the seed] representation of the evolutionary expression." I willingly take care of these plants. At harvest time I will gather their fruit and share with whomever You will, Father. Yes I believe that God has no office hours, but I do. I pray that my work is not in vain because of my limited office hours. I am in radical training seeking and finding proof of Your Presence within us all. Thy Love be done.

*"Beloved, let us love one another: for love is of God;
And every one that loves is born of God,
And knows God."*



Celebrating Our Father's Worth and Value
"Pay Forward" #136

Today's "Pay Forward" gift is = Celebrating Our Father's Worth and Value. I woke up early this morning and could not go back to sleep. I had a stream of thoughts about our Father's worth and value and how it contrast with my worth and value. I realize my worth and value is not in contrast but a tiny part of His Wholeness. I cannot understand with this finite mind I have, accepted by faith in His Nature, expressed through each of us. Even though His worth and value is infinite, beyond human understanding, I cannot cause His worth or value to increase or decrease. I react to the way I judge Him, which leaves a lot to be desired, no wonder I need to be restored to sanity, if I ever had any. I realize I cannot cause His unconditional love to be more or less, I act like I can by making it conditional. I cannot please or displease You Father, nor earn or not earn Your grace. I say that I know, believe in Your Omnipresence yet I make up illusions of Your being not Present. I say that I know, believe that You are Omnipotence and yet experience powerlessness because I act as if life is up to me, to do alone and unaided. I say that I know that You are Omniscience; all Knowing, within us, doing the works, we call life and yet often act unwisely. HELP! Thy Love, Thy Will be done.

*"Do Small Things With Great Love."
Mother Teresa
Out Of The Darkness Into The Light*

What's The Use Of Worrying?
"Pay Forward" #137

Today's "Pay Forward" gift is – What's The Use Of Worrying? It never helps anyone or anything. It is proof I am not trusting our Father, which Created me and everyone else. It is the Power that transforms what we eat and drink into everything we call life. When I stop to think about it, worry is a foolish act of not honoring our Father's handy work. It is choosing fear over love for myself and others, a warning signal that I'm not trusting that my true Source is taking care of me and all my needs. Worry has never prevented a disaster so far, real or illusion, in fact it causes me to think and feel problems are on the way. "A hero is somebody who is selfless, who is generous in spirit, who just tries to give back as much as possible and help" (Debi Mazar). I wonder if the person who wrote that is an active member of A.A., living our spiritual principles. I am so sick and tired of being negative, thinking that's the way it has to be, just because I made a habit of it. I am ready to surrender this defect over to our Father to be transformed into an asset, to share. I have always wanted to be a hero, no longer as the punisher of wrong doers, but a loving, compassionate person, passing on all the wonder gifts I have been so freely given. One Step at a time. Thy Love, Thy Will be done.

*"Beloved, let us love one another: for love is of God;
And every one that loves is born of God,
And knows God."*



Our Father's Business
"Pay Forward" #138

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

*"Do Small Things With Great Love."
Mother Teresa
Out Of The Darkness Into The Light*

My Heart Is Filled With This Affirmation
"Pay Forward" #139

Today's "Pay Forward" gift is – My Heart Is Filled With This Affirmation. I pray that nothing contrary to love gets stuck in me. I pray that I honor, respect and love every created being, as each one is created to be. Let my heart, mind, and soul be filled with love, as a skillful loving lover. Let Your Will, Father and my will be one. I pray that I love and worship You, Father, with all my heart, mind, soul and strength, and love others as if they are me. If You Will let Your Holy Attributes flow in - around and through me, that I may have the ability and wisdom to produce a useful work. All is revealed to me as needed to carry out my little mission, I am truly grateful. Let me not be fooled by appearances. Let me step out in an abiding faith in Your grace, knowing Your promises are kept. Ernest Homes wrote about healing this way: "Healing then is accomplished by uncovering, neutralizing, and erasing false images of thought, and letting the perfect idea reflect itself through subjective mind into the body." Our Father is Omnipresent-Love, His Presence will heal; make whole, anyone, anything, if we let Him Have His Way. Now is the time to turn within to His Indwelling Presence. Lovingly completely surrender our personal "reality" to be upgraded into our Father's service, filled with joy and laughter. Guide us into being the love You intended us to be, Father. Thy Love, Thy Will be done.

*"Beloved, let us love one another: for love is of God;
And every one that loves is born of God,
And knows God."*



Our Bottom Is A Way Up
"Pay Forward" #140

Today's "Pay Forward" gift is – Our Bottom Is A Way Up. "Who cares to admit complete defeat? "...But upon entering A.A. we soon take quite another view of this absolute humiliation. We perceive that only through utter defeat are we able to take our first steps toward liberation and strength" (Twelve Steps and Twelve Traditions). I shall never forget the devastating bottom; the end of my world had come. Today, I view it as a beginning of a way of life that is far beyond anything I could have ever dreamed of. As the result from practicing A.As' spiritual principles my bottoms are different; they are "Warning Signals," telling me I'm due for an important upgrade. If I try to deny it, I will go down-hill, negative thinking and feelings are the first signs, nothing pleases me. Putting off the need to change life gets worse. It is as if I am seeking a deeper bottom before I will completely surrender to our Father's Will, His grace. No one can measure how much love, or the contrary, how much fear and anger our hearts and minds can hold. We have a choice to make, shall we let go and let our Father have His Way, and practice A.As' spiritual principles or tough it out, alone and unaided? It is hard to count our blessings when we have hit a new bottom. Learning an attitude of gratitude takes practice, effort and most of all for me the grace of our Father. Thy Love, Thy Will be done.

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Mother Teresa
Out Of The Darkness Into The Light*

Nine Elements Of Love – First Patience
“Pay Forward” #141

Today’s “Pay Forward” gift is - Nine Elements Of Love – First Patience. The Greatest Thing In The World. Henry Drummond (1851 – 1897). He listed what many believed to be the greatest thing or good. In his judgment like Paul’s in 1 Corinthians 13 was love. I will share a little of my experience for each one of these elements of love. Alcoholic Anonymous is a way of life, and that life is love. For 40 days, I used this affirmation – I am patient; my love is passive, waiting to begin, not in a hurry, calm, and ready to do it's when the summons comes. Love understands and therefore, waits. Once I realized the core of my impatience, I changed the way I viewed my sharing with others. I made a decision to build a new habit. When I was impatient with anyone, I found that I had bought into an idea that there was no value in my being with this person, for him or her or me. My new habit was to affirm that each one brought me a gift, and I had one for them, if I did not practice a little patience, I would miss that gift. Realizing that patience is truly an important element of love, our Program's second Spiritual Gift is love, it has become much easier to practice a little patience with those I share this life with. Thy Love, Thy Will be done.

*“Beloved, let us love one another: for love is of God;
And every one that loves is born of God,
And knows God.”*



Nine Elements Of Love – Second Kindness
“Pay Forward” #142

Today’s “Pay Forward” gift is - Nine Elements Of Love – Second Kindness. I will share a little of my experience for each one of these elements of love for I believe our Program is a way of life and that life is love. For 40 days, I used this affirmation – I am kind; my love is active. I enjoy merely doing acts of kindness. 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. It is indispensable for me, that I share all that I can in a way, which is loving, wise and useful, and yet I fall far short of that consciously and consistently. I have an enlighten self-interest to be as kind as I can be. I have learned that it is better to give than to receive, because if I receive from another, it may or may not be all that great, but if I share what I want, like loving kindness, then I am likely to believe that others will do the same for me. Whatever I withhold, I believe that others will withhold from me. I am building an active habit in being as kind as I can be here/now. Knowing that kindness is an act of love. Love is a big part of my heart's desire; I am willing to offer kindness openly or silently. Thy Love, Thy Will Be done.

*“Do Small Things With Great Love.”
Mother Teresa
Out Of The Darkness Into The Light*

Nine Elements Of Love – Third Generosity
“Pay Forward” #143

Today's “Pay Forward” gift is - Nine Elements Of Love – Third Generosity. I will share a little of my experience for each one of these elements of love for I believe our Program is a way of life and that life is love. For 40 days, I used this affirmation – I am sharing my generosity. I am Your child, Father, and a loving brother to all, which means You are our/my, only true Source. I do bestow all my goods, my gifts, and my talents to whomever I am drawn to. I share freely with all of my heart, mind and soul out of the abundance I am receiving, as I am directed. My sharing by Your grace does make a difference. This is a good time to remind myself that an affirmation is like planting the seeds of those things I want. This seed we must plant in the present tense, into ground, which has been prepared by working, our spiritual principles, the best we can for now. We need to nourish these by practicing this way of life we have awakened to, until harvest time and then share the fruits. This act of generosity will increase our own abundance and build the Spiritual, mental, physical, emotional and social equivalents to contain the increase. We are learning how to give of ourselves and this is generosity at its best. Thank You, Father for this life of service, it is truly abundance in disguise. Thy Love, Thy Will be done.

*“Beloved, let us love one another: for love is of God;
And every one that loves is born of God,
And knows God.”*



Nine Elements Of Love – Fourth Humility
“Pay Forward” #144

Today's “Pay Forward” gift is - Nine Elements Of Love – Humility. For 40 days, I used this affirmation – I am living in a conscious state of Humility as I have the gift of knowing, realizing that You, Father, are our/my only True Source, the First Cause of everyone and everything. 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 pass on. I am but an open channel, an agent of Your Will, Father. My working understanding of humility is a growing understanding of my relationships between our Father, others and himself. I was having my eyes examined and the doctor ask if it was better or worse. I replied that it is still cloudy. He said to me; I asked you if it was better or worse not if it was perfect. And, so it is with most of my relationships since I started living our A.As' spiritual principles the best I can, it's getting better not perfect. Truthfully at times it left a lot to be desired, but better than it has ever been for me. My greatest experience with humility is when Spiritual discernment, tells me what I can do, and what I cannot. That most wonderful promises from the Big Book page 84 – “We will intuitively know how to handle situations, which used to baffle us.” “Learn of me, for I am gentle and humble in heart...” Thy Love, Thy Will be done.

*“Do Small Things With Great Love.”
Mother Teresa
Out Of The Darkness Into The Light*

Nine Elements Of Love – Fifth Courtesy
“Pay Forward” #145

Today's “Pay Forward” gift is – Nine Elements Of Love – Fifth Courtesy . I will share a little of my experience for each one of these elements of love. A.A. is a way of life and that life is love. For 40 days, I used this affirmation. Courtesy is love in little ways, thoughtful things; with a gentle heart filled with Your grace, Father, expressing love at all levels, with all beings, in a conscious union with Your Will, Father. I look for Your Presence within each of Your Creations. This fifth element of love is a little strange to find listed as part of the greatest thing or good, but there you go. Now-a-days, the style of humor is to put one and other down, to make fun of people places and things, which is far from being courteous. It is often unkind and unloving. Therefore, courtesy is surely needed, has been defined as love in trifles. I choose to practice A.A. spiritual principles, in all my affairs. The core of Alcoholics Anonymous is love, then I will do well to extend this love in all things great and small. The lack of courtesy, of love-less-ness has no place in A.As' way of life. I have experienced a special kind of gentleness, caring and empathy, which is love in the everyday kind of living events, in the best of times and the worse. If, we want more love, then plant more love seeds. Thy Love, Thy Will be done.

*“Beloved, let us love one another: for love is of God;
And every one that loves is born of God,
And knows God.”*



Nine Elements Of Love – Sixth Unselfishness
“Pay Forward” #146

Today's “Pay Forward” gift is - Nine Elements Of Love – Sixth Unselfishness. I had worn everyone out, first my family and friends, in due time everyone whom I knew. By the time I got into A.A., I was running on a survival mode, and I had to look out for myself, no one else showed any interest in doing so. I had no conscious contact or working relationship with a Higher Power. A.A. became my source. I was fortunate enough to join a group of workers in A.A., who really believed in carrying our message. I found myself giving of myself asking nothing in return as a result of the living examples of the dedicated members of our group. I could see that it really worked. No matter how bad I was feeling I could experience getting out of my sick mind, even for a few minutes, when I returned to myself-centered problem it did not look so big. In a small way, I experienced myself sharing unconditional love, more concerned for someone else than myself. I give but little when I give of my possessions. It is when I give of myself that I truly give. Our Program gives us so many ways we can practice unselfishness. I am unselfish out of enlightened self-interest. By giving of myself, I truly am a master receiver. “Start by doing what’s necessary, then what’s possible, and suddenly you are doing the impossible” (St Francis of Assisi). Thy Love, Thy Will be done.

*“Do Small Things With Great Love.”
Mother Teresa
Out Of The Darkness Into The Light*

Nine Elements Of Love – Seventh Good Temper and
a Good Sense of Humor
“Pay Forward” #147

Today’s “Pay Forward” gift is - Nine Elements Of Love – Good Temper and a Good Sense of Humor. We need not envy another, as we have no competition from any other because You, Father created each of us as an individual with a special meaning and purpose. I choose not to make a capital crime out of any faults, mine or any other. I quickly seek correction; better yet I am choosing to be non-judgmental of the “sins” of the physical world and the “sins” of the disposition. Therefore, there is no need to forgive. The Steps gave me the tools identify and accept my habits of thoughts and feelings; my personal “reality.” I had never had a loving relationship for long with anyone, at any level and that was now changing. Once I discovered how to use Alcoholics Anonymous’ Twelve Traditions in A.A., family, friends, business, in all my affairs, my life took on a new meaning. Applying these Traditions in each area caused a major shift in all my relationships, growing much more fulfilling and enjoyable. For this, I am truly grateful. I have always wanted to have loving, productive partnerships but didn’t have a clue how to, now I do know and that is to “practice these principles in all my affairs.” Once we can laugh at ourselves, and clear away the wreckage of our past our temper improves and have a good sense of humor. We will experience joy, happiness and freedom, never dreamed of. Thy Love, Thy Will be done.

*“Beloved, let us love one another: for love is of God;
And every one that loves is born of God,
And knows God.”*



Nine Elements Of Love – Eighth Sincerity
“Pay Forward” #148

Today’s “Pay Forward” gift is - Nine Elements Of Love – Sincerity. Out of enlightened Self-interest, I sincerely want, in all that I do, say, think, feel, share and pray to be in harmony with our Father’s Will. I search for the truth and a consciousness of His Holy Attributes. We are created in Your image and likenesses, Father, meaning all we have, are to a tiny degree the same attributes as our Father/Creator. The following are some of our attributes, Father: Life, Love, Truth/Reality, Spirit, Soul, Consciousness, Wisdom, Intelligence, Universal Principles, Omnipresence, Omnipotence and Omniscience. With a humble, unbiased heart, mind and soul, I sincerely want to accept these as yours and mine, and rejoice. When I think of the word sincerity I am reminded of our Third Tradition, “The only requirement for A.A. membership is a desire to stop drinking.” Many of us today, could handle having honesty and sincerity tacked on, but not so, in the beginning. A bank robber was asked why he robbed banks, and he said because that is where the money is. Once I experienced my Higher Power doing for me what I could not do for myself, I sincerely wanted to go to Him, where I can find the abundance of everything and everyone I need. I turn to our Father with a sincere and honest desire to know and do His will. This turning to the Source is an act of enlightened self-interest. Thy Love, Thy Will be done.

*“Do Small Things With Great Love.”
Mother Teresa
Out Of The Darkness Into The Light*

Nine Elements Of Love – Ninth Innocence
“Pay Forward” #149

Today’s “Pay Forward” gift is - Nine Elements Of Love – Ninth Innocence. The innocence in all of us, is our Higher-Self; our created Self. I encourage those I share with to chip away all that is not their True-Self. I choose to co-create an atmosphere of love, peace, harmony and conscious union, wherever I am and whomever I am with, because it’s best for me. Our innocence is beyond the human’s pay-grade to fully understand; Even so, it is ever present in our Higher Power’s Presence. I couldn’t have believed that when I first came to Alcoholics Anonymous. I had lost my innocence long before I got here. I had feelings of guilt because I was guilty, yet there was something within me that knew that I was more loving and valuable than I could prove. I realize that I was naive about what life really was about. I didn’t know how to live in this world. I took a look at every relationship I could remember, and I found two things in common, the beginning and ending. If I believed that you believed in me, it was the beginning. When I no longer believed that you believed in me, it was the beginning of the end. I began to look for the good in others, that real innocence within each one, that individual’s created Self, which cannot be corrupted. As I honored others for what they were becoming, I could respect myself for what I was, am becoming. Thy Love, Thy Will be done.

*“Beloved, let us love one another: for love is of God;
And every one that loves is born of God,
And knows God.”*



Faith Coming Alive
“Pay Forward” #150

Today’s “Pay Forward” gift is - Faith Coming Alive. I ask for more of our Father, more of A.A. and more of myself. I now realize I have not been asking for it directly with the faith of our Father, not just faith in Him. Until I lost my Spiritual innocence I was asking and receiving from You, Father all I needed to serve as my mission, my trust and faith of Yours, Father. I was at best asking and waiting in an abiding faith in. Your mercy and grace Father and not claiming it. In other words I was asking within my personal “reality” faith, not of Your Faith Father. Your faith Father is an intuitive knowing; as a Spiritual principle that Your Love and Will is being done, through each of us. In truth, it is the Father within us doing the works called life. Our Father is love, which means we are love. I need to share my love now, by offering some service. I am praying that my love and service is not on the endangered species list. I will not delay any longer. The crisis of faith is the time to ask for help and surrender. I am asking for help at each beginning, when I say His sacred name, FATHER. I prepare the ground, and plant the seed, and nourish the plants I am given. As I harvest the vine ripe fruit, I will share it, with whomever You Will, Father. Thy Love, Thy Will be done.

*“Do Small Things With Great Love.”
Mother Teresa
Out Of The Darkness Into The Light*

Love Ourselves Until We Really Do
"Pay Forward" #151

Today's "Pay Forward" gift is – Love Ourselves Until We Really Do. When I did our first workshop on the "Six Loves;" I ask the group which of the six loves did they want to focus on. Only two out of sixteen chose self-love and those two acts as if they were ashamed of their choice. When I was writing the Six Love workbook, I could find very little information about self-love that was constructive or positive. "Love your neighbor as you love yourself." Poor neighbor! I have come up with a few ideas, if practice, can be useful. Do something good for our selves daily. Enjoy a treat, as long as it is not one of our addictions. Accept ourselves just as we are, warts and scars, pimples or dimples, in other words - no matter what. Taking into account our strengths and weakness, our wisdom and our stupid ideas, our uniqueness and common characteristics. Honoring our heart's desire, the individual we were created as. Express the love we are every day, with whom ever we are drawn to, including our enemies. Forgive ourselves and everyone else as quickly as possible. Share the healing we have experience with those who are still suffering with the same problem. In our darkest moments find someone we can be of service to, don't tell them about your struggles; focus on them. A.A. as proven that this works when all else fails. Seek our True Self through prayer and meditation. Thy Love, Thy Will be done.

*"Beloved, let us love one another: for love is of God;
And every one that loves is born of God,
And knows God."*



It Takes Rain And Sunshine To Make A Rainbow
"Pay Forward" #152 Posted 6/25/19

A Pressing Idea To Ponder

Today's "Pay Forward" gift is – It Takes Rain And Sunshine To Make A Rainbow. I've been feeling sad for those I care for that are in a negative ditch and cannot get out of it. I am experiencing a sense of powerlessness, because I am unable to help them out of their dilemma. "I really do understand their pain; I have heard their cry because of their taskmasters, for I know their sorrows" Exodus 3:7. Once again I'm reminded when I am worrying about others or myself I'm not trusting, our Father as our True Source. In fact I'm questioning His love and wisdom. Each time one of my defects was transformed into a workable asset, I had to go through the "Dark Night of the Soul" where everything stops working as it was. I had to accept my powerlessness to change, and surrender all I understood as me. Somehow, this is different. I have failed many times but I'm not a failure unless I blame somebody else. It's OK for me to have a deep compassion for those I care for, knowing I cannot do anything to help them, other than offer my empathy, and keep reporting us to the Boss. I pray it is a spiritual process; that will result in experiencing our Father's mercy and grace, and a more fulfilling life. "One can go a long way after one is tired" French Proverb. Thy Love, Thy Will be done.

*"Do Small Things With Great Love."
Mother Teresa
Out Of The Darkness Into The Light*

Sharing Our Love And Gratitude
"Pay Forward" #153

Today's "Pay Forward" gift is – Sharing Our Love And Gratitude. I want to express the love and gratitude I have for our Father, His Son and all who share their life with me. I would like to be a poet or wordsmith but I am not. My Hero had/has the relationship with our Father, which I long for. It reminds me how jealous I was of my dad and brother's relationship and the love they had for one another. My older brother was special to my dad, I was an embarrassment. Perhaps, at best I could have been was a Prodigal Son. When the Prodigal Son turned toward home his Father came out to meet him, embraced him, blessed and honored him. For many years I competed with the myth I made up about my dad and brother, their special love for each other was not a myth. We are individualized expressions of our Father coming into this world given His purpose and meaning to each of us. That is what each of us has to share, our individual created Self. We never have to compete with one another; we are one of a kind. "Someday, after we have mastered the winds, the waves, the tides, and gravity, we shall harness the energies of love. Then, for the second time in the history of the world, we will have discovered fire" Pierre Tielhard De Chardin. Love offers us infinite possibilities that fire our imagination, and A.As' spiritual inheritance give us the tools. Thy Love, Thy Will be done.

*"Beloved, let us love one another: for love is of God;
And every one that loves is born of God,
And knows God."*



The International Theme Song
"Pay Forward" #154

Today's "Pay forward" gift is - The International Theme Song. Now that I know it's bad, I will never, never do it again. Our Big Book reminds us that most of us come to the doors of A.A. by the way of the "broad road." "For wide is the gate and broad is the road that leads to destruction, and many enter through it" Matthew 7:13. I had committed some unspeakable wrongs, and I required a very wide gate. As I began to practice A.As' spiritual principles the road continued to get narrow, today, I can't even get by doing, saying, thinking or feeling the petty stuff. For a number of years I awakened, that everything was a "God Thing." After six and a half years of wonderful, productive sobriety, I committed an unspeakable act of violence, which I had promised our Father and myself I would never do again. I found myself in a horrible depression, that I could not shake. I had lost my conscious contact with my One Source. My A.A. mentors, taught me to increase my service, when trouble comes knocking at my door. Instead of withdrawing. We started the Canterbury Group, focused on the Eleventh Step. That has not stopped me from falling into a useless, harmful ditch, but it encourages me to forgive myself. There are some wrongs that I most likely will commit; I choose to surrender them now. Like the Prodigal Son I pray I will turn Home to our Father as needed. Thy Love, Thy Will be done.

*"Do Small Things With Great Love."
Mother Teresa
Out Of The Darkness Into The Light*

Being Spent
“Pay Forward” #155

Today's “Pay Forward” gift is – Being Spent. When I feel used up I'm reminded that it is the Father within me that replenish me; restocking my storehouse. All of my supplies flow from that One Source. It is my personal "reality"- my false-self that blocks the flow of my needed nourishment. Too often it tells me that I have to fight for or earn my inheritance. And, to be the hero that punishes the wrong doer even if it's me. At times I find myself playing the part of an Avenger of Blood. That's no longer my hero's path. There is a driving demand within the human condition to love and to be loved. If we choose, we can draw an abundance of love from our well stocked storehouse with in, after all our Father/Creator is Love, then so are we. The more we are willing and able to love the more supply of love is given us to share. Our increasing giving of ourselves causes it to multiply, instead of depleting our love supply it replenishing it. Our cup runs over. It's a very good investment to give and receive all the love we can. Love is the Divine Fruit of His Grace. The love harvest is great but the labors are too few, come let us work in His fields and gather the ripe Love Fruit and pass it on. The pay is great and the benefits are everlasting. Let's love our Father, and we will never over spend. Thy Love, Thy Will be done.

*“Beloved, let us love one another: for love is of God;
And every one that loves is born of God,
And knows God.”*



Interdependence Day
“Pay Forward” #156

Today's “Pay Forward” gift is - Interdependence Day. Let us Acknowledge and celebrate our true freedom, being codependent With Our Father; our only real Source, and taking responsibility for our decisions and actions, transforms us beyond our fondest dreams. 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.” When we awaken to the infinite possibility of the love we are and stop demanding it from others, we will experience a new freedom. To labor in love is not hard work but a joy in living. The best way to receive Divine Love is to give it away, ASAP. We cannot continue to grow unless we deal with forgiveness. Forgiveness Equals Freedom. If you have resentments today is the time to have it healed or transformed into an asset. Loving our enemies gives us a great freedom. One of the first signs of sober drunkenness is a sense of joy, happiness and freedom. 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. 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 another person. We are our only obstacle for freedom. Thy Love, Thy Will be done.

*“Do Small Things With Great Love.”
Mother Teresa
Out Of The Darkness Into The Light*

A Great Day To Ing
“pay Forward” #157

Today's “Pay Forward” gift is - A Great Day To Ing. Let's think about the ing idea. When we add ing to a word it is a sure sign we are a doer, not just a thinker. I'm writing this to prove that I am a doer, doing. I promised myself that I would share a few of my ing. Now, I extend love silently, is that an ing? If I start an act of love with those I come in contact with that should prove I am a beloved lover loving. Until then, I'm counting on writing this as an act of love. Let me see – is there anyone besides myself I need to forgive? Until someone comes to mind, I'll be a forgiven forgiver forging myself. Because, I am teaching myself how to ing, that makes me a taught teacher teaching. By writing this commitment to ing, I am a communicated to communicator communicating. As I awakened to this ing thing, I have become an awakener awakening others I share this idea with, (thanks to you who are reading this. By practicing A.As' spiritual principles, I have experienced some of my defects being transform into assets, by passing my healing on, I've become a healed healer healing. That's sharing my experience, strength and hope. I'm feeling like an enlightened enlightener enlightening. Indeed, I am truly enriched, sharing what I have received I've become an enricher enriching others and myself. Action (ing) is the magic word. Thy Love, Thy Will be done.

*“Beloved, let us love one another: for love is of God;
And every one that loves is born of God,
And knows God.”*



Delicious Vine Ripe Fruit
“Pay Forward” #158

Today's “Pay Forward” gift is – Delicious Vine Ripe Fruit. This morning I awaken early, and feeling very loving. I reminded myself that every atom in our bodies, are for expressing love, harmony of purpose, no matter what. The breath we are taking is proof of our Father's Present and Action, as His Divine Design comes into this world of expression. Let us see with the eyes of faith and experience His perfect circulation, assimilation and elimination in that perfect rhythm of Life, of Love. Giving each of us purpose and meaning, the vine ripe fruit of His grace. I went back to sleep and dreamed I was trying to share the above. What seems to be failing is but stepping stones, which returns us to His Love, His will, becoming more transparent. "Now abide faith, hope, and love, these three; but the greatest of these is love. (1 Corinthians 13:13). I pray that we are able to look at the world and all within as our friend and love it. We are created by Love to express love for one another and ourselves, it is the creative energy in this world and beyond. Yes, the vine ripe fruit of His grace is omnipresent. Let's not withhold the love we are. Our love is a healing power touching everything-one into wholeness, our love is an extension of His Love. The spiritual principles of A.A. give us the tools and opportunities to practice these principles in all our affairs, giving freely of ourselves. Thy Love, Thy Will be done.

*“Do Small Things With Great Love.”
Mother Teresa
Out Of The Darkness Into The Light*

The Wonderful World Of Quantum Physics
"Pay Forward" #159

Today's "Pay Forward" gift is – The Wonderful World Of Quantum Physics. A.A. uses both quantum mechanics and cause and effect (Classical Physics). If you do this or that you will get this or that result, Cause and effect is. Our human condition uses that a lot. We need to practice the Program the best we can, of course that means staying sober, if we choose to practice A.As' spiritual principles, we will, most likely have a spiritual awakening. And, we're given, by grace a way of living far beyond our dreams. Cause and effect can be very useful, opening us up to grace, unearned. On the other hand A.As' experience can be like quantum physics. An example is when one of our defects is transformed into a workable asset; we no longer dwell in regrets of our past. The asset turns out to be a very effective tool sharing our message with others, who are still suffering. The grace of our Higher Power using a quantum leap, dis-empowers the useless, harmful habits of thoughts and feeling, we have been bound by. Yes, we do need to make amends, however, without dwelling in morbid reflection, which means we do not have to continue to pay back (cause and effect) all the wrongs we did or the lack of good we did not do. Our worth does not depend on quantity and quality of "things." Practicing A.As' principles in all our affairs, changes our beliefs, activities and reactions. Thy Love, Thy Will be done.

*"Beloved, let us love one another: for love is of God;
And every one that loves is born of God,
And knows God."*



The Positive Side Of The Dark Side
"Pay Forward" #160

Today's "Pay Forward" gift is – The Positive Side Of The Dark Side. I am learning that it is not all that spiritual *not* accept to my dark side. I've come to understand that it can become a very useful part of my radical training ground. As long as I don't dwell on the dark side and remind myself it is a warning signal to the fact that I'm off the spiritual path I've found in Alcoholics Anonymous. Sometimes, the road less traveled I've chosen has its share of rough spots, a few potholes and detours. My dark side may chime in with, "See there, I told you to take the easier softer way." In A.A. we have the tools that allow us to slow down, and remind ourselves that this is not the whole journey. When all else fails we need to get out of our self-centeredness. "Here we turn outward toward our fellow alcoholics who are still in distress. [It doesn't have to be an alcoholic]. Here we experience the kind of giving that asks no rewards"- Twelve Steps and Twelve Traditions. Contemplative practice is the highest form of prayer; being still and letting our Father do the work. If only a few moments of "dying;" surrendering our personal "reality," with its illusion of separation, in order to experience the Indwelling Presence, the Christ within. Letting go of the false self in order to experience the True Self, and to realize our inherent union with our Creator. Thy Love, Thy Will be done.

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Out Of The Darkness Into The Light*

**"The Fruits Of The Spirit"
"Pay Forward" #161**

Today's "Pay Forward" gift is – "The Fruits Of The Spirit" Galatians 5:22-23. Having awakened to the indwelling Presence, by practicing A.As' Spiritual Principles, we are most likely to experience some, if not all of "The Fruits of the Spirit." That's a promise. The first Fruit of the Spirit is Charity, or in the Greek, Agape, which means self-giving love as opposed to self-seeking love. The Second is Joy. If we are living the spiritual principles we are freely given we will be joyous, happy and free. The third is Peace; it is the pervasive sense of contentment that comes from being rooted in doing and being our Father's Will as we are directed. The Fourth is meekness (kindness), which is freedom from resentment; the wasted energy of hostility and outbursts of anger, dwelled on. The Fifth is Faithfulness (fidelity), is the dynamic expression of meekness. It is our ongoing oblation of ourselves and all we do, say, think and feel for our Father's compassion and mercy. The Sixth is the Spirit of Gentleness, is a participation in our Father's way of doing and being, which is gentle and firm, without effort. The Seventh is the Spirit of Goodness, that inherent goodness in all of our Father's Divine Creatures, with a sense of oneness. The Eighth is patience, an unwavering fidelity to our Father's Love and Will, consciously know or unknown, an act of faith. The Ninth is the Spirit of self-control. Whenever we are tempted, we respond, "Not my will, but Thy Love, Thy Will be done."

*"Beloved, let us love one another: for love is of God;
And every one that loves is born of God,
And knows God."*



**Can We Truly Forgive All?
"Pay Forward" #162**

Today's "Pay Forward" gift is – Can We Truly Forgive All? I question, will I ever forgive everyone at all levels even myself? What about my lack of total forgiveness of myself? We are attached to those we have not forgiven, which means I am attached to that part of myself I have imprisoned. The attachment that binds me to that useless unloving self. Once a un-forgiver always an un-forgiver. OK, Father I surrender the pattern to you. Once, a depend-er on the Creator always a depend-er on Him or Her. In most of the sacred scriptures of One Life that is our Creator, of course by many names but none the less One Source of Life, which we are expressions of; effects of that One Cause, and proof of His Omnipresence. When I get the Cause and effect mixed up I fall into an old ditch. There is One Life, that Life is perfect, that Life is God's Live, that Life is my/our Life here and now. As we pray, meditate and surrender our personal "reality," we are closing the curtain on our ordinary thinking and feeling. We are in effect repenting; changing directions, we are opening up to the Divine Therapist which can re-align us with our Higher Self and our Creator. I say yes to His healing process. I say yes to His Presence. I say yes to His Actions. "Acknowledging the good that you already have in your life is the foundation for all abundance" Eckhart Tolle. Thy Love, Thy Will be done.

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Mother Teresa
Out Of The Darkness Into The Light*

Traffic Lights On The Journey To Our Heart
"Pay Forward" #163

Today's "Pay Forward" gift is - Traffic Lights On The Journey To Our Heart. I don't really care for a red light, I want to get where I want to get ASAP. The red light signals are, fear, anger, all kind of negative stuff. However they are a useful warning signal that I am not on The loving byway I really want. I cannot get by running this red light; not dealing with the negative. I could turn right on a red light (self-righteousness blaming others for my delay), but I choose not to take any detour, I really want to go straight to the love I know I am, but not living like it. The language of the heart tells me I need to accept the problem of reacting to this and that stoppers. The indwelling Presence reminds me it is better for me to forgive so I can be forgiven, and move on, as soon as the light changes. The yellow light is alerting me to get ready to move on toward the love I want to give and receive. I need move with caution, making sure I'm not denying the one with the green light their right to use the yellow first. The green go light is the time for me to move toward my heart's desire. Our Creator always gives the best to those who leave the choice to Him. When I am using the indwelling Presence to do the driving, I will, most likely have a safe way Home. Thy Love, Thy Will be done.

*"Beloved, let us love one another: for love is of God;
And every one that loves is born of God,
And knows God."*



Complex But Not Complicated
"Pay Forward" #164

Today's "Pay Forward" gift is - Complex But Not Complicated, with lots to do, and undo. Today's reading in Around the Year With Emmet Fox is "A Simplified Life." My life is complex, having many parts, yet simple. I am committed, dedicated and devoted to do, to be, our Father's Will. Most of my decisions are made for me, because of what my heart's desire is, that's simple enough. However when my little personal "reality" steps in my simplified life goes out the door. I have to carrying out of my mission that's doing it, not just thinking, or talking about it. Being totally committed makes what is important and what is unimportant, a simple choice. Then comes the living details, "...old things are passed away, behold, all things are become new" Corinthians 5:17. Oops, that means change; I've been known to resist change. The things I want are not difficult to understand, but not always easy, these must come with a change of heart; never can they precede it. Alone and unaided I cannot carry out my heart's desire, I must turn to our Father's Divine Design; His Will for me first, and realize once again, that He is my only True Source. A.A. gives us the spiritual principles that enable us to practice these Principles in all my affairs, simple, with many moving parts. With grace comes the courage to ask questions and to express what we really want. Being an A.A. member is a journey not a destination. Thy Love, Thy Will be done.

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Mother Teresa
Out Of The Darkness Into The Light*

I've Been Looking For Answers
"Pay Forward" #165

Today's "Pay Forward" gift is – I've Been Looking For Answers. Dogs are able to demonstrate unconditional love for their master, without bribing. What can I do to experience myself giving and receiving unqualified, unlimited love? Enough love will heal any problem. What if I cannot generate enough love? When I experiencing lack and limitation and I've proven that I am an incompetent producer, what shall I do? I know that it's enlightened self-interest for me to forgive all, even myself, but I cannot do it, and what am I to do? I really want to write an inspired affirmation each day, but I don't feel inspired, what can I do? My prayers and meditations are no more than chatter, at times, what then? I only need to say our Father and watch the chatter go by, then why don't I do it 24/7. In Centering Prayer we let our Father do the work opening us up to contemplation, the highest form of meditation. I was sharing the Program with a member and that person said everything in their life was going wrong. I suggested that they surrender EVERY-THING over to our Father, letting Him do for them what they could not. As I was suggesting to that person to use our Father for all their needs, I realized that was my solution to all the above. We do not need to go out looking of answers, rather, we need to be still and let the questions and answers discover us. Thy Love, Thy Will be done.

*"Beloved, let us love one another: for love is of God;
And every one that loves is born of God,
And knows God."*



With The Eyes Of Faith I Look In My Internal Mirror
"Pay Forward" #166

Today's "Pay Forward" gift is – With The Eyes Of Faith I Look In My Internal Mirror. When I look in the mirror I can see my personal "reality" mask concealing my True identity. Our Step Eleven suggest that we use prayer and meditation to improve our conscious contact with God as we understand Him. Yes, I want more than anything, out of enlightened self-interest to experience Your Love, Your Will being done, Father. We are created in Your image and likeness, Father, so let me act like it. We can experience our created individuality by turning to the silent invisible Presence within. Mirror, internal mirror within us all who is the fairest me of us all, my created Higher Self? With the eyes of faith I can see beyond the outer appearance and see proof of our Father's good works as He expresses Himself as others. By see Your Presence, Father within, around and through other created beings I can see Your Presence within me. I willingly pass on the love I am, in doing so I believe others are extending the love they are. Out of enlightened self-interest I forgive all, so I too can be unbound. I am seeking through prayer and meditation to improve my conscious contact with our Father within. With the eyes of faith I am looking beyond my self-made clutter. Ask yourself: What would I do if I weren't afraid? Now go out and do it. Afterward take a look in your internal mirror. Thy Love, Thy Will be done.

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Mother Teresa
Out Of The Darkness Into The Light*

Who Are You? Said The Caterpillar
"Pay Forward" #167

Today's "Pay Forward" gift is - Who Are You? Said The Caterpillar. That's a fair question for one about to be transformed into whole new way of life. We can see it with the eyes of faith unfolding its Spiritual nature. The giant oak is already in the acorn. The butterfly is waiting inside the cocoon for its new adventure. The Divine Loving Spiritual Design is already within each of us, waiting for our commitment. The butterfly undergoes a tremendous struggle to emerge from the cocoon; in order to survive. If we avoid the struggle, which many of us tried with the aid of alcohol, drugs, food, sex, work, ad infinitum, we are doing ourselves more harm than good. We may never give birth to our true self if we avoid the labor pains. We see it everywhere present in nature: the tadpole becomes a frog; the larva of the Monarch butterfly becomes an exquisite winged creature. A.A. takes our meaningless drunken lives and transforms them into the loving beings we were created to be. The Divine Presence is always within us; separation is an illusion we make up. We learn how to turn within to the silent invisible Presence and awaken to our unique created Self. In conscious union with the Creative Power within we become co-creators, instead of illusion makers. Today my intention is to focus my attention within, on my spiritual journey in the quest of my True Created Self. Thy Love, Thy Will be done.

*"Beloved, let us love one another: for love is of God;
And every one that loves is born of God,
And knows God."*



Amazing Grace – Turning Home
"Pay Forward" #168

Today's "Pay Forward" gift is - Amazing Grace – Turning Home. I love the song "Amazing Grace.", yet I only know a few of its words. When I hear or read the word grace I most often feel a deep sense of gratitude. I prefer to sing, "That saved a soul like me." Which reminds me of one of my favorite stories about the Prodigal Son, who I can really identify with. Most of my Alcoholics Anonymous friends also identify with the Prodigal Son. When I think about the Prodigal Son returning home to his father, I feel that deep sense of gratitude. Joining AA is like retuning to an unconditionally loving Father we always wanted an amazing expression of grace. Grace is seeing beyond our human faults and imperfections. First I had to accept my wretched self [Step One] before I could head home to our Father to be saved, restored [Step Two]. Only then could I make a truly humble decision to return Home to our Father loving mercy [Step Three]. I was wretched, lost and bound, and then grace was bestowed on me, that was extra special. Is it any wonder that I am so deeply grateful for Alcoholics Anonymous? I have received, by grace a preferred way of life I could never imagine possible for this Prodigal Son. I want to stay at Home with our Father, indwelling Presence, so I have to live all of the Steps and Traditions; practicing each spiritual principle, in all my affairs. Thy Love, Thy Will be done.

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Mother Teresa
Out Of The Darkness Into The Light*

Oops. I Found Myself In A Ditch Again
"Pay Forward" #169

Today's "Pay Forward" gift is – Oops. I Found Myself In A Ditch Again. I got off my Spiritual path last night. I'm not a bad-person but I can still do what I believe are bad things. I remind myself that everything has a purpose. While trying to forgive myself, I ask myself what the purpose for my wrong doing. For one thing, I am more merciful and forgiving toward those who fall short of their Spiritual path. My wrongs are not caused by being eccentric, they are just wrong. I accept then as is, and surrender them to our Father. Because, 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. It's 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. 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've prayed often that I would be beyond last night's wrong doings by now. It is not a matter of my proving myself 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.

*"Beloved, let us love one another: for love is of God;
And every one that loves is born of God,
And knows God."*



Two Big Lies I Bought
"Pay Forward" #170

Today's "Pay Forward" gift is - Two Big Lies I Bought. The illusion of separation and that we have to earn everything we experience and get. They feed off of each other like a bloodsucking leech. They are the grandfather of a negative state of mind. When I'm paying attention to what I believe our Father's intention is, I find myself in a peaceful rhythm of life. When I am thinking constructive, affirming thoughts and ideas I find myself experiencing a mindful rhythm. When I am nourishing my body with healthy food, and exercise, in other words when I taking care of my physical body I'm filled with energy, I'm in concert, not conflict with life. When I share the love I am with those I am with, I experience harmony, in conscious union with our Father's unconditional Love. When I'm sharing the gifts of healing I have received; as a recovered and recovering alcoholic, I am joyous, happy and free. Because, I am an active member of Alcoholics Anonymous, I experience an At-One-Ment with the infinite rhythm of life. This has become part of our divine guidance system. Our preferred musical rhythm quiets us and other musical rhythms make us restless or hyperactive. Let us let go and let our Father be our Guide into an infinite rhythm of life, our choice, in conscious union with the Boss. "Love and compassion are necessities, not luxuries. Without them, humanity cannot survive" Dalai Lama XIV. Thy Love, Thy Will be done.

*"Do Small Things With Great Love."
Mother Teresa
Out Of The Darkness Into The Light*

What's Plagiarism?
"Pay Forward" #171

Today's "Pay Forward" gift is – What's Plagiarism? If I did not feed off other peoples' works, I would have run out of things to write about long ago. Most often I give credit where credit is due, when I don't that is out-and-out plagiarism, a form of dishonesty. What about when I take someone's idea and individualize it? How can I paraphrase without plagiarizing? I can gain a personal understanding, or I'm inspired by someone's idea in a completely different context, or by someone disapproved of, and to quote would distract or be misleading. "The basic principle of A.A. as they are known today, were borrowed mainly from the fields of religion and medicine, though some ideas upon which success finally depend were the result of noting the behavior and needs of the A.A. Fellowship" Foreword, Twelve Steps And Twelve Traditions. I am so grateful that our co-founders borrowed a lot. Bill W. A.A.'s co-founder was asked why he didn't give credit to the many great spiritual leaders, which he borrowed from, and he replied that he feared that people would think Alcoholics Anonymous was another religion. His insight turned out to be correct, being seen as another upstart religion would indeed distract and mislead many of the alcoholics who still suffer. "The only requirement for A.A. membership is a desire [not even an honest one] to stop drinking" Tradition Three. Sharing our experience, strength and hope from our heart, is an A.A. Parable, and those in recovery understand. Thy Love, Thy Will be done.

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And every one that loves is born of God,
And knows God."*



Conscious Contacts
"Pay Forward" #172

Today's "Pay Forward" gift is – Conscious Contacts. I choose not to use the excuse "the devil made me do it!" Like the butterfly it is time to leave our self-imposed prison and fly around with the angels. A.A. has repeatedly given me the opportunity to rise to a higher degree of faith. "Change the consciousness and the false condition will disappear" Ernest Holmes. When all else fails Alcoholics Anonymous teaches us to get out of ourselves by helping others. Our sharing with others keep us alive; giving our lives real meaning. I had pushed the important people out of my life; I was withdrawn into myself, with no useful purpose. Those who have a soul mate, not only live longer, but enjoy doing so. Pet owners live longer too, and even those living in nursing homes who feel responsible for caring for a plant live longer than those who are given a plant but no responsibility. Being connected is a key point to a joyful life. Our sharing needs must be freely received and given. Attachments drain us, sharing our gifts of grace with others gratify us. Let us reach out to someone today and share the love we are. Practicing Alcoholics Anonymous' way of life aligns us with the Creative Power that never stops giving us opportunities to love, to serve. Our Father rearranges our time and space according to our willingness to be the individual we are created to be; sharing the love we are. Thy Love, Thy Will be done.

*"Do Small Things With Great Love."
Mother Teresa
Out Of The Darkness Into The Light*

Choice Brings Responsibility
"Pay Forward" #173

Today's "Pay Forward" gift is – Choice Brings Responsibility. I'll tell you a secret if you promise not to tell anyone, but if you do make them promise not to tell. Through practicing spiritual principles we can find what we have been looking for but not finding. Many of us choose to live in darkness with our eyes closed, our ears stuffed, our fists tightly closed grasping nothing. We had a closed mind focused on self, our emotions fed with yesterday's self-centered fears. We abused our physical bodies and used others selfishly, as objects. We looked to people, places and things for our worth, meaning and purpose. We went for spiritual junk food because we were so hungry. We tried to control others and ourselves with guilt and punishment. All of that was living apart from our Spiritual Gifts. Choose once again. If we are willing to open our eyes, unplug our ears, open our hands to both receiving and giving, let our emotions flow with loving energy, and be open channels, we will receive everything we need to awaken. We will find the way and the power to "seek God, clean house, and help others." We do not change the Divine Laws when we plant corn instead of wheat, but we do exercise our power of choice. We can choose, but it is our Father who creates, let's leave the results to Him. "Appreciation is a wonderful thing. It makes what is excellent in others belong to us as well" Voltaire. Thy Love, Thy Will be done.

*"Beloved, let us love one another: for love is of God;
And every one that loves is born of God,
And knows God."*



Using Our Get Out Of Jail Pass
"Pay Forward" #174

Today's "Pay Forward" gift is – Using Our Get Out Of Jail Pass. Looking for freedom in all the wrong places, we imprisoned ourselves. We experience freedom when we stop thinking about ourselves and our self-importance, 24/7. Alcoholics Anonymous tells us when all else fails to get out of ourselves by helping someone. The opportunities are plentiful. Our spiritual principles are contrary to the physical world; the more we give away, will cause us to attract abundance. 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 us all we need to complete His purpose. 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, by grace. We could sit "forever" lamenting about how bad, how selfish and self-centered we have been. Out of enlightened self-interest we can practice A.A.'s spiritual principles in all our affairs, instead. We are given all we need to be joyous, happy and free; the choice is ours. By embracing our fears, will cause them to change their nature. They are illusion we made up, or a real problem we can address. We can extend the love we are, "Let go, let God." Thy Love, Thy Will be done.

*"Do Small Things With Great Love."
Mother Teresa
Out Of The Darkness Into The Light*

Doing My Part
"Pay Forward" #175

Today's "Pay Forward" gift is – Doing My Part. There is a lot we can do to help ourselves live our heart's desire. There is an infinite amount we cannot do. Even that which we can do is made possible by the grace of our Creator. So, Calling on Him at each beginning is a wise thing to do. For one thing I can do is to focus on what I believe is our heart's desire, in other words what we believe at the moment is our Father's Will and Love. As those thoughts and ideas pop up to the contrary we can own them, and dust them off by surrendering them to our Boss and affirm what we really want. We can think about it, feel it, visualize it, speak it, write it and act on it, experience it anyway we can, even share it. Share our deepest secrets with ourselves. We can learn to be vulnerable with the one person we are truly responsible for – our self. It is a good idea to stop talking bad about our self. Sure we have a lot of things that are wrong, useless that need correcting and forgiven, but not punished. We need to stop harboring secrets, hiding them takes a lot of energy. And block the pathway to our heart's desire. We can learn how to be a safe person to be hanging out with, not only for ourselves, but others are most likely to feel safe with us. Thy Love, Thy Will be done.

*"Beloved, let us love one another: for love is of God;
And every one that loves is born of God,
And knows God."*



Seek Only Love, For That's What We Are
"Pay Forward" #176

Today's "Pay Forward" gift is – Seek Only Love, For That's What We Are. It's time to take an inventory on what's right in my life. Our Father created each of us in His image and likeness, which is love. I'm making a commitment, one day at a time, to look for the good in myself, others and the world. I'm willing to forgive myself and anyone else, when I fail my goal. Some of my friends are joining me in asking: "What's good in our life, and the world?" We all agree to extend love silently or openly, throughout this day, to whomever. For me, I'm so grateful for A.As' spiritual principle, to live by. I am blessed with everything I need to live, move and have my being, doing and being our Father's love and Will, as I'm directed. My health is good enough to carry out the meaningful purpose I have been given, unearned, by grace, which I love sharing. Each of us has a special gift to share, let us trust the Boss to show us our mission for the day, and supply us with all we need. I am reminded of His indwelling Presence, that's transforming what we eat and drink into life. In our prayers and meditation we can extend the love and healing we are enjoying, to those who are still suffering. The answer to the question, what's wrong, is love. That's what is right. Thy Love, thy Will be done.

*"Do Small Things With Great Love."
Mother Teresa
Out Of The Darkness Into The Light*

When faith grows into confidence
"Pay Forward" #177

Today's "Pay Forward" gift is – "When faith grows into confidence - the crisis of faith has done its work, and the crisis is resolved. Deep interior peace reigns" Father Thomas Keating. I realize that I have confidence in myself when I have an awakening faith in our Father. When some part of my personal "reality," my false self is being dismantled, I experience a crisis in faith. Living A.A.s' spiritual principles will surely cause me to question my old useless and harmful habit of thoughts and feelings. Whenever I am faced with change, my first reaction is resistance. Even after all these years, and knowing the changes I have experienced, I still have to address my holding back. By our Father's grace that doesn't take me long to let go and let our Father have His Way. 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 spiritual principles in all our affairs. A.A. gives us the confidence to be the individual we are created as, and whatever we need to carry out our mission. "If we the only prayer you ever say in your entire life is thank You, it will be enough" Meister Eckhart. Thy Love, Thy Will be done.

*"Beloved, let us love one another: for love is of God;
And every one that loves is born of God,
And knows God."*



Infinite Possibilities
"Pay Forward" #178

Today's "Pay Forward" gift is – Infinite Possibilities. 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 reaction 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 before we can choose rightly. We can gain that freedom by surrendering our relationship to our Higher Power; within us doing the works, called life. Let us trust in our Father's abundance to be passed 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. 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. There has always been a God-given plan for each of us, far beyond what we can imagine, life is a great opportunity when we awaken to its infinite possibilities. Thy Love, Thy Will be done.

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Mother Teresa
Out Of The Darkness Into The Light*

Kissing Up To The Boss
"Pay Forward" #179

Today's "Pay Forward" gift is – Kissing Up To The Boss. I'm trying to console myself for my lack of union with our Father. My greatest heroine, Mother Teresa had no conscious contact, with her Hero Jesus for ten years. She kept calling on her faith; her prayers were answered. Unlike my heroes and heroines, my faith left a lot to be desired, I make up the illusion of separation; dwelling on my wrongs or not doing what's right. I know more often than not, what is self-serving, and not practicing the grace of enlighten self-interest, which makes it more painful. It is like the loss of a valuable asset which cannot be replaced, by me alone and unaided. I'm trying to please our Father as I did growing up with my dad. Falling into an old useless pattern, confirms my fears. Mentally I can remind myself, without passing it through my heart, that grace is unearned, even that is not enough to comfort me at times. I pray it's only a stage of the Spiritual Transformation I longed for. I am not seeking your pity but your loving prayers, as I prepare to go about our Father's Business. I affirm that everyone brings me a gift, and I have a gift for then, I must pay attention, and call on my faith, or I may miss it. Today is also a gift, so let me live like it, even if I don't meet the Boss this moment. Oops. I'm kissing up again. Thy Love, Thy Will be done.

*"Beloved, let us love one another: for love is of God;
And every one that loves is born of God,
And knows God."*



Harvest Is Great
"Pay Forward" #180

Today's "Pay Forward" gift is – Harvest Is Great. 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. I call planting the seeds affirmations. The divine ground prepared for me is Alcoholics Anonymous. Tending to these plants is the daily practicing A.A. as a way of life, which nourishes me. I share the awakened life with those I am drawn to. Alcoholics Anonymous is the most fulfilling and interesting quest this alcoholic has ever made. I am awakened to the discovery of Life's Spiritual 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 A.As' Spiritual principles in all my affairs. By our Father's grace we are given the best the ages have discovered by those who came before us. You and I can discover a Spiritual relationship between us and our Father within. 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. 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.

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Mother Teresa
Out Of The Darkness Into The Light*

Let Me Affirm The Love I Want
"Pay Forward" #181

Today's "Pay Forward" gift is – Let Me Affirm The Love I Want. "Visualize this thing that you want, see it, feel it, believe in it. Make your mental blueprint, and begin to build" Robert Collier. When our Father Created, He said "Let there be..." Let there be nothing contrary to love gets stuck, and I can't let go and let God unstuck me. Let me honor, respect and love every created being, excluding no one. Let my heart, mind and soul be filled with love. Let me be a skillful loving mission-er. Let Your Will, Father and my will be one. Father, let me learn to love and worship You in Spirit/Consciousness and Truth/Reality. Let Your Holy Attributes flow in, around and through me, that I may have the ability to love and the wisdom to produce a useful work. Let me experience You and Your Love Father, ever growing and awakening. Let that which is hidden be revealed as needed to carry out my little mission. Let us love one another even as we are loved. Let me not be fooled by appearances. Let me step out in an abiding faith in Your grace. "Healing then is accomplished by uncovering, neutralizing, and erasing false images of thought, and letting the perfect idea reflect itself through subjective mind into the body" Ernest Holmes. Let me, lovingly completely surrender my personal "reality" to be upgraded into our Father's service, filled with joy and the ability to laugh at myself. Thy Love, Thy Will be done.

*"Beloved, let us love one another: for love is of God;
And every one that loves is born of God,
And knows God."*



Another Reality Day
"Pay Forward" #182

Today's "Pay Forward" gift is – Another Reality Day. I dreamed I was expressing the tenderness and love I want to demonstrate in my everyday life. As I awakened, I can see how I have withheld love out of fear. I sent the message, "Don't mess with Texas [or me]." By our Father's grace I canceled my agreement I made when I was 14 years old; I will never let anyone abuse me or run over me again. I have always longed to love and be loved but fearful to let others know I could be had with just a little kindness. I've been able to share much of the love I am, but still that old habit has not been healed. The Spiritual Transformation I'm seeking is the complete rebirth of the love, consciously and consistently demonstrating that gift of grace. I've not needed to protect myself from anyone or anything for a long time, even if someone wanted to harm me I choose to let our loving Father take over. Let me return to love, mercy and usefulness. Let me come out of hiding. I choose to use our Father's Gifts to share my/His purpose. Let all my needs for "protection" be melted away into the nothingness it was/is. No matter if I am exposed as a gentle loving kind of guy. This is the day of my salvation, our Father's Way. "Gratitude is when memory is stored in the heart and not in the mind" Lionel Hampton. Thy Love, Thy Will be done.

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Mother Teresa
Out Of The Darkness Into The Light*

Transforming My Handicaps
"Pay Forward" #183

Today's "Pay Forward" gift is – Transforming My Handicaps. When I hit my bottom as an alcoholic I felt as if it was a handicap, and I would have to live with it the rest of my life. That hopelessness moved me to unrelenting thoughts of suicide. As I began living A.As' spiritual principles, I experienced the possibility that I could live with my "handicaps." As the result of working A.As' program I awakened to the reality that my "handicap" (alcoholism) had been transformed into a workable asset. For the first time I believed that my life had a real purpose. What about my other defects - "handicaps?" I asked myself; why not work A.As' spiritual principles on all of my defects? Each time I applied A.As' Steps and Traditions, to some degree that defect ("handicap") was transformed into a workable asset. Much like, one alcoholic share with another alcoholic. "When we learn to fall, we learn that only by letting go of our grip on all that we ordinarily find precious—our achievements, our plans, our loved ones, and our very selves—can we find, ultimately, the most profound freedom. In the act of letting go of our lives, we return more fully to them" Philip Simmons. Once I learned how to practice A.As' spiritual principles in my alcoholic recovery, it was like raising rabbits. We get a pair, and no sooner than we learn how to take care of them, the next thing we know they multiply. Thy Love, Thy Will be done.

*"Beloved, let us love one another: for love is of God;
And every one that loves is born of God,
And knows God."*



Seeking Re-alignment
"Pay Forward" #184

Today's "Pay Forward" gift is – Seeking Re-alignment. I am - we all are manifestations of our Father's infinite intelligence. I pray we are all in alignment with our Creator's Divine Design. In that state I am, we are most likely to be happy, joyous and free to be as our intended self. The emptiness, pain and fear we feel is caused by our out-of-alignment with our Source, calling for correction, not punishment. So I want to give our Father the glory, opening us to increase abundance. This is enlightening self-interest, not selfish self-centeredness. We do not have to fully understand how our Creator works; a little faith goes a long way. Sharing what we do have is enough. Let the Boss take over. Let us seek and find the good in each person and help them silently or openly realize their good. It is our Father within each of us doing Your works called life. I am so grateful for His Loving indwelling Presence within us; enabling each of us to make at least a tiny good difference. I am a willing witness to our Father's Omnipresence, Omnipotence and Omniscience. I can see with the eyes of faith in His grace. "Learn to savor how good the Lord is..." (Psalm 34:9. "He that loves me will in turn be loved by my Father and I will love him and will manifest myself to him" (John 14:21). Miracles are happening and promises are kept. Thy Love, Thy Will is done.

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Mother Teresa
Out Of The Darkness Into The Light*

Our Father's Indwelling Presence
"Pay Forward" #185

Today's "Pay Forward" gift is - Our Father's Indwelling Presence. We always have a place to go to be in our Father's Presence, for our conscious contact, it's within our secret place, prayer and meditation is our simple path. This is great place to visit daily. So, the best time to practice is now because there is no other. Also, it's the only time we can think about the past and the future. How shall we prepare ourselves to enable us to experience that Divine Union? It is best if we come just as we are. Outside appearance doesn't matter; it's the stuff going on within that does count. What if we are guilty or ashamed of ourselves? Knowing for sure no one of importance wants anything to do with us. Perhaps at the present moment we don't want to be who we are? What then? Or, why would anyone else care to be with us? Let us remember that we should not give our personal "reality" the power of judgment, without first seeking divine wisdom and guidance. The indwelling Presence within each of us does not see with the eyes of our false self, but with His Vision. Perhaps we have a hard time believing that He could know all I've done, said thought or felt, and still love us. He deals out of His Reality not our "reality." Let us choose to let Him have His Way and live move and have our being as He intended. Thy Love, Thy Will be done.

*"Beloved, let us love one another: for love is of God;
And every one that loves is born of God,
And knows God."*



Investing Our Energy
"Pay Forward" #186

Today's "Pay Forward" gift is – Investing Our Energy. I just need to sing my song and not worry if it is good enough, somehow singing, even silently increases my energy. Each time I act as if I am the Prodigal son turning back Home to our Father, after falling into an old ditch, I find the energy to hop out, dust myself off and continue my spiritual journey. I can spend less of my energy by loving and forgiving, myself and others than I do by not forgiving. I find all the energy I need to upgrade any area of my heart's desire. I have an abundance of energy when I am practicing the Omnipresence of our Father within those I am with and where I am in the present moment. By letting my love be a healing power touching everything, one into Wholeness, I am energized. That is made possible by grace; at that moment my love is an extension of our Father's love. Let us uncover and discover the powerful energy field within, it is sacred ground, and share it here and now. As soon as we know that no one can continue to hurt us unless somehow we are giving them our consent, forgive them and ourselves, and we will have all we need to correct our mistakes, and do and be our Created Self. "Sometimes self-interested is the most generous thing you can be" Tony Kushner. In other words – enlightened self-interest; transformed self-centeredness. Thy Love, Thy Will be done.

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Mother Teresa
Out Of The Darkness Into The Light*

Sharing My Affirmation
"Pay Forward" #187

Today's "Pay Forward" gift is – Sharing My Affirmation. Upon awakening I turn to You Father, I am filled with love and gratitude. I am devoted, dedicated, committed to do and to be Your Love and Will Father, consciously known or unknown, as an act of faith by Your Grace. I am receiving whatever it takes to rewrite and rewire my personal "reality" with the Spiritual, mental, physical, emotional, social equivalents of Your Love and Will Father, for me on my serendipity journey Home to You. I listen to Your Holy Voice directing me in a way I can currently hear understand and follow. I see Your Presence with my eyes of faith, Father I am as you created me Your child and a loving sibling to all. It is You, Father within me doing the works that we call life. Father I do love You, and my Hero Jesus, and all my Spiritual teachers. I am taught by Your inspired words and my daily events. I call on the indwelling Holy Spirit, the messenger, agent of our Father and my hero Jesus the Christ and my indwelling created Self. Let me pass on the gifts of grace, I am receiving. They come in many shapes and sizes. This morning I am focusing on four of them. I say to all openly or silently come let me love you, heal you, teach you, forgive you, and I will, I have, I am. I am filled with gratitude, thank You, Father. Thy Love, Thy Will be done.

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And every one that loves is born of God,
And knows God."*



What About Guilt or Shame?
"Pay Forward" #188

Today's "Pay Forward" gift is – What About Guilt or Shame? Healing treatments call on our Father and seek His Divine Design to be brought into alignment, as He created each of us to be. In other words to express His Love and His Will. When I feel grateful, I know in my heart it is being done. I came face to face to an old defect, once a guilt and punisher always a guilt and punisher. This is another one of my defects our Father transformed it into a useful asset. When it shows its ugly face I own it and surrender it to The Boss. I feel guilt and shame are not the same; guilt is when I do something wrong or don't do something right, it's a behavior, and a choice. Shame is when I feel or believe I am a bad person, worthless and useless, of no real value. 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 like shame alone and unaided. "The courage to change the things I can." My guilt comes as the result of my behavior and my decisions. These I can change if I am willing enough to delay that behavior and or decision. "...and the wisdom to know the difference." Let me turn to our Father at each beginning seeking His Love, Wisdom and Guidance, letting Him do for me what I cannot. Thy Love, Thy Will be done.

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Mother Teresa
Out Of The Darkness Into The Light*

My Early Warning Signals
"Pay Forward" #189

Today's "Pay Forward" gift is – My Early Warning Signals. We don't have to plead with our Father for the things we need to carry out His purpose. In fact when I find myself begging for help it is telling me that I really don't for the moment believe in our Father's mercy and grace. It is a wise thing for us to do when get a warning signal to own it as coming from my personal "reality" storehouse, to surrender it, and then stop dwelling on it and think of what we do want. We can build a habit by simply repeating that process every time we feel inadequate, that's disloyalty to our Source. It's time to call for our Father's loving abundance. I am taken back how much energy and time I can waste on a tiny temptation. I have become more aware that my energy is limited and I cannot waste it if I want to carry out my mission. As I let go of the past I make a little more room for the miracle of grace to flow through me. I'm the one that betrays me by giving people, places and things the power that belongs to our Father to express through me. My experience tells me that our Boss is within us 24/7, and will help us to do, say, think the next right thing. "It is our Father's pleasure to give us the Kingdom." Thy Love, Thy Will be done.

Pass it on – If You Want To Keep It
"Pay Forward" #190

Today's "Pay Forward" gift is - Pass it on – If You Want To Keep It. I had a "mission call" very early in the program. I received a wonderful Spiritual inheritance which I misused by pumping myself up. I went off into a far country, like the Prodigal Son. At some point I wanted; I needed to return Home, because my inheritance runs out. I am preparing and I am being prepared to return to Love; Home. I can see through the eyes, and hear with the ears of faith our Father. I'm trusting in His action, we call grace. As I awaken from a dream this morning I had a deeper understanding of the infinity of love in this world. The experience was something like this, our Father is love and He created us all, as an act of love. I am a beloved lover loving lovers, They in turn are lovers loving others, on and on into infinity, that is returning to Love, which is our Home (Passing It On) I can see with the eyes of faith how each act of love is carrying out our Father's Will for me, which is my spiritual inheritance. "Let us be grateful to the people who make us happy; they are the charming gardeners who make our souls blossom" Marcel Proust. It something to do while waiting to start our journey to return to Love, Home. Thy Love, Thy Will be done.

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And every one that loves is born of God,
And knows God."*



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Mother Teresa
Out Of The Darkness Into The Light*

Our Father's First Language Is Silence
"Pay Forward" #191

Today's "Pay Forward" gift is – Our Father's First Language Is Silence. Are we practicing our first language silence when we are writing? My deepest love takes place within the silence. Perhaps that's because I can freely express it without fear of rejection. I am reminded that my deepest love is without conditions; however, even my unconditional love remains unfulfilled until I share it with another. Is my writing a real demonstration of love? Surely my love is safe enough if I share it silently. The question is, that really sharing my love or is it hiding behind rationalizing? When I am able to share from my heart, mind and soul my writings, awakens gratitude within me, which come by grace only. We can make long list of things we are grateful for, and perform great acts of love, but I cannot make myself experience love or gratitude. They are an awakening to an unearned grace. I pray that my daily writing are useful; a worthwhile service. I will never know how many people read and practice my daily writings. Do they count as an expression of an unconditional love? Am I really loving and worshipping our Father in spirit/consciousness and Truth/Reality? Isn't that the faith I need, however faith without works is dead. "The Lord is in His temple; let all the earth be silent before Him" Habakkuk. Isn't His temple within each of us? Well, enough questions for this day. I better go to a meeting. Thy Love, Thy Will be done.

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And every one that loves is born of God,
And knows God."*



We Take Life Apart To Understand It
"Pay Forward" #192

Today's "Pay Forward" gift is – We Take Life Apart To Understand It – and we forget to put back together. Suppose we stopped compartmentalizing the indwelling Presence within, and our personal "reality," and stop cutting them off from each other or any part of life. Imagine if we fully identified with the indwelling Presence of our Father doing the works called life, as a final stage of growth that held an unprecedented opportunity for transformation. Could we turn toward the Holy Spirit like a messenger, a master teacher and ask, "How, then, shall I live?" "When we sit in meditation, we take the little child of our ego self, off to school, where we must learn to die to our illusions about being dualistically other than God" (James Finley). There is one life, that life is perfect, That life is our Creator's Life, that life is all life, that life is my life now. How do I treat others when I remember that? Each of us are created in the image and likeness our Father's Divine Design to be express in this world as both spiritual and human. What if both parts of us were to serve one another and share our gifts with others as if were our brothers and sisters? Alone and unaided it would be far too difficult. However, with our Father doing the works through us we can do it. How about you and I doing it for an hour or even one day at a time. Thy Love, Thy Will be done.

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Mother Teresa
Out Of The Darkness Into The Light*

How About The Wayward Son?
"Pay Forward" #193

Today's "Pay Forward" gift is - How About The Wayward Son? Sometime I can love the Self You created Father but what about the wayward son I made up? I remember the mercy and unconditional love the father gave his returning son in the Prodigal Son story. There has been times when I acted more like the self-righteous elder brother; jealous and judgmental. I don't want to be the unloving self-centered, self-righteous brother any more. I really want the unconditional love the Prodigal Son got, totally forgiven. In fact I want to be more like the father. Out of enlightened self-interest I know it is best for me to be warm and loving, kind and understanding, wise and intelligent, merciful and forgiving. That's my experience with our Father. If I want to keep those unearned gifts I must learn to pass on what I have received, in the image and likeness of my Hero Jesus. "May they all be one, just as, Father, You are in me: and I am in You, so that they also may be in us" John 17:21. By grace let the two extremes become as one. Let the outpouring of Your love Father cause that mystical union I long for, become my Reality. Let our prayers and meditations be bridge builders that keep us connected. I want to think of us as You think of us Father. "Only the truth of who you are, if realized, will set you free" Eckhart Tolle. Thy Love, Thy Will be done.

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And knows God."*



Being About Our Father's Business
"Pay Forward" #194

Today's "Pay Forward" gift is – Being About Our Father's Business. I heard it said that we are to treat everyone and everything in our experience as if we asked for it, not as if we prayed for it. To be able to accept this, in all seasons I have to come to another belief, from a Bible writing (I don't recall where), before we ask our Father He has answered. I believe He answers before we ask is because He is speaking though each of us 24/7 - of His love and wisdom. In other words telling us what we are to ask for. However, His message passes through our personal "reality" filter system, so His Divine Loving Wisdom gets watered down. What He is giving us is loving and good but our limited understanding and short sightedness filters it into something, too often that doesn't even resemble His grace. What if we practice His Presence at each beginning, each shift in our consciousness? That would re-center our awareness into accepting Him as our primary Source. We would open up and receive His loving guidance. Let our prayers and meditations take us into a communication that is deeper than words. Into a direct union with our Father within doing the works called life. We are drawn to those we are to share our life as we go about tending our Father's Business, His way is so endlessly delicious and fulfilling. Thy Love, Thy Will be done.

*"Do Small Things With Great Love."
Mother Teresa
Out Of The Darkness Into The Light*

In Which Fields Will I Seek Fulfillment?
"Pay Forward" #195

Today's "Pay Forward" gift is - In Which Fields Will I Seek Fulfillment? I must be a path of love and service. Which of the vine ripe fruit shall I gather and share, and who will I share with? Can I share from my heart as well as from my mind, body and soul out of enlightened self-interest? A.A. has given me the spiritual principles to live. I choose to accept these gifts and pass them on today? I do desire to have others love and respect me, but I cannot let that determine the course of my journey, only our Father can do that. I must deal with some of my selfishness that has not been transformed into enlightened self-interest. I pray that I'm not fooling myself or others into thinking I'm able to be more loving than I am. Father, if You Will send your angels to be in charge over me in all my ways lest I dash my foot against a stone and fall into an ego ditch unable to get out quickly. Negativity poisons my heart and mind, but loving grace and mercy restores me. What treasures can I dispense with confidence? "The more we live in the Wonder and welcome our placement in this very heart of Love, the easier it is to trust . . .to "release our fears" . . .to live without proclaiming certainties . . .to settle into this very core we can only call Love" Shelley Chapin Drake. Thy Love, Thy Will be done.

*"Beloved, let us love one another: for love is of God;
And every one that loves is born of God,
And knows God."*



God-Centered, Or?
"Pay Forward" #196

Today's "Pay Forward" gift is - God-Centered, Or? "If we have no peace, it is because we have forgotten that we belong to each other" Mother Teresa. When I experience myself as God-centered instead of self-centered or even other people-centered I experience a love and gratitude deeper than words. In that mystical union with His Will for me, I know without a question it is Him doing the works. I am getting a better understand of what He wants, and doesn't of us, and how He often motivates each of us to change direction. It may be the loss of something we value, or health problem, or lust, or the need to feel important or loved, or the desire to make a good difference. In other words whatever it takes at any given moment to cause us to return to Him as our only True Source. Around the year with Emmet Fox reading - "Unremitting Vigilance," hits the mark. I want to be one that does His will, to walk the talk. "In the long run, everything that does not belong to the Heavenly Kingdom will be destroyed, Truth alone can endure" Science of Mind. I do hunger and thirst after His will and His Love for me; it is the only thing that really fulfill me. "Of course you can't unfry an egg, but there is no law against thinking about it" Don Herold - I think I will think more about our Father Characteristics. Thy Love, Thy Will be done.

*"Do Small Things With Great Love."
Mother Teresa
Out Of The Darkness Into The Light*

One-Termite-At-A-time
"Pay Forward" #197

Today's "Pay Forward" gift is - One-Termite-At-A-time. I bought into the idea that the change I want must be a big one. I find myself making an opportunity or problem more difficult than it need be. It's easier learning as a child than an adult who thinks they have to defend their position, or at least explain or blame someone or something for whatever. I really want and need to have our Father as my only True Source. To realize His Presence I must surrender to His Will and Love in the small as well as the big things in life. This makes His guidance possible. I have been known to treat a sighting of one termite (it could have been a flying ant) as if it were a whole colony of some 60,000. Sometimes it doesn't take much to put a distance between me and the Boss. A disapproving look, a fear-inspired failure or a not too harsh criticism can be enough. Why would I do that? I find myself building a case against myself to prove that I need a change. "The squeaky wheel gets the grease." "The secret of genius is to carry the spirit of the child into old age, which means never losing your enthusiasm" Aldous Huxley. No wonder I love Psalm 91. "For He shall give His angels charge over you, to keep you in all your ways. They shall bear you up in their hands, lest you dash your foot against a stone." Thy Love, Thy Will be done.

*"Beloved, let us love one another: for love is of God;
And every one that loves is born of God,
And knows God."*



It All Counts
"Pay Forward" #198

Today's "Pay Forward" gift is – It All Counts. "There are two fatal errors that keep great projects from coming to life: Not finishing, Not starting" Buddha. Have we bought into the idea that only the "big stuff" is important? I did, and that caused me to discount the daily tasks that gives order to my life, and keeps me grounded. The simple "duty" of clearing away the physical clutter, encouraged me to address my mental and emotional waste-land. I start my day reading, writing, praying and meditating, at least a little bit. It takes me two minutes to make my bed and put my dirty clothes in the laundry hamper. I straighten up my office before I call it a day. I do a few little tasks every day, no matter what, that way I feel better when I go home and also when I go to the office the next time. We do well building the mental equivalent of what we want, and expunge what we don't want. Focusing with clearness, and interest on one thing at a time helps us take full ownership of whatever, given us the right to surrender it to our Father; our True Source. He can take care of our needs, regardless of the size; often before I ask. "It is well to give when asked, but it is better to give unasked, through understanding; and to the open-handed, the search for one who shall receive is joy greater than giving" Kahlil Gibran. Thy Love, Thy Will be done.

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Mother Teresa
Out Of The Darkness Into The Light*

Love As Our Healing Power
"Pay Forward" #199

Today's "Pay Forward" gift is – Love As Our Healing Power. "Love is within us. It cannot be destroyed. It can be ignored. To the extent that we abandon love we will feel it has abandoned us. Denying love is our only problem, and embracing it is the only answer. Through the power of love, we can let go of past history and begin again. "Love heals, forgives and makes whole" Ernest Holmes. A.A. gives us the tools we need to chip away everything that is blocking the love we are. If we choose to practice the spiritual principles given to us freely, we can rewrite and rewire our personal "reality." Choosing our Father as our Boss we are able to let go of some of our impossibilities, awakening to a new way of life, perhaps the one we look for in alcohol or other addictions. I am willing to let go another fix, and seek the real solution, that I find in the giving of myself in service, or some other acts of love. I truly believe that our Father – Creator is Love, so it does not come as a surprise that love is the solution, the fulfillment I longed for. As I practice the Omnipresence of our Father, I find myself blessings others, unasked. I leave the details of the blessing as to how, when and where to our Boss; Father knows best. After all life and love is always shifting, let's do and be the "Blessing of the Day." Thy Love, Thy Will be done.

*"Beloved, let us love one another: for love is of God;
And every one that loves is born of God,
And knows God."*



Returning
"Pay Forward" #200

Today's "Pay Forward" gift is – Returning To Place We Have Always Been The Love We Are. Now is the time to return to love – Home. I am reminded that our Father created each of us as an individual by infolding or the involution of His Divine Design within as His Will for each individual, as us. Now, is the time of the unfolding or the evolution of that Divine Design into this world of expression. This evolution/unfolding are the expanding of our Spiritual conscious, and our mental capacity for higher ideas and ideals. Our ability to physically express this Divine Design more in its image and likeness. To emotionally return to a love deeper than words and socially to pass on the fruits of our individual created Divine Design. "I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit" John 15:5. A.A. gives us as many opportunities as we choose to accept to bear fruit, to make a good difference. Our Father has given each of us amazing gifts, and talents, but only when we seek to be open to the Kingdom of riches will they be ours for the taking; our True inheritance. "You gain strength, courage, and confidence by every experience in which you really stop to look fear in the face..." "I have lived through this horror. I can take the next thing that comes along." You must do the thing you think you cannot do" Eleanor Roosevelt. Thy Love, Thy Will be done.

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Mother Teresa
Out Of The Darkness Into The Light*

Rounding Up The Holy Cows
"Pay Forward" #201

Today's "Pay Forward" gift is – Rounding Up The Holy Cows. Do we have a herd of Holy Cows in a hidden field within us? Through the eyes of faith I experience Your Holy Presence, Father. Your loving abundance that resides at the core of each of Your creations, Your children. Nothing can hinder us when we remember that we are dealing with the One Power that creates all from within Himself, for the purpose of expressing Himself. We dwell in His Divine Union, known to us or not known. Let us give our conscious consent for Him to have His Way with us. We are given all it takes to live it. In faith let us accept His grace; I choose to change direction (repent) and look where He would have me go today. This call to repentance is the invitation to take an inventory of my habits of thoughts and feelings abiding in my personal "reality" – A.As' spiritual tools enable us to do so. As we awaken we return to the love at the core of our being. With the eyes of faith, I see the proof of our Father's Presence, Power and Knowing within each of us doing the works we call life; that mystical union, increasing daily, giving us the solution for loneliness. The willingness to practice A.As' spiritual principles in all our affairs, enable us to locate our holy cows, to round them up and surrender them, to be transformed by grace into workable assets. The Love, Thy Will be done.

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And every one that loves is born of God,
And knows God."*



Which road shall we travel?
"Pay Forward" #202

Today's "Pay Forward" gift is - Which road shall we travel? Shall I Spiritually prepare myself with prayer and meditation, and to practice A.As' spiritual principles in all our affairs, or travel my illusionary world; my personal "reality" I made up? Repeating the familiar.

"The Road Not Taken" by Robert Frost

Two roads diverged in a yellow wood, - And sorry I could not travel both - And be one traveler, long I stood - And looked down one as far as I could - To where it bent in the undergrowth;

Then took the other, as just as fair, - And having perhaps the better claim, - Because it was grassy and wanted wear; Though as for that the passing there - Had worn them really about the same,

And both that morning equally lay - In leaves no step had trodden black. - Oh, I kept the first for another day! - Yet knowing how way leads on the way, - I doubted if I should ever come back.

I shall be telling this with a sigh - Somewhere ages and ages hence: Two roads diverged in a wood, and I took the one less traveled by, And that has made all the difference.

My familiar personal "reality" seems the clear, easier, softer way, but it leads me into years of unfruitful undergrowth. I chose the better road of prayer and meditation, the road less traveled. We are freely given A.As' spiritual tools and the guidance system for our journey Home. Thy Love, Thy Will be done.

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Mother Teresa
Out Of The Darkness Into The Light*

Taking Notice
"Pay Forward" #203

Today's "Pay Forward" gift is – Taking Notice. Camping - where you spend a small fortune to live like a homeless person. If our Creator did not have a purpose for you and I we would not be, there's one of each. It is a waste of time and energy to be unhappy or full of self-pity because others are better off than I am. As long as I dwelled in negative stuff I remain in my self-made prison. Unhappiness and loneliness are really useless habits we can get accustomed to bearing, believing there is no way out, becoming our personal "reality." It's a good time to remember that all things are possible for our Father. If we can just accept His Will and Love even for this moment He can do what we call miracles. "Open my eyes, that I many behold wondrous things out of Your Law." A newer understanding and accepting who we are just for today would be useful; we can always start over again. Forgiveness The pathway to freedom is forgiveness. We cannot continue to grow unless we deal with forgiveness. "I shall make a home for you, O my wonderful Love, and we shall journey through life 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.

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And knows God."*



My Dwelling Place
"Pay Forward" #204

Today's "Pay Forward" gift is – My Dwelling Place. Let me remember to spend my thoughts where I want to be. I remind myself not to waste my time and energy on the past; on my mistakes, faults, and failures. Oops, that's what I just did. OK, I'm starting over, which I have learned I can choose to do any time. A.As' Tradition Twelve comes to mind. "Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities." Now, I affirm – let me remember that I need to credit the results to our Father. To take off my mask and practice His Omnipresence, principles in all of my affairs. My primary need is simple, but not easy, it is for me to be the individual I was/am created as. My faith tells me that all I need at this moment (the only real time I have) has already been given. I trust A.As' suggestions; "The only requirements are honesty, willingness, open-mindedness and a genuine striving for perfection." I'm choosing to use the "F" word for Forgiveness, Fun, Flowing with grace and Finding my true purpose here and now, that's enough to grown on. Those I share with today come as a whole being to be recognized, beyond appearance. I know where to go for my needs. I do love and worship You Father with all my heart, mind, soul and strength, and I am willing to love all others the way I want to be loved. Thy Love, Thy Will be done.

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The Age Of Users
"Pay Forward" #205

Today's "Pay Forward" gift is – The Age Of Users. With our creative mind we can become addicted to anything that will change the way we think and feel. We are living in an age where there's lots of nervous breakdowns (by the way nervous don't break down but something else to blame, however those living around us may be having a "nervous breakdown"). For the user's convenience there is an abundance of all kinds of "feel-good" and "not-feel" pills to choose from. These things we bring on ourselves. This is going on at a time when medical research has raised us to a new plateau of good health and longevity, yet too many users die at a very young age. Is it any wonder why A.As' simple spiritual principles have been adopted by people all over the world for the overcoming and fulfillment for the human user, the answer is clear - IT WORKS. For millions around the world life takes on a new meaning; it can be an exciting adventure. A.As' spiritual principles were first promulgated by the earliest wise men, and it appears again and again throughout the Bible, in which Alcoholics Anonymous borrowed much of its program. The very law that gives us purposeful life is a double-edged sword. We must be responsible for our decisions and actions. The same rules that can lead us to be joyous, happy, and free and abundance can also take us into a gutter, too often the live of a user. Thy Love, Thy Will be done.

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And every one that loves is born of God,
And knows God."*



Healing – Becoming Whole
"Pay Forward" #206

Today's "Pay Forward" gift is – Healing – Becoming Whole. I have awakened to the reality that I have a number of characteristics or elements that contribute to my Mission Statement; I believe to be our Father's Will for me. I must pass on the gifts and talents I have been so freely given, for them to grow and expand, as a way of life, as part of my mission pathway. Today I want to focus on healing, because I have experienced the grace of healing in every area in my life, since I joined Alcoholics Anonymous. Each of us who have applied A.As' way of life, the best we can, have experienced healing at some level. By passing on whatever the level that gift is we become a - "Healed Healers Healing." Every time we share our recovery we are assisting in healing. A faith healer goes beyond medicine and treatments. I have, like millions of other experienced healing through faith in the grace of A.As' Spiritual Principles. Yes, I have an abiding faith that A.A. works; my faith has turned into knowing that it really does. Heal = to restore to health or soundness, cure. I am reminded of our Second Step; Came to believe that a Power greater than ourselves could restore us to sanity. Living sober and following A.As' Spiritual Principles, I have been restored to sanity, and my physical body has recovered, working through the healing powers of our Father and the fellowship. Thy Love, Thy Will be done.

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Let Me Remember
"Pay Forward" #207

Today's "Pay Forward" gift is – Let Me Remember. I am reminded that everything and everyone that comes into my consciousness has a God-given purpose. Most often I can see its usefulness within a few days. However, sometimes I never do understand its purpose. In fact it may seem so contrary to my worldview that I cannot or will not agree that it is serving a purpose. This is a good reason for me to trust that our Father knows best, without my understanding. It has been a blessing to trust in Him; having an abiding faith in His loving grace. I was made aware of some of my limitations this morning. I didn't want to see their purpose, so I found myself resisting. I don't want to waste this growth experience. I did not create myself nor do I maintain myself alone and unaided; it is the Father within me doing the works. I can accept that I have more than enough to carry out my mission, and not compete or compare myself to others. I turn within to our Father, I am asking Him to introduce His Self. I stand before Him as a silent invisible witness, waiting for His Presence to prepare me for His loving service. I pray that I do not wait in vain. I realize how limited I am, but I need not limit our Father's works of grace, so I look to Him for my results. Thy Love, Thy Will be done.

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And every one that loves is born of God,
And knows God."*



Transformation - The Hero's Journey
"Pay Forward" #208

Today's "Pay Forward" gift is – Transformation - The Hero's Journey. I have been caught up in the hero's journey since I was a child. "When I was a child I thought as a child, I understood as a child, when I became a man I put away childish things." I've never given up the hero's dream and its many masks. My human journey has passed through a number of spiritual transformations, called many names. The departure of those A.A. members who drift away from the fellowship often takes place when a spiritual transformation process begins. Everything as we know it is called into question. Much like it was when we hit our bottom, as we were being prepared for A.As' wonderful way of life; it didn't feel like it. The dark nights of the soul, spirit and the senses invade us. Often, the belief that A.As' spiritual principles have stopped working, when it is our understanding that's too limited, or we lack enough A.A. experience, it's not the program. At that time we are in need an Alcoholics Anonymous' upgrade, or just returning to the basics daily, most often works, by delaying our departure. "This too will pass." The spiritual transformation journey; is the beginning of the new life, some call it a re-birth. The end of our old world view. The new beginning of a transformed world view by Divine grace. The planted seed must die, in the ground it germinates, and the birth of the plant is manifested. Thy Love, Thy Will be done.

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Out Of The Darkness Into The Light*

The Wonder of You
"Pay Forward" #209

Today's "Pay Forward" gift is - The Wonder of You. Consider the following facts about your body, as reported by Dr. John Medina, genetic engineer at the University of Washington: The average human heart pumps more than 1,000 gallons a day, more the 55 million gallons in a lifetime. The lungs contain 1000 miles of capillaries. The process of exchanging oxygen for carbon dioxide than is so complicated that it is more difficult to exchange oxygen for carbon dioxide than for a man shot out of a cannon to carve the Lord's Prayer on the head of a pin as he passes by. DNA contains about 2,000 genes per chromosome-18 meters of DNA are folded into each cell nucleus. A nucleus is six microns long. This is like putting 30 miles of fishing line into a cherry pit. And it isn't simply stuffed in. It is folded in. If folded one way, the cell becomes a skin cell. If another way, a liver cell, and so forth. To write out the information in one cell would take 300 volumes, each volume 500 pages thick. The human body contains enough DNA that if it were stretched out, it would circle the sun 260 times. The body uses energy efficiently. It an average adult rides a bike for one hour at ten miles per hour, it uses the amount of energy contained in three ounces of carbohydrate. If a car were this efficient with gasoline, it would get 900 miles to a gallon. Your body is remarkable. Have you thanked God for it? Thy Love, Thy Will be done.

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And knows God."*



The Introduction
"Pay Forward" #210

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.

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Building A Spiritual Equivalent – A Labor Of Love
“Pay Forward” #211

Today’s “Pay Forward” gift is – Building A Spiritual Equivalent – A Labor Of love. I didn’t have a conscious relationship with a Higher Power when I arrived at the doors of Alcoholics Anonymous, or a spiritual experience or understanding that would become my True Source. I was drawn to the A.A. members with a deep spiritual and peaceful presence. I really wanted what they had, and was willing to do whatever it would take to get it. I began my spiritual quest; the most important decision of my life. My intention to seek and find a Higher Power that could and would do for me what I could not do for myself is ongoing. Out of enlightened self-interest, I set out to live by spiritual principles with all of my heart, mind, soul and strength. A.A. gave me the tools to chip away everything unlike our Father's Will and Love as I understood it. When I failed I forgive myself and others, as needed. I passed it on to anyone that would listen. Prayer, meditation, contemplation and the use of affirmations as seed planting become a daily way of life I want and need as much as food and rest. I’m learning to be fluent in our First Language, Silence. We cannot do anything good enough to earn His grace or anything so bad to cause Him to withhold it. The Spiritual equivalent of healing is to accept the presence of the individual Divine Design within us, opening us to our Father’s regeneration. Thy Love, Thy Will be done.

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And knows God.”*



Building A Mental equivalent
“Pay Forward” #212

Today’s “Pay Forward” gift is - Building A Mental equivalent. I carried a crossword book around in my pocket to give the impression that I could read. I was only fooling myself. The ability to communicate came after I came to Alcoholics Anonymous. The mind that made me sick could not make me well. IBM was the first to use the slogan “Think” - they only needed one “Think” to convey their message. In our meeting room, we have a sigh with three “Thinks.” This gives us a little insight into the alcoholic mind, and other compulsive, addictive people. It is suggested that we think the least about the past, and not to spend too much time thinking about the future, but it is wise to dwell mostly in the present, in our Father’s Presence even makes it better. Went I first came to A.A. I didn’t know how to think sober thoughts, because I didn’t have a sober mind, and that was compounded by the fact I had very few verbal skills. One of the reasons to go to lots of A.A. meetings and to hang out with people that are living the Program, we are most likely to hear workable ideas. After a while, I became fluent in a sober thinking language. I’ve been on a learning quest for many years; I love good ideas, for living and for sharing something useful, as a labor of love. Whatever we focus our thinking on we will attract into our experience. Thy Love Thy Will be done.

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Mother Teresa
Out Of The Darkness Into The Light*

Building A Physical equivalent – A Labor Of Love
“Pay Forward” #213

Today's “Pay Forward” gift is – Building A Physical Equivalent - A Labor Of Love. My physical body and world left a lot to be desired by the time I arrived at A.As' doors. I listened to the physical when it was demanding its wants and needs. After sobering up I realized that an invisible means of support had created me, and was still maintaining me. It was a miracle that I was still in this body, or world. I believe that each of us has been created as an individualized expression of our Creator; we are parts of an undivided Whole. Each of us has a purpose for being. We can make a good difference if we choose. We are a separate body of one life, and that life is our Creator's Life. We were not given a license to treat others anyway we wanted to, without consequences. A big turning point came when I accepted that our Father did create all of us and continues to maintain us moment-by-moment. I'm reminded that the food I ate is being transformed into flesh, bones, energy, in other words, life. If I had all the money, computers and brain working for me, I could not produce what is going on in the least of us. This supper Intelligence is always present within us, supplying us with all we need to finish our individual Divine Purpose. The physical body – world is a vehicle for His purpose and you and I are part of it. Thy Love, Thy Will be done.

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And knows God.”*



Building An Emotional Equivalent - A Labor Of Love
“Pay Forward” #214

Today's “Pay Forward” gift is – Building An Emotional Equivalent - A Labor Of Love. February 6, 1957 my emotions were running wild. My first six months in A.A. was not drinking and going to as many meetings as I could. I was hanging out with a group of A.A. workers, who loved this way of life. I was learning a lot about alcoholics; the disease and the solution. A growing up message was no “man” should ever show fear. My fear turned so quickly to anger; I didn't know I had it. I come to understand that my anger and fear were Siamese twins, where one was the other was close by. My greatest Hero said that we are to love our enemies; which are our fears. How am I to love my enemy if its fear? I remembered when I faced a fear it will change its nature, it would be one of two things. It would be a real problem that called for a solution or acceptance, or most often it was another one of my illusions. As soon as a fear presents its self, I can embrace it (an expression of love) and surrender it to our Boss. If it is a real problem I can turn to our Father for guidance and take action. I also learned that I was responsible for my decisions, emotions and actions, I was an emotional child. I accepted that I am an alcoholic. My life is filled with miracles and awakenings. Thy Love, Thy Will be done.

*“Do Small Things With Great Love.”
Mother Teresa
Out Of The Darkness Into The Light*

Building A Social equivalent - A Labor Of Love
"Pay Forward" #215

Today's "Pay Forward" gift is - Building A Social equivalent - A Labor Of Love. The only thing that has changed along the way is how I relate with others since joining Alcoholics Anonymous is - what I do, say, think, and feel, who, when, where and how I do it, in other words, everything with everyone. Most important I have a loving ongoing relationship with our Father. And, I have a wonderful host of friends, which are more like my spiritual brothers and sisters. I was so withdrawn, and had no one I could count on at first, and before I knew it, I could not wait to hang-out with my home group; Group 12. I was included in all of our A.A. activities. I hadn't realized up until then how hungry I was to share my life with other humans or how lonely I was. Now, I spend five days a week, at my office sharing the Program, meetings, and workshops and one-on-one. I still go to two meetings a week at Club 12, and sometimes other groups. I am so grateful that I have something of value I can share. All of us can make a good difference, if we choose. I have been blessed for more than sixty-two years with the ways, and means to share what I have been so freely given. The workbooks and papers I have written can be downloaded, free of course at www.12stepworkbook.Org. I am so grateful that our Boss is still using this 89 year youth daily. Thy Love, Thy Will be done.

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And every one that loves is born of God,
And knows God."*



A Day Of Prayer And Fasting
"Pay Forward" #216

Today's "Pay Forward" gift is - A Day Of Prayer And Fasting. When I need a kick-start to begin an important project - I find it useful to do a physical and mental fasting for at least one day. Here are some questions I am meditating on that seem to be in the way:

1. Have I forgive myself for not doing a wrong I wanted to do but didn't? The following expanded the question as my denial of my hidden violence, lust and a desire to punish others and myself surfaced.
2. Is it OK for me to totally - completely forgive myself for all the wrong I've done and for the right not done? Am I willing to do the same for others?
3. The use of the "drug" guilt and punishment is often well disguised, am I now willing and ready to totally surrender this defect to our Father – so it can be transformed into an asset?
4. Do I truly believe it is OK for me to unconditionally love myself and others? And – forgive myself when I fall short?
5. Do I believe that I am really a created son of our Father, and a brother to all? And – treat others as if they are also His children? And – be quick to forgive when we don't act like it?
6. When I say – Thy Love, Thy Will be done – do I really mean it? Am I walking the talk? Do I quickly forgive myself when I don't? I'm reminded it is the Father within doing the works.

*"Do Small Things With Great Love."
Mother Teresa
Out Of The Darkness Into The Light*

The Results
"Pay Forward" #217

Today's "Pay Forward" gift is – The Results. After my day of prayer and fasting I received, a flow of intuitive awakenings, partly as answers to my questions, and then another door opened. I need to address those insights which I know will become limited as I try to put them into words, plus this posting space will not permit it, more will be revealed later, as I live it. My willingness to "die" (surrender all of me for upgrading or transforming), caused me to better understand my Hero's words. "O my Father, if it be possible, let this cup pass from me: nevertheless not as I will, but as thou will." My first question was – "Have I forgiven myself for not doing a wrong I wanted to do, but didn't?" I couldn't deny my need to make an amends, so I did. The most common defect uncovered was the desire to use the "drug" guilt and punishment; blocking my/our freedom. My Increased willingness to forgive, including my termites. I've been telling myself, in a number of ways – "It's OK not to unconditionally Love and forgive all, even me, until perfect." In other words, never for humans. "Don't call me good, it is the Father within doing the works." How can I deny the reality that we did not create ourselves, nor do we transform the food we eat into life, yet I do, too often. Our Father does know best. "I believe, help my unbelief." Today, I really mean it when I say - Thy Love, Thy Will be done.

*"Beloved, let us love one another: for love is of God;
And every one that loves is born of God,
And knows God."*



More Is Revealed
"Pay Forward" #218

Today's "Pay Forward" gift is – More Is Revealed. "I know not what the future holds, but I know who holds the future" Anonymous. Do I really love, trust and believe that our Father created each of us from His Divine Design, and that is our indwelling Higher Self? In the image and likeness of His Son, both Spirit and human, to express Himself in this world? What if a doctor says we need treatment? Do we trust that our Father is directing us to one of His laborers of love? Our Boss has lots of lovers. I trust that our Father's Lovers are part of His solution; when I can see beyond my limited vision. "Beloved, let us love one another." A.A. is proof that caring for – loving one another, really works. This was another of my awakenings revealed. After all we are living under grace not a gun. I am in radical training; to fill my heart, mind and soul with constructive, loving things I want instead of dwelling on what I don't. I choose to practice A.As' spiritual principles in all my affairs, which includes our Father's attributes, freely given, and the characteristics of His children as we come to understand them. I am learning to share difference kinds of love, including daily acts of love, silently and openly, as directed, by the Holy Spirit of Wholeness within each of our Father's handy works. This journey is taking me to places I could never have dreamed of, giving my life purpose. Thy Love, Thy Will be done.

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Mother Teresa
Out Of The Darkness Into The Light*

Love Your Enemy - Even If It's You
"Pay Forward" #219

Today's "Pay Forward" gift is - Love Your Enemy - Even If It's You. A very wise man once said that we needed to love our enemy, and now we are told that our only real enemy is our fear. Now how can one love our fear? I recalled another awakening; if we turn and face and embrace our fears they will change their nature. We find that our fear will be changed into one of two things. That fear will be an illusion we made up, or it is a real problem that calls to be healed or accepted. Now we can choose; we can let go of our illusion, we made up, accepting that it's coming out of our little personal "reality" storehouse, and take responsibility for our decision, using A.As' spiritual principles to cut away all fetters from the mind, and permitting it to soar as it was divinely designed, letting our Father heal or transform it into an asset. "As you believe, so shall it be done – unto you." That's what my Hero said, and like everything else He shared, it works. Realizing that our limitations are self-imposed. Setting a definite and clearly defined goal for ourselves, is like drawing a road map, pointing the way we want to go, instead of leaving it to chance. Let our Boss do for us what we cannot. "As we sow, so shall we reap." A labor of love. A.A. tells us, that action is the magic word, when divinely guided. Thy Love, Thy Will be done.

*"Beloved, let us love one another: for love is of God;
And every one that loves is born of God,
And knows God."*



What Was - And Then - And Now
"Pay Forward" #220

Today's "Pay Forward" gift is - What Was - And Then - And Now. When I am sharing my story I dwell on how it was, instead of the miracles that happened and the abundant life I enjoy, and the grace of our Father/Creator. At one time daily drunkenness was "good." It was my way not dealing with life. I would drink enough where I would black-out, pass-out, or just not care. That system stop "working" and I hit my bottom, alcohol betrayed me. Then along came Alcoholics Anonymous. At first just not drinking and then working; living A.As' spiritual principles. One of the first signs of sobriety is a sense of joy, happiness and freedom, a purposeful life. I was introduced to my higher-self by the indwelling Presence within. Each of us was created as an individual Divine Design; giving us a reason for being. Our Creator expressing Himself and Herself in this world. Through A.A. we are given the tools to awaken, to share the love we are, and to practice a spiritual and human way of life; a labor of love. "Abandon yourself to God as you understand God. Admit your faults to Him and to your fellow. 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." Thy Love, Thy Will be done.

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Mother Teresa
Out Of The Darkness Into The Light*

Planting My Morning Seeds
"Pay Forward" #221

Today's "Pay Forward" gift is – Planting My Morning Seeds. I am thinking, acting, feeling as though it is impossible to fail to be and to do our Father's Love and Will, because He gave me my mission, it is as simple as that. When anything becomes Simple, It Simply Is. I remind myself in meditation to be Still, and know You Father within us all. I am invited to open my heart, mind, and soul completely to Your Omnipresence, Omnipotence, and Omniscience. Yes, I now know You Are and I am Your son and a loving brother to all, in the image and likeness of my Hero Jesus, as spirit and human. I am blessed with Your Holy Voice/Spirit, which are my indwelling provider, messenger and Agent for our Father and Jesus. Yes, Father You penetrate, surrounds, and embraces each of us at every moment of our life. Father, You are the atmosphere that my/our spirit needs to breathe, in order to live, move and have my/our being and doing through Your Loving Grace. "BE STILL AND KNOW THAT I AM GOD." Let us relax in Your Loving embrace. Let us live move and have my being as the individual Divine Design; indwelling Christ You created each of us; with the indwelling Holy Spirit energizing you and I; blessing us with a purposeful life to share. By Your Holy Grace Father, we are – I am a difference-maker for loving good in this world, serving one another. Thy Love, Thy Will be done.

*"Beloved, let us love one another: for love is of God;
And every one that loves is born of God,
And knows God."*



Remember To Ask – What's Next Father
"Pay Forward" #222

Today's "Pay Forward" gift is - Remember To Ask – What's Next Father. When we turn the Light on the imposed darkness disappears, So it is with our illusions. How simple it can be, if we choose. We are here and now for a purpose, because our Creator Wills it so. If we are willing to accept His grace we are given all we need to complete our journey. We need not beg for His Love because He is Love and so are you and I. We do not need to seek Wholeness that is our intended Divine Design, in an act of faith in His grace we open ourselves to the Natural Healing Process, We need not go off seeking great teachers to be taught; the greatest Teacher of Reality is within each of us. We have made up the judgments that call for the need for forgiveness, so we need to go within to wash away our illusions of blaming. We need not worry about the power or ability to carry out my purpose because our Father within is omnipresence and omnipotence. We don't have to study day and night to be enlightened, because His Presence is Omniscience. We can stop worrying about our lack of communication skills, Let us be still and accept His promised wisdom. We need not concern ourselves about awakening; the Divine Presence within us never sleeps, and we are always welcome. Keep it simple, by trusting that all we need is already given before we ask. Thy Love, Thy Will be done.

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Out Of The Darkness Into The Light*

Power In Our Powerlessness
"Pay Forward" #223

Today's "Pay Forward" gift is – Power In Our Powerlessness. This means we accept that alone and unaided we cannot do or be what we really want and need. However it also shows us that we are willing to be open for help. "Lord, we believe, help thou our unbelief." This cry from my heart is an acceptance of my powerlessness. It signifies my sincere desire to do, to be our Father's Love and Will. There are times when I just cannot help myself, or forgive myself or someone else, no matter what. Answers to my prayers come in an unexpected way; there is power in my admitting my powerlessness. To practice A.As' spiritual principles in all my affairs I find myself back to Step One again. With a willingness to ask for the help I want and need. With all my heart, mind and soul I ask our Father to show me what to do and be next. To paraphrase a great statement my Hero said – A.A., by grace had come that we might have life and that we might have it more abundantly. Our responsibility is to follow a few simple Steps. "Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His Will [Love] for us and the power to carry that out" (Step Eleven). "To him who loves much, much is forgiven." By our Father's Loving grace our defects; our powerlessness is transformed into workable assets. Thy Love, Thy Will be done.

*"Beloved, let us love one another: for love is of God;
And every one that loves is born of God,
And knows God."*



A Call For Laborers OF Love
"Pay Forward" #224

Today's "Pay Forward" gift is – A Call For Laborers OF Love. If You want more love plant more love seeds. Our Father is Love, which means, we are planting God Seeds. "Always you have been told that work is a curse and labor a misfortune. But I say to you that when you work you fulfil a part of earth's furthest dream, assigned to you when that dream was born, And in keeping yourself with labor you are in truth loving life, and to love life through labor is to be intimate with life's inmost secret" Kahlil Gibran.

Preparing The Harvest

Today let us plant the love seeds we are given.
Into the Holy Ground which has been prepared for us.
Out of enlightened self-interest, we pant these seeds daily.
We are willing to labor in the heat of the day,
Ensuring us that the Divine Vine Ripe love fruit
Is always in season.
Let us nourish these plants as we are directed
Until the time of harvest.
At harvest time, let us gather the ripe love fruits,
And freely pass them on.
As we share these fruits our abundance and love increases.
It is now clear giving and receiving are one.
The harvest of the Divine Vine ripe fruit is on-going.
You may join this labor of love at any hour.
It is never too late.
Thy Love, Thy Will be done.

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Mother Teresa
Out Of The Darkness Into The Light*

I Have Confidence In Myself When
I Have Confidence In Our Father
“Pay Forward” #225

Today’s “Pay Forward” gift is – I Have Confidence In Myself When I Have Confidence In Our Father. I find that I have whatever it takes to do and to be our Father’s Love and Will, as I understand it. I’m able to face my ups and downs on my serendipity journey given me by His mercy and grace. I did not create myself, nor do I transform what I eat into the Divine energy called life. The indwelling Presence created only one of each of us. Why would He do that if He did not have a purpose for each of us to express in this world? Why would He do such a thing if He didn’t want it done and supply us with all we need to carry it out? My personal “reality” has bought into and made-up illusions of separation, lack and limitations. A.As’ spiritual principles give us the tools to subtract and chip away those lies. We only need the desire and willingness to practice a few simple principles and we will awaken. In prayer and meditation - in secret - we improve our conscious contact with that Divine Presence within. Why not allow our Creator within to introduce Him or Her Self? We must give our consent by choosing who we will serve. Our transformation; our awakening is not an overnight process, but it will come with our cooperation, mostly by grace. A.A. is where miracles happen and promises are kept. Let us do our part! Thy Love, Thy Will be done.

*“Beloved, let us love one another: for love is of God;
And every one that loves is born of God,
And knows God.”*



Some Lies Have A Long Shelf Life
“Pay Forward” #226

Today’s “Pay Forward” gift is – Some Lies Have A Long Shelf Life. “We become what we think and dwell on.” This is almost true, but it is a lie that has been sold throughout history. A very attractive investment to our ego. We do experience what we think and dwell on, but it is not what we become. We already are - an individual created by our Father/Mother, with a purpose. We are able to think and act anyway we want to, which may be contrary to our given purpose. However, when it is contrary to our Creator’s Will, we experience a conflict; we have to deal with at some point. An alcoholic hitting their bottom is a good example. We are made willing and ready for change by our self-imposed pain and imprisonment. Everything as it stops working. The True Self within each of us is demanding attention; I call it the Divine Discontent. That created Self has always known we were of value and more loving than our personal “reality” has been able to prove it or demonstrate it. When we start living by spiritual principles we are guided into what to do and be one day or maybe one moment at a time. For an ego-infested personal “reality” one simple thing at a time is about all it can handle. The secret is to embrace the loving grace already given. We are here to share our message with the world, when we are made ready by grace. Thy Love, Thy Will be done.

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Mother Teresa
Out Of The Darkness Into The Light*

Paraphrasing
"Pay Forward" #227

Today's "Pay Forward" gift is – Paraphrasing. To express an idea in other words or forms is a useful teaching aide, helping us put an important concept into practice, where it can turn into a living experience. Often the words I use are but shadows of the originally stated idea but by putting it in my own words or forms it takes on a personal meaning. The following is a good example. "When nothing seems to help, I go and look at a stonecutter hammering away at his rock, perhaps a hundred times without as much as a crack showing in it. Yet at the hundred and first blow it will split in two, and I know it was not that blow that did it, but all that had gone before" Jacob Riis. My paraphrase - When none of my prayers seems to help, I remember the stonecutter hammering away at his rock. Perhaps a hundred times I pray, seeking a demonstration or some sign that my Higher Power is doing for me what I cannot, but I experience nothing but silence. Yet at the hundred and first prayer, I experience a demonstration of our Father's Will for me. For that moment it is my proof that I have an Invisible means of Support. I'm supplied with all I need to carry out His Will, for me. I clearly understand it was not that last prayer that did it, but all that had gone before. Thy Love, Thy Will be done.

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And every one that loves is born of God,
And knows God."*



Other Dimensions
"Pay Forward" #228

Today's "Pay Forward" gift is – Other Dimensions. In principle I understand the fourth dimension; it is that which embraces and encompasses the other three, it is not confined or limited by time, space or conditions. The fourth dimension overrides our illusions of separation. When we experience it we are in conscious union with our Father's Will and His Love. Our personal "reality" mind cannot take us into the fourth dimension alone and unaided. One way we may set ourselves up to experience the grace of the fourth dimension is through prayer and meditation, which takes us inward to a place of silence; contemplation. We may call our fourth dimension experience; a Spiritual awakening, a "...overwhelming "God-consciousness" followed at once by a vast change in feeling and outlook." (Alcoholics Anonymous page 597) I have come to understand the fourth dimension as the intuitive knowing, which happens to most of us as we live Alcoholics Anonymous' spiritual principles. "Where can I go from Your Spirit? Where can I flee from Your Presence? If I go up into the heavens, you are there? If I make my bed in the depths, You are there. If I rise on the wings of the dawn, if I settle on the far side of the sea, even there Your hand will guide me, Your right hand will hold me fast" Psalm 139:7-10. We cannot earn, we receive it by grace. Let's pass it on through servicing one another. After all – saints are sinners who kept on trying. Thy Love, Thy Will be done.

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Mother Teresa
Out Of The Darkness Into The Light*

A Fast Start
"Pay Forward" #229

Today's "Pay Forward" gift is – A Fast Start. Let's ask for guidance upon awakening, for the knowledge of our Father's Love and Will for us and the power to carry it out. Doing this is reminding me who The Boss - my True Source really is. I am not asking Him to bail me out, but I do want Him to let me know how to be and do what He created me for. I no longer want my defects removed, but I do want, with all of my heart, mind and soul to have each of my defects transformed into workable assets. I have received His grace, to some degree for four of my major defects: alcoholism, jealousy, violence and the "drug" guilt and punishment. Using the same spiritual principles as He did for my alcoholism. Having one recovered/recovering alcoholic to share with another alcoholic who hasn't awakened yet. That process has given so many of us a real loving purpose in life. Our Father doesn't rescue us or bail us out, more importantly He joins us in our difficulties and transforms them into assets, in which we can enjoy carrying out our Divine Designed purpose, His Love and Will. How many times have we heard – "I am grateful - I'm an alcoholic?" By His grace A.As' spiritual principles are freely given, awakening us to a way of life that is far beyond anything we could have ever dreamed of. A labor of love, pass it on. Thy Love, Thy Will be done.

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And every one that loves is born of God,
And knows God."*



Being Perfect!
"Pay Forward" #230

Today's "Pay Forward" gift is – Being Perfect! Perhaps we experience that to the degree that we become the individual we were Divinely Designed to be. I had to hit my bottom first. When my untreated self-centeredness takes over, and I'm "locked-up" in my self-made prison, I try affirming everything I can think would fulfill me. I silently demand only perfect love, peace, harmony, and only great health and wealth at every level. Of course without any pain; spiritual, mentally, emotionally, socially and physically. Without fear, resentments or even anger. I would have to be joyous, happy and free – 24/7. I want everyone to love and respect me. I could add much more but you get the idea. Setting the bar so high, I will always fall far short. No wonder it's hard to trust and accept my personal "reality" - filled with unrealistic good and bad stuff. That's perfectionism; refusal to accept any standard short of perfection. It reminds me of a big lottery winner who reported within a few years of buying everything he dreamed of, ended in disappointment. I must stop blaming anyone or event for my problems or gains. I choose to turn within to my only true Source; our Father. The mind that made me sick cannot heal me. Let us ask our Creator with an open heart and open mind for all our needs, and trust that we will be supplied with whatever it takes to carry out our purpose. Thy Love, Thy Will be done.

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Alcoholics Anonymous – A Changing Paradigm
“Pay Forward” #231

Today's “Pay Forward” gift is - Alcoholics Anonymous – A Changing Paradigm. A worldview based on much of what is not new which seem to be hidden but never was lost, is reawakening. There is a great movement going on, which is changing the way we experience life, our personal “reality.” Science and religion had a great divorce long ago. They forgot why we were created and Who did it. Those on a true Spiritual Path were never fooled. There's a movement toward a real reconciliation. A.As' spiritual principles give us great tools for this healing. Our past defects can be transformed into assets. Indwelling Presence created a serendipity journey for us, an experience worth living for. There is a Power within each of us which can do for us what we cannot do for our self. We can learn through prayer and meditation to listen, and become fluent in our Father's first language, silence. Converting A.As' Twelve Traditions into the service is to practice these principles in all our affairs. The Creative Process is like a great thought, it cannot be measured or weighted but offers us infinite possibilities, we are no longer bound; we are free to choose once again. Co-Creating our day, upon awakening, I turn to our Father, and I ask to be guided throughout this day. I accept and live His Grace. It's good for me to use the talents I possess; the rooms of A.A. would be very silent if no one shared except the best. Thy Love, Thy Will be done.

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And knows God.”*



Angry Sobriety
“Pay Forward” #232

Today's “Pay Forward” is – Angry Sobriety. Something happened in my Home Group the other day that reminded me of an A.A. meeting years ago. A visiting A.A. member dressed the group down, in a very violent way, telling us - we were not an A.A. group because we did it all wrong. He said - he knew we wanted to beat him up. And he was going to get a cup of coffee and wait outside. The meeting room got very quiet, then one of our long-timer who had the gift of keeping it simple, said - “Damn - I always get what I need in every A.A. meeting. Today's meeting I realize, I don't want any angry sobriety.” I loved his response. I am judgmental of those who express that hardness as A.A. Pharisees and scribes, practicing the “letter” not the spirit of A.As' code of love and tolerance. Oops, how about the way I judge others that don't practice the spiritual principles of love and compassion, as I see it? When I do that, I'm acting like the Elder self-righteous brother in the Prodigal Son story. What happen to what I repeat often, that there is always a purpose in every person and event? I would be better off practicing that in all my affairs. An important realization came out of this; I clearly see what I fear. I dearly love Alcoholics Anonymous, I actively sharing daily. However, I'm too concern when other A.A. members disapprove of how I share, especially dedicated members. Thy Love, Thy Will be done.

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Mother Teresa
Out Of The Darkness Into The Light*

Seeking The Hero's Way
"Pay Forward" #233

Today's "Pay Forward" gift is – Seeking The Hero's Way. I joined the Marines, when I was 17 years old, I dreamed that I would become a hero; a punisher of wrong doers. The Marines Corps fostered that illusion. I served in the Korean war. The reality of war, soon changed my understanding of the hero's path, far short of my Batman comic book adventure I had imagined. I had to face the realities of war. As it turned out the real battleground within me was my war. I was forced to accept my powerlessness to change my life's journey. Drinking and other forms of escape became a way of life. I hated what I had become. I realize that I could only learn to know my-true-self and do what I am intended to do and to be by owning the personal "reality" I had made up or went along with others' illusions about life. I realized I must embrace all of me; both the good and bad, everything I experienced had a purpose. A.A. gave me the tools I needed to take ownership of my storehouse of beliefs, allowing me to surrender all it to our Father within. By His grace, and aligning my will with His Will, gave me an opportunity to be more like my intended Self. Having a defect transformed into an asset, by His grace, a wonderful gift to share. Today's Heroes are Jesus, Mother Teresa, Fr. Keating, Emmet Fox, Ernest Homes and all those living and sharing spiritual principles. Thy Love, Thy Will be done.

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Thoughts For Your Tool Box
"Pay Forward" #234

Today's "Pay Forward" gift is – Thoughts For Your Tool Box. "A prophet is not without honor save in his own country." This helped me understand why I do not honor myself. I know the history of my shortcomings and defects too well. No wonder I need our Father to do for me what I cannot do, alone and unaided. The happy person is the one who has really forgiven their self and others. You could say that person is able to enjoy the scenery even when they have to take a detour, or just don't get their way. They've realized they're not called to live up to others responsibilities or standards nor blame anyone else or the seasons, but accept their part. Ownership of their stuff gives them the power, the right to surrender everything to the Big Boss for upgrading or transforming into assets. When they see others commit a wrong or fall in an old negative ditch knows it is not a permanent state of being, in fact there're willing to help them get up and running, ASAP. Sounds like a real friend to me. "Everything comes to him who waits, if he works while he waits." "A closed mind is like concrete; thoroughly mixed and permanently set." A.A. suggests that there are three essentials of recovery – willingness, honesty and open mindedness. That's a triple threat to alcoholism by practicing those three in our daily life, it makes staying sick unattractive to say the least. Thy Love, Thy Will be done.

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Out Of The Darkness Into The Light*

What About Prayer and Meditation?
"Pay Forward" #235

Today's "Pay Forward" gift is – What About Prayer and Meditation? How can I put into words what I believe prayer and meditation mean to me? When I love someone deeply I will find a way to communicate with that person, I do love our Father and His Son with all my heart, mind and soul. So, I find ways to communicate with them; that's my prayers. Due to the fact that I do deeply love Them I want to know all I can about my Beloved. I seek guidance and I study difference forms of meditation and I have come to understand some of Their characteristics and what I believe to be their Love and Will here and now. Practicing contemplation, I become still and silent, in a growing, awakening process, in the Presence with an open mind and heart; that's the core of my meditations. I'm willing to practice what comes to me through prayer and meditation. I fast from what is unlike what I believe is our Father's Love and Will and I feast on what is, and this becomes part of my being and doing His Will. When I am unable to carry out my ideal, I ask myself, "If this is our Father's Will for me, what is it within me that is saying no?" I share with others this simple tool as part of a working solution for most problems. Most likely, I am the one blocking the way to receiving grace and fulfillment. Thy Love, Thy Will be done.

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Labor Of Love Pains
"Pay Forward" #236

Today's "pay Forward" gift is - Labor Of Love Pains. Be careful what you ask for, for you will surely get it. My ill-advised asking has given me numerous opportunities for a need to return to my Boss. I've made a habit upon awakening to turn to our Father for guidance and to co-create my day. It is not always with a deep sense of love and gratitude, but I do it anyway. It pays off to focus on what I want instead of what I don't. When my old perfectionism pops up, I ponder on why I am not farther along my Spiritual Path. That's a warning signal that I have entered into the negative stuff that I don't want. Then comes the, "I'm just being honest" chatter. If I don't stop it, the next thing I know I'm having unforgiving, unkind and unloving thoughts, about myself or others. "What the caterpillar calls the end of the world, the Master calls a butterfly." (Richard Bach) When I am confronted by a growth challenge my thoughts turn to the butterfly's journey. The butterfly undergoes a tremendous struggle to emerge from the cocoon. Its struggle dries its wings and increases its circulation. If we avoid the struggle, we are doing ourselves more harm than good. Labor of love pains come with the birthing of our true self. What butterflies are waiting to be born within us? I'm so grateful for my defects that are transformed by grace into assets, forget the pain thing. Thy Love, Thy Will be done.

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A Spiritual Transfusion
"Pay Forward" #237

Today's "Pay Forward" gift is - A Spiritual Transfusion. I really do want to make a good difference, most of the time. My motive is in the alignment with our Father's Love and Will, in which I am deeply grateful, knowing it has been given to me by grace. Sometimes my motive is still too selfish, self-centered and self-serving. When I need to feel good about myself and wanting others to give me credit for some little something it is a warning that I am out of alignment. At that time I am not in conscious contact with our Father. I felt that way in a meeting, a sure warning signal that I need to return to our Father for correction and a grace transfusion. "To keep a lamp burning, we have to keep putting oil in it" Mother Teresa. "There is vitality in our communion with the Infinite, which is productive of the highest good. As fire warms the body, so there is a subtle transfusion of some invisible force in such communion" The Science of Mind page 152. I practice going apart for communion, prayer and meditation that is to stop to refill and to be energized. I am willing to change direction, returning to my mission, leaving my distortions behind. My intention is to focus my attention on our Father's intention for me. These are the things I've written in words, but much in my heart remain unwritten. Even though I want to I cannot share my deepest love. Thy Love, Thy Will be done.

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And knows God."*



So What's A Problem?
"Pay Forward" #238

Today's "Pay Forward" gift is – So What's A Problem? I am confronted with a seemingly "threatening problem" an unwelcome visitor, or is it? Most likely it's an answer to my prayer for help, so I say, thank you for visiting me. I got your message, so why don't you move on? I have been reading in the Old Testament about the temple and the walls around the holy city had to be rebuilt. Once again Mr. Fox's reading is perfect timing; today is on building - "A Rock Foundation" - by our Father's grace through A.As' spiritual principles I have the Foundation. Now, is the time to rebuild my inner Temple, my place of worship, and to rebuild the Wall around my holy city - my consciousness; the indwelling Presence. I cannot do that alone and unaided, my little problem has shown me how powerless I am. Let me remember the vine ripe fruit of grace is loving gratitude. For me to have an attitude of gratitude I need an ongoing gift of grace, and loving mercy. I must turn within to my place of worship and have the walls around the holy place secure. Let me perceive all things in You Father and You in all things. Everyone I meet and every situation represents an answer to a prayer; let me accept it with an abiding faith in His grace. "Love and compassion are necessities, not luxuries. Without them, humanity cannot survive" Dalai Lama. Thy Love, Thy Will be done.

*"Do Small Things With Great Love."
Mother Teresa
Out Of The Darkness Into The Light*

Side Benefits
"Pay Forward" #239

Today's "Pay Forward" gift is – Side Benefits. Just not drinking when I first came to A.A. was far more than I expect. I could hardly believe I wanted to be around a group of sober alcoholics and believe they wanted to share their blessing. They let me take part in service work; showing me how to get out of myself. Coming to believe I could have a living, loving relationship with our Creator was the answer for my powerlessness. The following was written by one of my heroes. "No Greater Love – The Essential Wisdom of Mother Teresa. What we need is to love without getting tired. How does a lamp burn? Through the continuous input of small drops of oil. What are these drops of oil in our lamps? They are the small things of daily life: faithfulness, small words of kindness, a thought for others, our way of being silent, of looking, of speaking, and of acting. Do not look for Jesus [your Higher Power] away from yourselves. He is not out there; He is in you. Keep your lamp burning, and you will recognize Him." "Having had a spiritual awakening as the result of these Steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs." "What we really have is a daily reprieve contingent on the maintenance of our spiritual condition. Every day is a day when we must carry the vision of God's Will into all our activities." "How can I best serve thee – Thy Will (not mine) be done."

*"Beloved, let us love one another: for love is of God;
And every one that loves is born of God,
And knows God."*



Promises [Alcoholics Anonymous Pages 83-84]
"Pay Forward" #240

Today's "Pay Forward" gift is – Promises. "...We are going to know a new freedom and a new happiness." Yes, I know, what's given me. "...we will see how our experience can benefit others." My transformed defects are benefiting others. "...We will intuitively know how to handle situations which used baffle us. We will suddenly realize that God is doing for us what we could not do for ourselves." I hated my powerlessness when I arrived at the doors of Alcoholics Anonymous. My incompetence in all areas was a reality I had to face. As the result of my practicing A.As' spiritual principles, I awakened to the indwelling Presence within me and the world. By grace I do intuitively know all I need to, for one at a time, and I am sure of the Source of my grace. I experience failure and doubt, being double-minded when I drop into an old self-centered ditch. My life is effective when I look to my True Source, I choose to call our Father, and I seek to do and to be His love and Will. With the Divine Spiritual awakening we experience the uncreated Presence, and our life takes on a whole new meaning. The Father giving Himself to His children and His children giving themselves to Him. A.A. gives us the tools to empty ourselves to make room for the Divine Spirit of Love. "For we are the temple of God. As God said: "I will live in them and walk among them..." Thy Love, Thy Will be done.

*"Do Small Things With Great Love."
Mother Teresa
Out Of The Darkness Into The Light*

The Greatest Gift
"Pay Forward" #241

Today's "Pay Forward" gift is – The Greatest Gift. To the outsider Alcoholics Anonymous if filled with paradoxes. When we are having a problem, instead of working on the problem first, we accept our powerlessness and then turn to our Source. If we are wise we ask that His Will be done not ours. We ask to be used, to find someone we can carry the message of hope. If we can just stop thinking about ourselves for a moment or two it is often enough. An effective talk at an A.A. meeting is when we can speak from our heart instead of our head, with a fine choice of words and an impressive delivery. It isn't the number of years of sobriety that matters as much as one sharing their experience, strength and hope from their heart. I have seen a person with a few days sober speaking from their heart, with a new found way of life that moves the room to tears of gratitude. That's far more effective than the most polished professional speaker. What does not come from the heart does not reach the heart. A sincere desire to help another, asking our True Source to use us, and to mean it when we say, "Thy Will be done," will open our heart. Out of enlightened self-interest I want to be and to do our Father's Love and Will and when I fall short I ask for forgiveness and find someone to serve. Opportunities to serve are waiting. Thy Love, Thy Will be done.

*"Beloved, let us love one another: for love is of God;
And every one that loves is born of God,
And knows God."*



Love Or Fear As A Choice
"Pay Forward" #242

Today's "Pay Forward" gift is - Love Or Fear As A Choice. Emmet Fox tells us that we have only two feelings, love and fear, that all other feelings are one or the other. That's not as radical as it first seemed. I know that anger and fear are twins. I can agree that all negative feelings are expressions of fear. Fear like darkness has no really of its own. Darkness is the absence of light as fear is an absence of love. I am reminded to embrace my fears and they will change their nature. They're a fearful illusion I made up or a real problem, seeking a solution. Love is ever expanding from within out into expressions: of joy, happiness, fulfillment of the Divine union. The basic element of grace is love and God our Father is love, expressing Himself as us, through us. The Presence of Love coming into this world. To share love is to dwell within our Father and our Father within us. "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, humility, gentleness and Patience [Love]" Colossians 3:9-10, 12. To love is to put our energies to good use. Let the wisdom of love guide us this day in acts of loving kindness. A.As' spiritual principles give us the tools to serve one another, and to do so is to love ourselves. Thy Love, Thy Will be done.

*"Do Small Things With Great Love."
Mother Teresa
Out Of The Darkness Into The Light*

Addressing The Indwelling Presence
"Pay Forward" 243

Today's "Pay Forward" gift is – Addressing The Indwelling Presence. This is a good idea to put into practice for me, no matter who or how many I'm sharing with. I get uptight when I speak before a group of any size. I understand that public speaking is a very common fear. I do want to be a little nervous when I start speaking, it reminds me that I care, and I want what I share to be useful. On the light side when I'm speaking I may say, "I will keep talking until our Father takes my consciousness over, however sometimes He doesn't take over until the Lord's Prayer." When I become aware of His Presence and I begin to speak from my heart I become a listener, both of us may get something worthwhile out of it. One suggestion - to help the speaker calm down they are to see the audience necked, that may be too distracting. What works for me is to bless everyone and pray that we may become the individual our Father created us to be and to do. I remind myself the proof that our Creator is Present is this - The fact that the food we eat is transformed into flesh, bones and energy we call life, humans cannot do that alone and unaided. Assuming the audience is alive, that's in its self is proof of His indwelling Presence. Believing He's Present encourages me to treat everyone with respect and extend my love. Thy Love, Thy Will be done.

*"Beloved, let us love one another: for love is of God;
And every one that loves is born of God,
And knows God."*



Practice
"Pay Forward" #244

Today's "Pay Forward" gift is – Practice. There are a few things that I really want to be consciously and consistently doing 24/7, none of which I am. I see how important these are but still fall short. I want to remember to center my mind and heart in our Father at each beginning, looking to Him as my only True source, but I don't. All I need to do is to say His sacred Nome, Father. I am most likely to do it for the "important things" but not the every-day termites stuff. I am missing a golden opportunity to build my faith each time a termite shows up. By owning it I can surrender it for an upgrade. "Lack of power that's my dilemma." My conscious and consistent practice takes grace, but so does breathing. I don't pay attention to my breath unless something gets in its way. "When you are joyous, look deep into your heart and you shall find it is only that which has given you sorrow that is giving you joy. When you are sorrowful, look again in your heart, and you shall see that in truth you are weeping for that which has been your delight" Khalil Gibran. The conscious mystical union with our Father has brought me the most joy, love and fulfillment. Father teaches us once again to pray and meditate. "What is really hard, and really amazing, is giving up on being perfect and beginning the work of becoming yourself" Anne Quindlen. Thy Love, Thy Will be done.

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Mother Teresa
Out Of The Darkness Into The Light*

Spirit Guided
"Pay Forward" #245

Today's "Pay Forward" gift is – Spirit Guided. When I believe I am being spirit guided everything seems simple but not always easy. When I'm led by the unseen spirit I am more loving, tolerant, sympathetic, and understanding of myself and others, plus I get a lot more done. Even times when I am confronted with a difficulty that is insurmountable, and once again powerless, I'm OK if I can believe I am being spirit guided. If I feel I am being guided by my personal "reality" alone and unaided, I have fallen in another negative ditch. Like the Prodigal Son, it's time to return Home to our Father. Thanksgiving, is one of the most powerful forms of prayer, so I try to remember the many things I have to be grateful for. Most of the times that will help me get out of the ditch. Let me return to an open heart and mind, and seek our Father's Love and Will. Asking Him to take me on His Spiritual Journey, showing me where to go, what to do, say, think and feel, and how to love. We are invited to join in the healing process of our Father's tender mercy, forgiveness, and divine compassion, by serving one another. Being spirit guided, we receive the spirit of the law which is its servant and the law becomes our servant, whereby we may pass on the gifts we have so freely received. By following A.As' spiritual principles, tools, the awakening path will open before us. Thy Love, Thy Will be done.

*"Beloved, let us love one another: for love is of God;
And every one that loves is born of God,
And knows God."*



Loving Service - The Best Answer
"Pay Forward" #246

Today's "Pay Forward" gift is – Loving Service - The Best Answer. I believe that our Father/Creator is Love, and everyone He created is an expression of His Love. "Remember these things...I formed you...I shall not forget you." Isaiah 44:21. Why not be grateful for everyone and everything 24/7, trusting that all He Created has a purpose? We may never fully understand the purpose, but nothing is without value. Sometimes it is years before I can understand why it had to happen the way it did. I remind myself it's our Father within of us is doing the works called life. It takes an act of faith in the indwelling Presence within to set me back on His Path, and trust what I'm experiencing at the moment is for my best interest, no matter the appearance. I pray for the gift of wisdom and grace. I realize it's time to dismantle, rewire and rewrite my personal "reality." Out of enlightened self-interest let's be grateful even in the dark night; the Divine Light is coming. I have a lot to learn, I need to grow-up, and serving others sets the tone I seek. "Gratitude makes sense of our past, brings peace for today and creates a vision for tomorrow" Melody Beattie - "Love is the medicine for the sickness of the world; a prescription often given, too rarely taken." Dr. Karl Menninger. Let's dose ourselves with love daily and to serve others, dispense it with impunity, don't worry about overdosing on love. Thy Love, Thy Will be done.

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Mother Teresa
Out Of The Darkness Into The Light*

Who's Recalling?
"Pay Forward" #247

Today's "Pay Forward" gift is - Who's Recalling? Auto-makers have massive recalls, to correct defects. By our Father's loving grace He has ongoing both private and universal recalls, to correct our defects. I have learned to cooperate with His recall and His replacement programs. I can use our Alcoholics Anonymous' spiritual principles, to accept my defective parts. When I am wrong I can promptly admit it. I can deal with the exact nature of my wrongs by answering our Makers Loving Recall. Both fear and love can cause me to lie. I still have some fear that if I told you all about me I would not be loved or respected, so I withhold parts of the truth, that's not the same as a lie, unless I claim I am telling the whole truth. The nature of my wrong is fear and not trusting our Father as our only Source. At times it is a loving thing to do to lie to another person about something they cannot change. Here are some of our replacements parts: love for hate, peace for conflict, forgiveness for bondage, abundance for lack, service for selfishness, empowerment for powerlessness, enlightenment out of darkness, Divine union for illusions of separation - Ad infinitum. By sharing the loving gifts given to us by grace we are part of our Maker's recall and replacement program. We can share our love silently or openly. Come let us love one another even as our Father loves us. Thy Love, Thy Will be done.

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And knows God."*



The Miracle Of Acceptance
"Pay Forward" #248

Today's "Pay Forward" gift is – The Miracle Of Acceptance. Practicing the Serenity Prayer daily can open our heart, mind and soul to the reality of acceptance of those things we cannot change. We realize that we cannot change other people or what has already happened. Sometimes it is difficult to know what we can change, so we can ask for the wisdom to know what our Father intended, and accept the guidance given. If we are spiritually guided the guidance we receive will most likely be loving and good. "The Father Who dwells in me, He doeth the works." If we are guided by our personal "reality" the message is from the past. Practicing A.As' spiritual principles in all our affairs offers us the greatest realization of the Indwelling Presence we can count on, while waiting for our acceptance. We are more likely to have more backbone and less-wishbone. I love the idea that we are a spark from the great Fire, and we are of the same nature as the great Fire. Gratitude is an acceptance of grace. I have come to understand that A.As' way of life is simply a humble method of seeking and finding the indwelling Presence, which is always Present, ready to be accepted, and our created Self. When I trust the Divine Presence within as my Source, accepting my weakness and powerlessness becomes a constructive act, making room for the abundance so freely given. There is much wisdom in being spirit-guided instead of material-guided. Thy Love, Thy Will be done.

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Mother Teresa
Out Of The Darkness Into The Light*

Anyway
"Pay Forward" #249

Today's "Pay Forward" gift is – Anyway. Our Creator Chose To Express His Individual Divine Design In This World As Each One Of Us. Knowing We Would Have To Learn To Love One Another. He Lovingly Created Us Anyway. .

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

*"Beloved, let us love one another: for love is of God;
And every one that loves is born of God,
And knows God."*



Yes, But
"Pay Forward" #250

Today's "Pay Forward" gift is – Yes, But. Yes, I know our Father/Creator is Omnipresent, Omnipotent and Omniscience, but I don't act like it 24/7. I shouldn't have to remind myself often of this absolute Truth, after all there is an infinite Intelligence transforming what I ate into physical life, but I do. "When the devil has been unmasked a number of times, his final refuge seems to be the harmless-looking word but" Emmet Fox. I don't know about the devil, but I find myself using but too often, and I do know the devil never made me do anything. I had to accept the reality that I am responsibility for my actions and my decisions. I may not be happy about something I have experienced, but now I know I don't have to stay bound by it. A.As' spiritual principles give me all I need to change, but I have to use them. My spiritual relationship with the indwelling Presence is growing and awakening by Divine grace, and through my self-surrendering and practicing what I am given to understand and believe is the Will of our Father. My love and dependence on His grace deepens through prayer and meditation, were I am likely to convey my sentiments without words. But, I don't do that consciously and consistently 24/7. But, I think about troubles, without reminders, but, I'm learning not to dwell on them. In an abiding faith in our father we have the ability to service others; making a good difference. Thy Love, Thy Will Be done.

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Mother Teresa
Out Of The Darkness Into The Light*

Imagination – Friend Or Foe
“Pay Forward” #251

Today’s “Pay Forward” gift is - Imagination – Friend Or Foe. When we are in harmony with our Higher Self our imagination plays an important part of our co-creating. When we are consciously centered in our personal “reality” – the storehouse of everything we have experienced, real or illusion, our imagination [daydreaming] may come across as our friend or foe. Sometimes we may have conversations with absent people that take on the form of an imaginary quarrel or a lustful daydream, or maybe even a spiritual awakening, which is most satisfying, but if we say “huh” to ourselves, we have a real problem. A much bigger problem is when we have a resentment [to re-feel]; A.A. tells us that it is the number one offender of the alcoholic, the use of our imagination will increase the problem. We do well to turn A.As’ spiritual principles to bring about forgiveness and healing, ASAP. Any negative or harmful dwelling can only bring an experience of unhappiness, lack and limitations. An act of kindness and wisdom is to use our daydreaming to get those things we want, that are uplifting, loving and useful. In other words, to seek to do and to being our intended created Self, opening our hearts and minds to the indwelling Presence, beyond thoughts, words and emotions. The outer expression may come quickly or slowly, but they will come, much like A.As’ promises. Believe in them, and be ready to receive them, first in our imagination and then an outer experience. Thy Love, Thy Will be done.

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And every one that loves is born of God,
And knows God.”*



Let The Messenger Go
“Pay Forward” #252

Today’s “Pay Forward” gift is - Let The Messenger Go – When? As Soon As The Gift Is Delivered. I’ve been known to blame the messenger for a “package” I did not want. As I begin to awaken I wanted to move on, trusting the infinite rhythms and cycles of life the best I could. Owning my little part, and taking responsibilities for my decisions and actions is becoming a way of life. The lessons I’m learning are only good ideas until I put it into practice, that’s when I find out if it works; then it is truly mine to live, and to share. I realize how important it is for me to be grateful for my teachers and for those I share my gifts with. I ask our Father – “what’s next, unfolding, and awakening?” I’m reminding myself that it is the silent, invisible indwelling Presence within me and you, doing the works. Let me awaken to the boundless inner Presence with us 24/7. “He must increase; I must decrease.” Let me stop, look and listen for the next messenger. Let me detached consciously and unconsciously from the obstacles I’ve made up, and I stop wasting the energy I need to carry out my given purpose. I pray that I may continue to grow spiritually; enabling me to handle the new way of life I’m given. The man who believes he can do something is probably right, and so is the man who believes he can’t. Thy Love, Thy Will be done.

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Mother Teresa
Out Of The Darkness Into The Light*

Re-visiting Our Principles
"Pay Forward" #253

Today's "Pay Forward" gift is - Re-visiting Our Principles. Let us restate our Principle. We are surrounded by an Infinite Possibility and an indwelling Presence within. I have an abiding faith in and of our Father's loving grace. My faith began in A.A. as I saw others living it. When I began living A.As' spiritual principles I received the faith that works for me, my faith turned into reality, enabling me to have an increasing faith in our Father, and in Alcoholics Anonymous. I soon had a driving need for a working relationship with a Higher Power. I was not alone. Our Big Book makes a strong statement for people like me on page 45. "Lack of power that was our dilemma. We had to find a power by which we could live, and it had to be a Power greater than ourselves. Obviously...Well, that's exactly what this book is about. Its main object is to enable you to find a Power greater than yourself which will solve your problem." I accepted the premise that I had to stay sober to travel my serendipity Spiritual journey. That freed me to spend much of my time and energy on my primary purpose, seeking, finding and living my Spiritual mission, embodied in Alcoholics Anonymous. The workbooks and workshops I have written are based on my radical studies and dedicated service, and A.As' literature. My greatest Hero is Jesus Christ and I live His teaching daily embodied in A.As' Spiritual principles. Thy Love, Thy Will be done.

*"Beloved, let us love one another: for love is of God;
And every one that loves is born of God,
And knows God."*



What about loving myself?
"Pay Forward" #254

Today's "Pay Forward" gift is - What about loving myself? Our Father can transform our selfishness into enlightened self-Interest. I found I could truly care for the individual I was becoming. The nature of the disease, alcoholism is rooted in selfish, self-centeredness. By the time I arrived at Alcoholics Anonymous I had no relationship I could count on left. Self-centered meant survive. Living A.As' way of life my self-centeredness was transformed into enlightened self-interest. I wanted to be sober, I wanted to give of myself, and I want to be of real service, making a good difference became a reality. I wanted to be warm and loving, kind and understanding, wise and intelligent because it was most fulfilling. Friendship is based on what we have in common with others; I embraced those I shared with as friends. I enlisted personal "reality" into our Father's service; I was in union with my higher-self. My life is not boring. Before I could be a good friend to others I had to become friends with myself. When I did something wrong, or dangerous, or stupid, as my friend I want it corrected out of enlightened self-interest. I am the only one who can really know my uniqueness, my given purpose. I can understand the commandment to "love your neighbor as you love yourself." I don't want it said, "poor neighbor." I pray I'm conscious of being the individual our Father created. Come let us love one another even as we love ourselves. Thy Love, Thy Will be done.

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What Shall I Ask For?
“Pay Forward” #255

Today’s “Pay Forward” gift is – What Shall I Ask For? Our Father, I ask You; for the greatest gift of all, that I may be in conscious union with Your Will, Your Love, accepting my life as You created me. May I fulfill Your intended purpose 24/7? I am willing to forgive myself for all I have done wrong, and not done as You Will. I am forgiving everyone for their perceived wrongs, coming out of my judgment. I believe that everything has a purpose, even if my intention was wrong, but our Father meant it for good. I seek humility, but not through humiliation or shame. I want tender mercy for all I have done or wanted to do but didn’t. I must give away what I want, so I choose to be loving and merciful to others. Our individual purpose may differ widely, but that does not determine our worth, only our Father gives us value. Holding myself bound I realize is another form of selfish and self-centeredness. Out of enlightened self-interest, I’m willing to forgive us all. Guilt and shame can act as a dam that blocks the flow of my mission. I ask for the courage to break down the barriers and move on. I honor our Father’s Presence within each of His Creators, which includes me. “Don’t call me good, it is the Father within doing the good works.” We lose our power of choice when we blame others; we surrender it to them. Thy Love, Thy Will be done.

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And every one that loves is born of God,
And knows God.”*



A Path To Fulfillment
“Pay Forward” #256

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

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Out Of The Darkness Into The Light*

For All Seasons
"Pay Forward" #257

Today's "Pay Forward" gift is – For All Seasons. I didn't think fall would ever get here, but it did right on God's time. As someone said, "Nothing else in the universe frets about being late. Does the moon ask itself if it's where it should be? Does the sun say I must hurry, else I'll be late?" I notice when I'm most happy is when I am in harmony with the infinite rhythm and accepting all "seasons" - spiritually, mentally, physically, emotionally or socially, I've learned they all have their season. For a spiritual treatment (prayer) I ask our Father to restore our divine design back to its intended expression, and affirming it's already done. The words may differ from one problem or another, however, within my heart the spirit of the request is the same. In other words, I'm asking our Father for His Will be done. Every human and created being in the universe is an expression of an invisible Divine design and a season to carry it out. As far as the human there are no neutral thoughts. When we want to build something it begins with an idea, a mental blue-print. Our Creator is always the first cause and we are the secondary cause of those things we make up. "As our practice [prayer] becomes more habitual, the action of the Spirit's gifts of wisdom and understanding become more powerful and gradually take over our prayer, enabling us to rest habitually in the presence of God" Thomas Keating. Thy Love, Thy Will be done.

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And every one that loves is born of God,
And knows God."*



A Paradox
"Pay Forward" #258

Today's "Pay Forward" gift is – A Paradox. "We are going to know a new freedom and a new happiness. We will not regret the past nor wish to shut the door on it". Alcoholics Anonymous is where miracles happen and promises are kept. By our Father's grace some of my major defects have been transformed into workable assets. Regrets are a paradox; what I did was wrong, harmful, yet those transformed defects give my life meaning. Would I have found my loving relationship with our Father, His Love, and His Will for me the way I was living? My life has a good purpose due to my transformed defects. What shall I do about the things I have not done? If our Father wants those things done; I trust He will cause them to happen. I cannot do anything to change the decisions I made, but I can choose once again. My future, today, holds many opportunities to make a good difference. Let me be the best son and brother to all; as a lover, healer, teacher, forgiver I can be, here and now, for I shall not past this way again. Let there be no "if only" or no - "if and buts were candy and nuts we would all have fulfilled life." My heart's desire has opened my eyes through faith to see our Father's indwelling Presence, and Love, and the ears to hear His Holy Voice within the invisible silence. "Come; love one another as I have loved you." Thy Love, Thy Will be done.

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Mother Teresa
Out Of The Darkness Into The Light*

To Our Higher-Self Be True
"Pay Forward" #259

Today's "Pay Forward" gift is – To Our Higher-Self Be True. Emerson said, "Imitation is suicide." It has been very useful for me to follow my heroes' characteristics, but not forget I am not them, nor was I intended to be. On top of that, Emerson said, "Every person is already equipped with everything he can need or he wouldn't be here." I know I did not create myself or really maintain myself, it is that indwelling Presence within us all transforming what we eat into everything it takes to live in this body/world. I also accept that our Creator made only one of us, individualizing His works. I believe He is responsible to supply each of us with everything we need to express His works in this world. So, He must be Omnipresent, Omnipotent and Omniscience, we can be sure He is always here and there. I need only give my consent to open my consciousness for His gift of grace. "The divine energy flows into us and through us. In its purest form it is available twenty-four hours a day at maximum strength" Thomas Keating. I truly believe that with *almost all* - of my heart, mind and soul. Lack and limitation is not a gift of grace, but a product of my illusion. "No matter what kind of difficulty may be facing you, no matter how complicated your problem may seem – prayer can solve it" Emmet Fox. Oops, it's time to practice A.As' Step Eleven, care to join me? Thy Love, Thy Will be done.

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And every one that loves is born of God,
And knows God."*



A Wall-less Self-imposed Prison
"Pay Forward" #260

Today's "Pay Forward" gift is – A Wall-less Self-imposed Prison. An important person in my life told me that I would be a fine human being if I abstain from drinking alcohol, and refrain from acts of violence. When I came to A.A., I did stop drinking alcohol, and I stayed out of violence, for a while, but I was not a fine person. Actually, I felt a deeper anger, later I realized it was fear in denial. I no longer had my "medicine" alcohol to keep me from feeling and caring. My family's tradition it was forbidden to show fear. I had bought into the idea that, I would be free by just stopping bad things, but I wasn't. I did not know how to live unbound with my personal "reality" running the show, drunk or sober. The last year of my drinking I became well acquainted with the hideous Four Horseman – Terror, Bewilderment, Frustration, and Despair (page 151 Alcoholics Anonymous). I was imprisoned by my own doings. I didn't have the understanding to see how sick that was, until I practice A.As' spiritual principles for a while. I thought that I was protecting myself from the enemies of my own making. The absence of bad stuff does not equal a loving, fulfilling way of life, but it was a good start. A.As' spiritual principles supplied me with all I needed to get out of myself-imposed prison, which was always wall-less. "Somewhere, something incredible is waiting to be known" Carl Sagan. Thy Love, Thy Will be done.

*"Do Small Things With Great Love."
Mother Teresa
Out Of The Darkness Into The Light*

“Restraint of tongue and pen.”
“Pay Forward” #261

Today’s “Pay Forward” gift is - “Restraint of tongue and pen.” I have had an Early Warning System for many years in place. I find myself not taking advantage of it consistently, falling back into an old rut. I can promise myself; I will not do that again, only realizing I am doing it. This EWS consists of a database of my habits of thoughts and feelings that no longer work or they are harmful or too expensive. The purpose of this System is to let me quickly know I have fallen into an old rut. Armed with the awareness I can get out of the ditch and back on the path as soon as possible. I was feeling a little depressed and negative at a meeting I had to attend. I learned that I should not try to force myself into a good mood by trying to be funny. Most often it comes across as putting down another person, although I don’t intend to. I may have been able to say the same thing to that person at other time and no harm done. If I am depressed or just negative, it is best that I am straightforward and not try to be funny. In other words I should practice what A.A. suggests - “Restraint of tongue and pen.” As far as I know no one has been able to measure how much loving forgiveness a heart can hold, however, doing our best to forgive is enough. Thy Love, Thy Will be done.

Sharing Who We Are
“Pay Forward” #262

Today’s “Pay Forward” gift is - Sharing Who We Are. I have an opportunity to share my love and gratitude for this way of life, let it be from the depth of my heart. Each of us was given a gift of great value, our mission. It is part of our Father's Will to be expressed through us. Am I accepting and sharing these gifts daily? Each of us is a work of art; do I treat us as such? These gifts are a wonderful instrument in the Hands of our Master, our Father. Do I still blame others for anything? It’s never too late to honor the Giver of all True gifts, by living the best we can today, playing our song of loving gratitude; from the depth of our souls. "When the power of love overcomes the love of power the world will know peace" Jimi Hendrix. We don’t have to be a mystic to know that our Father/Creator is Love. Look around us and within us and we can see proof of His Presence, all created to share, in order to live, sometimes the giver, the next time a receiver; they are two parts of One. To share is my calling not a job. A job is when we do something for money. A calling is to love; to share what we are given. “If you return to me, I will restore you so you can continue to serve me.” Thy Love, Thy Will be done.

*“Beloved, let us love one another: for love is of God;
And every one that loves is born of God,
And knows God.”*



*“Do Small Things With Great Love.”
Mother Teresa
Out Of The Darkness Into The Light*

An Adult Innocence
"Pay Forward" #263

Today's "Pay forward" gift is – An Adult Innocence. In the early years of my Spiritual quest, I experienced a special kind of Spiritual innocence that I dearly cherished. "When I was a child, I spoke as a child, I understood as a child, I thought as a child; but when I became a man, I put away childish things." However, I had to pass through a time of Spiritual adolescence, indeed a transitional period of awakening, learning and development within this human condition, which seem to last far too long. A major sticking point was thinking and feeling that I would have to recapture my naïve; Spiritual innocence. I was willing to take responsibility for the wrongs I had done, and to kick myself out of the "Spiritual cradle." With that, responsibility comes the illusion that I would have to earn back my Spiritual innocence. When I could not, I came down on myself; lacking understanding and mercy. As I let go of the past, good and bad, I was opened to the experience of a Spiritual adult. I realized I was responsible for my choices, my actions, plus the need to trust our Father for the results. This Spiritual adult innocence flows from my abiding faith in our Father's loving grace. If I continue to live A.As' spiritual principles the best, I can daily, and I believe through a gift of grace, I may become a Spiritual Elder. Then I will know even as I am known. Thy Love, Thy Will be done.

*"Beloved, let us love one another: for love is of God;
And every one that loves is born of God,
And knows God."*



A Daily Reprieve
"Pay Forward" #264

Today's "Pay Forward" gift is – A Daily Reprieve. I wasn't in Alcoholics Anonymous for long before I caught fire. I became an A.A. "crusader." Pay-phones were a nickel, so I got a good supply and started making the rounds of the car dealerships. I was I used car dealer, and I knew we had lots of A.A. prospects, just waiting to be saved. This state of mind had to be corrected. My ideas of a Higher Power, and my relationship to Him had to undergo a great change. I run into a good deal of resistance, as you can imagine. Having had a spiritual awakening, and caring the message with the vision fixed on the idea of one Presence and one Power, adverse thoughts and conditions begin to disappear. However, I learned - "What we really have is a daily reprieve contingent on the maintenance of our spiritual condition." When I would fall in an old ditch of the illusion of separation from our Father, I run into opposition or adversity, my growing spiritual consciousness seem to be stoned to death. However, our True Self cannot be destroyed. It revives as soon as we pick up A.As' spiritual principles and put them into action. This way of life does arouse combativeness. Our problems come from our personal "reality." Selfish, self-centered thoughts will stir up opposition to the life I have come to enjoy, while radical gentle, loving ideas set our feet back on the pathway Home. Thy Love, Thy Will be done.

*"Do Small Things With Great Love."
Mother Teresa
Out Of The Darkness Into The Light*

A.A. – Our Distribution Center
“Pay Forward” #265

Today’s “Pay Forward” gift is – A.A. – Our Distribution Center. “First of all, we had to quit playing God. It didn’t work. Next, we decided that hereafter in this drama of life; God was going to be our Director. He is the Principal we are His agents, He is the Father, and we are His children” Alcoholics Anonymous p62. Before I began living A. As’ spiritual principles I had been out to please myself far too long. Having had a spiritual awakening I found myself more likely wanting to please our Father and serving others; out of enlighten self-interest. I became a miracle lover and hungry for more. The last business I was active in was an automobile distributor for two States. Our job was not manufacture anything, but to supply our dealers with vehicles, parts and support they needed to carry out their sales and service. Our Father is my Manufacture, Creator supplying me with everything I need to pass on everything I’ve received through His grace, daily. I found something I have a passion to do. “Life will take on new meaning. To watch people recover, to see them help others, to watch loneliness vanish, to see a fellowship grow up about you, to have a host of friends – this is an experience you must not miss” Alcoholics Anonymous p89. This indeed is an act of love. Loving thoughts become things, experience, just as seeds become plants, which are the mystery and miracle of life, and I love miracles. Thy Love, Thy Will be done.

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And every one that loves is born of God,
And knows God.”*



A Welcome Change
“Pay Forward” #266

Today’s “Pay Forward” gift is – A Welcome Change. Taking a leap into the unknown happen when I realized I could really stop drinking and believed I could stay that way, like the sober members of my A.A. click group. I was still standing on a precipice until I experienced that I could have a working relationship with our Father, and His spiritual principles embodied in A.As’ wonderful way of life. It was a welcome change. I was and I am delighted with the realization that there is an indwelling Presence within me I can call on 24/7. The promise on page 45 of our Big Book that I could find a Higher Power greater than anyone or anything that could do for me what I could never do for myself. I am so deeply grateful. Behind every problem or difficulty, real or illusion I come to know there is a way out. I turn to our Father for the solution, which is raising my consciousness above the level where the difficulty seems to be, and leave the results to the Boss. A complete reversal of our personal “reality” made up; a world of limitations. It’s not just taking off a garment, but ripping off a layer of skin. It’s the undoing of a life-long investment in habits of thoughts and feelings, the Identifying and letting go of these old useless and harmful beliefs is an essential part of the art of practicing A.As’ spiritual principles in all our affairs. Thy Love, Thy Will be done.

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Mother Teresa
Out Of The Darkness Into The Light*

Temporarily Having More To Give
"Pay Forward" #267

Today's "Pay Forward" gift is – Temporarily Having More To Give. Our Tradition Five states, "Each group has but one primary purpose – to carry its message to the alcoholic who still suffers." Carrying our message is a vital part of Alcoholics Anonymous. An alcoholic like other humans is never totally free of suffering. I choose to practice these principles in my affairs, which is to get the most out of sobriety, to do this daily is not an outside issue. I noticed a friend of mine whom I valued for the way she lived the Program, was experiencing depression. I asked if she was doing OK, she told me that she felt like killing herself, other than that she was OK. I asked why she did not bring up the subject at the meeting; she said she was afraid that others would think A.A. did not work. Others may say she was not working the Program to the best of her ability. At the time, she had nine years of great sobriety. She was active in Alcoholics Anonymous, and was working the Steps. She had an ongoing prayer and meditative life and was sponsoring people. By sharing my experience as a longtime member having gone through a time of the Dark Night Of the Soul; a Spiritual Transformation, I temporarily had more to give. By sharing my suffering experience, I realized it all has a purpose. Thy Love, Thy Will be done. "Develop the strength to do bold things, not the strength to suffer" Niccolo Machiavelli. www.12stepworkbook.org/workshops

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And knows God."*



How Prompt
"Pay Forward" #268

Today's "Pay Forward" gift it - How Prompt - can I admit I am off my mission path? If I embrace what I first resist, I can much faster. The moment I catch myself experiencing negativity, fear or anger, I can choose once again. 1. I can accept and own that it's coming out of my personal "reality." 2. If I explain or blame something or someone other than me as my problem, I lose my right to correct it. 3. If I own it, I can discredit it as useless, too limited or harmful without delay. By building a habit of addressing the problem quickly I can know when I've fallen in an old rut, and I am off my mission path. Without delay I can choose to turn to our Father. As the result of my practicing our Program, I've built an Early-Warning System. I can catch my falling into an old rut and get out of it quickly and avoid becoming a rut-dweller. Once I make a decision to get out of the rut I enter a different mindset. I can stop justifying my wrong-doing, and accept that experience as coming out of my personal "reality" giving me the right to surrender it to our Boss to be corrected, or transformed into an asset. "Changing the way we look at something, changes the thing we are looking at." Step Ten; "Continued to take personal Inventory and when we were wrong promptly admitted it." Thy Love, Thy Will be done.

*"Do Small Things With Great Love."
Mother Teresa
Out Of The Darkness Into The Light*

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Prayer Is A Reliable Solution
"Pay Forward" #269

Today's "Pay Forward" gift is – Prayer Is A Reliable Solution. I had a dear friend who believed that all of us had be prayed into Alcoholics Anonymous. I had no conscious relationship with a Higher Power at the time he told me that, and I had a hard time believing it, but I trusted that he did. Later, when I realized that the people who had what I wanted said they had a working relationship with a Higher Power, I went on a spiritual quest, which is still on going. I still have some of my spiritual heroes from the early days in the Program. "When we talk about Centering Prayer, [being still and letting our Father do the work] we are talking about love. This distinguishes Centering Prayer from Eastern methods [meditation]. Eastern methods are primarily concerned with awareness. Centering Prayer is concerned with divine love...in other words, our uniqueness remains and becomes the vehicle for the divine expression, which is why we were created" Father Thomas Keating. Centering Prayer has become a great tool for our Step Eleven. Emmet Fox wrote – "Prayer is always the solution. No matter what kind of difficulty may be facing you, no matter how complicated you problem may seem – prayer can solve it. Of course, you will also take whatever practical steps seem to be indicated, and if you do not know what steps to take, prayer will show you." I am deeply grateful even when I forget our Father is the Boss, He doesn't. Thy Love, Thy Will be done.

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And knows God."*



The Source Of Gratitude
"Pay Forward" #270

Today's "Pay Forward" gift is – The Source Of Gratitude. Just making a list of the people, places and things I am grateful for will not cause me to feel gratitude. I do loving acts often as part of the life I chose, but when I feel love and gratitude I realize it's unearned, it's a gift of grace. The abundance I receive is a gift of grace that's far beyond anything I could hope for. At times divine discontent takes over, and I feel it is not enough. To "practice these principles in all my affairs", takes on a new meaning. I am enriched by living the three Spiritual Gifts through working Step Twelve; the first Spiritual Gift is the awakening to the Presence of our Higher Power. The second gift is love; we tried to carry this message. The third gift is our mission; being the created individual we are, which is our Creator's intended Will ... and to practice these principles in all our affairs. I am enriched Spiritually through prayer, meditation and contemplation and that direct mystical union with the indwelling Presence within. I am guided into sober thinking and right action, and share the love I am, we are. I have not asked for too much but too little because I should always ask more of our Father, more of A.A. and more of myself. "To be over mindful of the gift is to question the generosity of the giver" The Prophet by Kahlil Gibran. Thy Love, Thy Will be done.

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Mother Teresa
Out Of The Darkness Into The Light*

Welcome Home
"Pay Forward" #271

Today's "Pay Forward" gift is – Welcome Home. Within us all is the indwelling Presence that reminds us who we really are. As the Big Book puts it: "Deep down in every man, woman and child is the fundamental idea of God." I remind myself by saying: There is an indwelling Presence within us, which transforms what we eat into the energy we call life. If we are alive, that infinite intelligence is Present, no matter whom we are or what we have or have not done, It is indeed the gift of grace, of life. I built the habit of saying, Father at each beginning, shift in my attention, reawakening my consciousness to our Creator within. I've been trying to upgrade that habit by adding our, to Father. I'm not consistent enough yet; replacing Father with our Father, with the intent to include all others. Out of enlighten self-interest I want to do and to be our Father's Love and Will, experiencing His individual divine design, in conscious union with that indwelling Presence, in whom we live, move and have our being. When I've experienced His Presence, I feel a healing love and warmth deeper than words, as if His Divine Light dissipates my darkness, and I'm welcomed Home. Each time I have experience that healing warmth, even if it's only for a few moments, it changes my whole attitude, and my faith in His grace expands. Practicing A.As' spiritual principles cause the promised awakening, and enlighten our serendipity journey Home. Thy Love, Thy Will be done.

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And every one that loves is born of God,
And knows God."*



Choose Once Again
"Pay Forward" #272

Today's "Pay Forward" gift is – Choose Once Again. I'm sure you've heard – "Only the good die young" – Oops. In August I turned 89. I have mixed feelings about that saying. I don't have to have a saying to judge myself by, to feel bad; I can do some of the "drug" guilt and punishment. However, I'm looking for saying that will inspire me. How about saying this? "As long as I am alive my mission is not complete, so I have lots of time to give of myself." I realize that humans have an innate need to have someone or thing to love and worship. Alcoholism, addiction or other illusions for happiness is the worshiping of gods; separating us from Reality. By returning to Loving our Father, and to worship Him with all our heart, mind and soul, we are given the grace of cleansing, forgiveness, tender mercy, and an opportunity to be healed. Opening us to a union with the indwelling Presence within each of us, who has always done the works we call life, consciously known or unknown. Like a Prodigal Son we go off into a far country (illusions), and waste our inheritance and misuse our talents. Once we choose to return Home to our Loving Father, we are given whatever we need for our reunion at the end of our journey. If we choose we can pick up a simple set of tools; A.As' spiritual principles, and go about our Father's Business, seeking and finding what we were looking for. Thy Love, Thy Will Be done.

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Mother Teresa
Out Of The Darkness Into The Light*

I Can Choose Once Again
"Pay Forward" #273

Today's "Pay Forward" gift is – I Can Choose Once Again. I really want to experience the happiness, the joy in just living that I once had in my early innocence. Everything was a God thing, and then I fell off my pink cloud with a thud. It's time to choose once again to enjoy life, seeking and finding the hidden good, accepting the fact that there is always a purpose. I really want this out of enlighten self-interest. I remember the joyful fulfillment I experienced, believing I am back on the path leading me to do and to be the Will of our Father for me. It doesn't seem to matter if I am right or wrong, as long as my intention, my willingness to do and to be His will is enough at the moment. I don't want to find myself taking on the "drug" guilty and punish of myself, or anyone else. I have so much to be grateful for. Let me remember even of an instant that praise and thanksgiving are the most powerful prayers of all, because they are affirmations of the Omnipresence and Omnipotence of our Father's grace. Giving of myself by serving others was so ingrained me in the beginning of my serendipity journey in A.A. that I never stop doing it, but not always with love, sometimes it is just a duty, but even that's enough. Even during those times the willingness to share made a good difference. Serving others opens us to wonderful possibilities. Thy Love, Thy Will be done.

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Enlighten
"Pay Forward" #274

Today's "Pay Forward" gift is - Enlighten = to give spiritual or intellectual insight, free from illusion or false belief, even from my personal "reality." Having worked A.As' Steps we have a spiritual awakening, enlightenment and spiritual insight, thinking with a sober mind in the present moment in the Presence. Most likely we start taking care of our physical body and our world. Emotionally sober our love is temper and expanded through our extending the love we were created as. Enlightened socially, we become disenchanted with sick relationships and freeing us from illusions and false belief. "We will intuitively know how to handle situations which used to baffle us." (Alcoholics Anonymous page 84) I am deeply grateful for the Promises. I had felt lost, empty, and unsure of myself; of life. I had felt so unloved for such a longtime. Just when I thought my life was beyond hope; these promises were my soul's re-awakening. At that point I knew my life did have a purpose and meaning. I began to experience the grace of everyday miracles. One side effect of my spiritual awaking I experienced intuitively knowing that I had an indwelling Presence within me, an invisible means I could not verbalize, but I had been searching for it as long as I could remember. I believe that we become more intuitive and enlightened after having a spiritual awakening as the result of working our Program. When the light comes on where does the darkness go? It returns to powerlessness. Thy Love, Thy Will be done.

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Out Of The Darkness Into The Light*

Unwelcome Guest
"Pay Forward" #274

Today's "Pay Forward" gift is - Unwelcome Guest. If anyone or anything is not what I believe is our Father's Will for me they are no longer welcome, however, they keep showing up. I can refuse to serve them food and drink or entertainment. Keeping those desires and aversions dried out by not watering them or feeding them with commentaries or acting out, they wither away. "A man cannot be comfortable without his own approval" Mark Twain. I'm never completely at ease while I am overly concerned with what others think of me, or dwelling on anything other than my heart's desire, which I believe is to do and to be our Father's Love and Will for me. I need to accept myself and even love myself as I am, or how can I accept and love others as the individuals they were created as? Now, I choose to embrace love, and pass it on, and to live move and have my Being/being as I am intended to be by the grace of our Father. If I want to be joyous, happy and free, I must carry the message to those who still suffer. Sometimes an untreated alcoholic can be difficult to share with, and I am their unwelcome guest? "Do not be discouraged if your prospect does not respond at once. Search out another alcoholic and try again. You are sure to find someone desperate enough to accept with eagerness what you offer" Alcoholics Anonymous p96. Thy Love, Thy Will be done.

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Love's Knocking At Our Door
"Pay Forward" #275

Today's "Pay Forward" gift is – Love's Knocking At Our Door. I call my A.A. living experience a loving serendipity journey, meaning I have, and I continue to find far more love than I dreamed possible. I practice sharing as many forms of love I can, out of enlighten self-interest, know all we give comes back to us multiplied. 1. (Agape) An expression of Spiritual love is sharing a universal good will with all deserving or not, which is an act unconditional love. No matter how self-centered I was, or I am, I can share through service; A.A. is a land of opportunities. I'm a Twelve Stepper, asking for nothing in return. 2. (Storge) I sponsor a number of A.A. members, much like a parent and child relationship. 3. (Philia) I have lots of friends, because we have a common mission, and interest, which are the bases for friendships. 4. (Eros) As a result of living; practicing A.As' spiritual principles in all my affairs, the best I can, I was given a loving intimate relationship with my wife. 5. (Primal-love) Our/my Father is our one True Source, as one life, I awakened to His Love and His Will. 6. (Self-love) Out of enlightened self-interest, I love all those I can, all I can. I understand it is more blessed to give than receive. When I forgive, love, heal, teach, enlighten, empower, enrich, communicate and Co-create all I can it compounds, because I choose to do it, I believe others want the same for me. Thy Love, Thy Will Be done.

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Confidence
"Pay Forward" #276

Today's "Pay Forward" gift is – Confidence. The more confidence I have in our Father the more confidence I have in myself, and my expression of His Will for me. My trust in His loving mercy is growing, and so is my acceptance in myself. I'm given the courage to take action when needed and serve others. I know in my heart that nothing I have done or not done can change His Divine Love for me, or anyone else. Instead of dwelling on lack and limitation, as I once did, my abiding faith in His grace has opened me to His divine abundance. I seek my hearts desired, which is a conscious union with His Will and His Love. I love the promise – "He has given His angels charge of me in all my ways. Who lifts me up in their hands lest I dash my foot against a stone." That stone turned into a stepping stone, as all of my defects do, when our Father transforms them into workable assets. My alcoholism is a great example. Whatever His Will is for me, I pray I do it well, consciously known or not. "If you make my Word your home you will indeed be my disciples; you will come to know the truth, and the truth will set you free" John 8:31-32. I'm taking direct action about my saying no to loving myself. Owning and surrendering this defect to our Father, ASAP, and following His healing guidance. Thy Love, Thy Will be done.

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What Another Re-bound?
"Pay Forward" #277

Today's "Pay Forward" gift is – What Another Re-bound? Anytime I complete an important goal to me, I have a re-bound. I did a workshop on a new workbook, and I had a re-bound soon after. You would think I would have enjoyed the experience, and be grateful to our Father, for the opportunity to make a difference. I celebrated by not being loving toward myself. It felt like I had done something wrong. I must have thought by knowing all about re-bounds, when, how and why they come about and how to react to them. Head knowledge is not wise enough to understand my insane reaction. I should celebrate the completion of a goal as a time to be joyful, happy, grateful, and to demonstrate reverence toward my Source, I found myself withholding love for myself and those I share with. It is so contrary to my conscious mission. After I experience a high from doing a worthwhile project, the re-bound is sure to come. "Acquaint now thyself with Him, and be at peace" Job 22:21. I am of no value to anyone by punishing myself for not being perfect. I can, by forgiving myself and accepting our Father loving grace, I can get out of the ditch I dug, and dust myself off, and continue to let my serendipity journey unfold. Our annual A.A. conference is coming up this weekend. I remind everyone who will listen, that there is another re-bound on its way. Surrender it to the Boss, before it arrives. Thy Love, Thy Will be done.

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Transformation Cycle
"Pay Forward" #278

Today's "Pay Forward" gift is - Transformation Cycle. For a while, I've avoided the harsh reality that I have arrived at my latest level of incompetence. It is a time of real change. A signal that my present understanding is so limited, and often seeing our Father as a human, yet I truly know He is infinite. However, the beginning of a spiritual transformation; everything has stopped working as it was. A good reminder of this was when I hit my bottom, causing me to seek help, changing my old life forever. The re-bound following a service high, re-opened my denial of what has been going on. MY prep reading for today caused me to, "let go and let God," have His Way. "When something happens to upset you, and you are discouraged, try to feel that life's difficulties and troubles are not intended to arrest your progress in the spiritual life, but to test your strength and to increase your determination to keep going. Whatever it is that must be met, you are to either overcome it or use it. Nothing should daunt you for long, nor should any difficulty entirely overcome or conquer you. God's strength will always be there, waiting for you to use it. Nothing can be too great to be overcome, or it not overcome, then used" Twenty-Four Hours a Day. Now, is the time to surrender all and stop fighting, letting the transformation cycle run its course, leaving the results to our Father. Thy Love, Thy Will be done.

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ASHES TO ASHES – DUST TO DUST
"Pay Forward" #279

Today's "Pay Forward" gift is - ASHES TO ASHES – DUST TO DUST. I've made a habit of spiritually centering my consciousness upon awakening. I only need to say – our Father, to remind me of His indwelling Presence. We come equipped with a great wireless communication, called prayer and meditation. Sometimes I awaken with a good idea that will not leave me alone. I have to get up and write about it. This morning was a case in point. I turned at random in the Bible for guidance, and I read in Luke 8:28-33; Jesus ran across a person who was full of bedevilments (could have been a dry alcoholic without a Program). The bad spirits knew they were about to be cast out and asked if they could leave the man and enter the pigs, which they did. The pigs apparently did not welcome those spirits, in fact, when they entered them, the herd ran violently down a steep place into the lake, and was drowned. My theme for today turned out to be a reminder that the nature of my wrongs center in my mind, my personal "reality" not outside of me. These useless, harmful beliefs have to be cast out. Our Program has shown me how to do just that. As I worked through the Twelve Steps I identified my bedevilments, and I own them and surrender them to our Boss. Like many of my illusions they were dis-empowered; ashes to ashes and dusk to dusk. Thy Love, Thy Will be done.

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Training Ground
"Pay Forward" #280

Today's "Pay Forward" gift is – Training Ground. Yesterday in this country, we honor veterans from all branches of service. I joined the Marine Corps when I was 17 years, for two reasons. One I needed a job, and the other reason I wanted to be a hero, when I was 6 years; I wanted to be Batman. I wanted to make a difference; However, I was a complete failure in every area. I served in the Korean War as a sergeant in the 1st Marine Division, I was not a hero. When I joined A.A. I was included in a small click group, and my life took on a real meaning, not as a hero, but as a recovering alcoholic, passing on what I was freely given. Alcoholics Anonymous offers unlimited opportunities to share the love we are, asking nothing in return. My belief in heroes change to one of service instead of punishing the wrong doers. The unknown has become a true adventure; an awakening training ground, with a purpose. "And let us not be weary in well-doing: for in due season we shall reap, if we faint not" (Galatians 6:9). We are in this world for a purpose; our Father's divine design. His Presence is often hidden in our difficulties, it's here we find His loving mercy and grace. A no-risk way of life is the biggest danger, there is during our training in the art of living. Step by step our heart's desire, our true mission unfolds. Thy love, Thy Will be done.

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The 13th Hour
"Pay Forward" #281

Today's "Pay Forward" gift is – The 13th Hour. Two of my morning readings are so timely that I feel compelled to share parts of them. "Some wonderful demonstrations come at the eleventh hour. Others come at the twelfth hour." [The project we are working on is on its 12th hour in a state of crisis.] And some of the deepest and most far-reaching demonstrations come at the thirteenth hour-if you maintain the right attitude. What, after all, is the right attitude? It is simply knowing the Truth of Being instead of accepting the error...If your statements of Truth are true, they are true whether the victory comes at eleven or twelve or one o'clock. State the Truth of Being concerning the problem. [God is our only True Source – see His Presence where the problem is.] Hold to it even after twelve o'clock has struck, and you will be surprised at the wonder good that can come to you at the thirteenth hour" Emmet Fox. "Sometimes the Spirit deliberately shatters those worlds. If we have depended upon them to go to God, it may feel as if we have lost God. We may have doubts about God's very existence. It is not the God of faith we are doubting, but only the God of our limited concept---this god never existed anyway" Father Thomas Keating. "Blind men came to him... [Jesus] touched their eyes and said, "According to your faith let it be done to you." And their eyes were opened" Matthew 9:28-30. Thy Love, Thy Will be done.

*"Do Small Things With Great Love."
Mother Teresa
Out Of The Darkness Into The Light*

Who Am I?
“Pay Forward” #282

Today’s “Pay Forward” gift is – Who Am I? Bill Wilson, the co-founder of Alcoholics Anonymous was asked why he didn’t give credit in his writings to the spiritual leaders of the works he used. I was afraid that people would think A.A. was another religion, he responded. He later wrote that he had borrowed mainly from religion and medicine. Alcoholics Anonymous’ roots were the Oxford Group; Christians who focused on love and service. Dr. Bob was a member 2 ½ years before an Oxford Group member brought them together. I’ve been hesitant to say in meetings that my life has been driven by Christian Spiritual Principles I found in A.A., and that my greatest hero is Jesus Christ. The simple fact is this – living A.As’ way of life I am living the principles of Christian, as an A.A. member. Lots of A.A. meetings are held in Christian churches, and many of our members are church members. If I don’t practice these spiritual principles in all my affairs, I will miss the mark. I have been going through another Dark Night of the Soul, the beginning of a Spiritual Transformation, I pray. A time when everything seems to stop working as it was. It’s time to stop trying to live on yesterday’s bread, and to “let go and let God.” Tonight I am speaking at an A.A. anniversary, I’m praying for an open heart and open mind, for the listeners and me. I’m willing to share what I’ve been freely given. Thy Love, Thy Will be done.

*“Beloved, let us love one another: for love is of God;
And every one that loves is born of God,
And knows God.”*



The Highest Form Of Communication
“Pay Forward” #283

Today’s “pay Forward” gift is – The Highest Form Of Communication. When I am in what I believe to be a Spiritual Flow it is easy to communicate, in fact, I feel like one communicated to as I am communicating. I find myself sharing wisdom I never thought of or said in its present form. When I have a day like that I am fully energized; this Spiritual Flow comes to us by grace. The best I can do during that Spiritual Flow is to stay open to it by joining it. At times, I want and need to share in a loving, wise and useful way but no Spiritual nourishment is forth coming. Am I doing something wrong, am I blocking it? I remind myself as soon as I remember that it comes by grace only, and it cannot be earned. It cannot be blocked by good or bad intention, then what’s the matter? I find it best to stop asking why not, here and now; I turn within to communicate with the Boss. I now believe that our Higher Power, our Creator knows what He is doing, always. There is a time to communicate spiritually, a time mentally, a time physically, a time emotionally and a time socially. Living in this human condition I found it useful to do whatever it takes to learn to be fluent in other ways of communication. I can always turn to our/my Boss in His First language, silence for guidance, which calls for daily practice. Thy Love, Thy Will be done.

*“Do Small Things With Great Love.”
Mother Teresa
Out Of The Darkness Into The Light*

Looking Within
“Pay Forward” #284

Today’s “Pay Forward” gift is – Looking Within. Our Father is both infinite and immanent. I know we did not create ourselves, nor can we take a glass of water and transform it into energy, flesh and bones; the indwelling Presence does that freely. Am I consistently aware of that 24/7? No, I have to re-mind myself daily, that this Infinite Being, having no boundaries or limits, immeasurably great, and yet within you and me. His Immanently Omnipotence is the Power within us in which we live, move and have our being. I was introduced to an invisible means of support, as part of my awakening as the results of living A.As’ spiritual principles daily. It has always been Present, but consciously unknown to me. Praying and meditating on these concepts has given me a deeper understanding of the word Omnipresence, which means our Father is always Present, within each of us and the universe and beyond, at the same time. We are supplied with all we need to do and be His Will. I made a habit out of not accepting His grace, thinking we have to earn it, or get good enough, which we cannot. I believed that my brother received more love than me, and he did. He was easy to love and I was very difficult to put up with, much less love. Living A.As’ spiritual principles have taught me to stop blaming and explaining anyone or anything for my good or bad, I have only one Source. Thy Love, Thy Will be done.

*“Beloved, let us love one another: for love is of God;
And every one that loves is born of God,
And knows God.”*



Now Is The Time
“Pay Forward” #285

Today’s “Pay Forward” gift is – Now Is The Time. Emmet Fox said that the Ancients could have had all the modern inventions we have, if they were Spiritually and mentally ready to do so. For example, the Romans could have had the telephone; the Greeks could have had the cinema; the Babylonians could have had the automobile. The laws of nature were not different from ours. The same materials were in the ground, but the minds and spirits of the Ancients were not ready. How about the Ancients need for Alcoholics Anonymous? From what I hear the world was in need of A.A. long before 1935. There were some attempts throughout history but nothing worked, until Alcoholics Anonymous. I can identify with having a great need before February 6, 1957. I made a lot of attempts to stop drinking and stay stopped but nothing worked for me, then A.A. came along. Alcoholics Anonymous is not for people who need it, but for those who want it, that works for me. It is no longer a high-risk venture to join A.A. or sponsoring or Twelve Stepping. There is one requirement for A.A. membership, a desire to stop drinking. Thus, unlike the Ancients many of us were ready for the advent of Alcoholics Anonymous. “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” Alcoholics Anonymous page 83. Join us. Thy Love, Thy Will be done.

*“Do Small Things With Great Love.”
Mother Teresa
Out Of The Darkness Into The Light*

Brothers
"Pay Forward" #286

Today's "Pay Forward" gift is – Brothers. One was very gifted and the other one [me] showed no special talent. I felt less than until I was introduced to my higher-self. My brother was blessed with a number of the talents that I yearn for. There is only One creator for us all. My brother and I had the same mother and dad; that was all we had in common. I was so envious of my brother; I wanted the love and abilities he was given. For him, everything seems to flow easy. He and our dad were partners, in business, and they were successful, on top of that, they were the best of friends. The last six years of my brother's life he and I were partners in a business. I came to love him as my best friend. When I got to know him, I didn't want to be like him, nor did he want to be like me, we found our true place. By Grace, I found my heart's desire, my purpose. Seeing the next step, isn't taking it, action is the magic word. To love everyone, including myself, I need to pray that each one expresses the divine design we are, there is only one of each of us, and pray that we remain open to our Father's grace. "Never give up on what you really want to do. The person with big dreams is more powerful than one with all the facts" H. Jackson Brown, Jr. Thy Love, Thy Will Be done.
www.12shopbook.org

Sociable
"Pay Forward" #287

Today's "Pay Forward" gift is – Sociable. It's hard to believe the social change I have experienced since I came to Alcoholics Anonymous. I had been withdrawn, and not trusting anyone. In a short time, I couldn't wait to get with my home group. I wanted to be part of A.A., even 12 Step work. I realized how hungry I was to share my life with other humans, and how lonely I was. Now, I spend from eight to twelve hours a day sharing our Program. I am so grateful that I have something of value, I can share; my life now does make a good difference. For more than sixty-two years I have been in the position to share. I sold my business in 1981. I kept an office, and by grace I am well provided for. I've written Twenty workbooks, workshop papers and doing workshops, retreats and study groups for more than thirty-eight years. I hold meetings in my office, and I share with others one-on-one. My website has enabled me to reach out far beyond anything I could have imagined. I realize the One Source of all of this. I am so very grateful. All the above are miracles. I received the grace to share with so many that have a willingness to continue to grow. If I gave you the impression that these miracles come by any other than our Father's grace, I've misled you; I do not question our Father's guidance, love and tender mercy. Thy Love, Thy Will be done. www.12stepworkbook.org

*"Beloved, let us love one another: for love is of God;
And every one that loves is born of God,
And knows God."*



*"Do Small Things With Great Love."
Mother Teresa
Out Of The Darkness Into The Light*

Bless Everyone – Thing Our Father Created
“Pay Forward” #288

Today’s “Pay Forward” gift is – Bless Everyone – Thing Our Father Created. I’m looking to our Father for the results. Because I am a worker, I think I could have or should have done more and better. What I’ve done that really mattered, always came about by grace. Every day I share what I can with whoever shows up. When I reflect on the “bigger” impact stuff I can see an Invisible, Silent means of support expending His grace. Starting with my 63rd A.A. birthday in February, I have no illusions that I have earned all the gifts I’ve been given. I have freely accepted our Father’s tender mercy and grace. My physical life should have been over long ago, yet here I am at 89. My financial condition came by grace. Doors opening and closing bring unearned success, a mystical feeling as if I have had a guardian angel. My website has allowed me to share my workbooks and workshops all over the world. I will never meet most of those using these works. I found out in 2007 that my website www.12stepworkbook.org had 8,300,000 hits and over 330,000 download in 46 countries. My abilities are so limited it is clear; this could only come about by grace. It has always been our Father within all of us doing the works. I don’t have the time or space to outline all I have been given, but it should be clear why I am so grateful. Come let us love one another. Thy Love, Thy Will be done.

*“Beloved, let us love one another: for love is of God;
And every one that loves is born of God,
And knows God.”*



When am I a Co-Creator?
“Pay Forward” #289

Today’s “Pay Forward” gift is - When am I a Co-Creator? I choose upon awakening to center my consciousness within to our Father’s indwelling Presence, our Creator, at the beginning of my daily prep work. This includes prayer, meditation, affirmations, reading, writing and physical exercise. My part in the process of co-creating is simple; I express my right to choose what I want out of enlighten self-interest, focusing on the thoughts, feelings and actions for those things, instead of what I don’t want. I seek guidance and inspiration as to how I’m to carry out what I believe is our Father’s Love and Will. I am building the equivalents, the containers to enabling me to continue expanding my heart’s desire, my given purpose as I am directed by grace. I am receiving all I need, abundantly. Just a tiny conscious contact with our Creator, is enough to begin co-creating, I leave the results to our Father. When I’m in my personal “reality” alone and unaided I am a maker-upper of illusions. At times, my computer gets out-of-whack, when that happens, I’ve learned a simple solution. I turn off all its power and then restart it. It will re-boot to its default program. When I fall into an old ditch and can’t get out, I turn off all my personal “reality” power by switching to our Father’s Omnipotence, in prayer and meditation. Silently, I am re-booting, to my individually created divine design, and I continue my serendipity journey. Thy Love, Thy Will be done.

*“Do Small Things With Great Love.”
Mother Teresa
Out Of The Darkness Into The Light*

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Mother Teresa
Out Of The Darkness Into The Light*

My Notions About Emotions
"Pay Forward" #290

Today's "Pay Forward" gift is – My Notions About Emotions. Arriving at the doors of A.A. I was experiencing one primarily emotion, anger, which turned out to be Siamese twins with fear. My family believed that no "man" should ever show fear. I stuffed my fear, which turned so quickly into anger, that I didn't know it was filled with fear. About six months in A.A., and sober I was going to all the meetings I could. I hung out with a group of A.A. workers who loved this way of life. I heard a lot about solutions, and the disease. I had read that we had two emotions, love and fear. My great Hero had said that we are to love our enemies. I wondered, just how am I to love my enemies if they are some form of fear? Then, by grace I was shown that we could change the nature of my fears. If we embraced our fear it turns out to be one of two things. It will be a real problem that calls for a solution or acceptance; then, I could choose to let our Father deal with it, through me. Or, it's another one of my illusions, often charged with negative energy. I am learning to practice A.As' spiritual principles in all my affairs, including both seeking a solution for my problem, and to let go of my illusions. "Rivers know this: there is no hurry. We shall get there someday" A.A. Milne. Thy Love, Thy Will be done.

More Useful Whole
"Pay Forward" #291

Today's "Pay Forward" gift is - More Useful Whole. I've come to realize or awaken to the reality that I have characteristics that contribute to my mission, my heart's desire, which is to carry out our Father's Love and Will. I must continue to pass on the gifts and talents I'm freely given, if I want to keep them, and watch them grow, as a way of life. I've experienced the grace of healing in every area in my life, since joining Alcoholics Anonymous. I believe all who have applied our Program has experienced healing at some level. We become Healed Healers Healing by passing on whatever healing we have experienced. "Let it be done as you believe." Your faith has made you whole, by awakening, and resetting our Created individually divine design. I have an abiding faith that the spiritual principles of A.A. works; the fact is I now know that they do. (From my dictionary) Heal = to restore to health or soundness, cure. I am reminded of our Second Step; "Came to believe that a Power greater than ourselves could restore us to sanity." Living sober and following these simple Steps and Traditions, opened me up and made me whole for the first time in my life, at a level I could not have dreamed; spiritual, mental, physical, emotional and social. I give credit to our Father and His Son, working through the healing powers of our fellowship. I'm truly grateful for the tender mercy and grace. Thy Love, Thy Will be done.

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And knows God."*



*"Do Small Things With Great Love."
Mother Teresa
Out Of The Darkness Into The Light*

Guess Who Is Suffering
"Pay Forward" #292

Today's "Pay Forward" gift is – Guess Who Is Suffering. Our Tradition Five states, "Each group has but one primary purpose, to carry its message to the alcoholic who still suffers." Carrying our message is a vital part of our Program. I've been in A.A. for a long time and I can assure you we all suffer at times. An alcoholic, like other humans is never totally free of suffering, Spiritual, mental, physical, emotional or social. I choose to practice A.As' spiritual principles in all my affairs. Out of enlighten self-interest; I want to enjoy the fullness of a sober life. I noticed a friend of mine whom I valued for the way she lived the Program, was experiencing depression. I asked if she was doing OK, she told me that she felt like killing herself. I asked why she didn't bring up the subject at the meeting; she said she was afraid that others would think the Program didn't work. Some others may say she was not working the Program to the best of her ability. She had nine years of great sobriety. She was active in the Program, working the Steps. She prayed and meditated daily, and was sponsoring people. By sharing my experience as a longtime member having gone through the Dark Night of the Spirit, a Spiritual Transformation, I was able to carry the message to one who was suffering. By sharing my suffering experience, I realized it all had a purpose. Thy Love, Thy Will be done. www.12stepworkbook.org click Workshop - Spiritual Transformation.

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The Eternal Now
"Pay Forward" #293

I greet The Indwelling Presence within you.

Today's "Pay Forward" gift is – The Eternal Now. The only time I can practice my mission is in the present moment, and it can turn into an eternal vigilance, and this is the price, that I am willing to pay, giving me a first-hand experience. I know the Infinite is flowing freely into the finite, and it must take place here in the present. Even if I had the best experience a moment ago, and I try to crystallize it, save it, repeat it, as it was I block the infinite flow. The grace of the past is transformed into today's asset, and is useful. A transformed past into a present asset is a great service tool, not as the morbid past to replay. I learn from the past now, but I don't relive it. It is useful to dream of the future if it pulls me toward my Mission in this present moment but not projected into the "future" which is not. It is useful to dream of the future here and now to help understand my Mission goal or my Heart's Desire better. If it is Your Will, Father. "When we have the courage to walk into our story and own it, we get to write the ending" Brene Brown. "Well done, thou good and faithful servant. Enter into the joy of Thy Lord." These words are for many ordinary people, even alcoholics, who are living A.As' spiritual principles, and otherwise the world may pass by, unrecognizing. Thy Love, Thy Will be done.

*"Do Small Things With Great Love."
Mother Teresa
Out Of The Darkness Into The Light*

The Misguided Hero
"Pay Forward" #294

I greet The Indwelling Presence within you.

Today's "Pay Forward" gift is –The Misguided Hero.
"Resentment is the "number one" offender. It destroys more alcoholics than anything else" (Alcoholics Anonymous p64). Forgiveness is the "number one healer," and it's too important to skip over lightly. If you have not taken A.As' Steps, I suggest that you do ASAP. If you still feel bound by someone or something, go to www.12stepworkbook.org , click on workshops, then forgiveness. These papers contain some useful tools, letting our Father transform this defect into an asset. The naive person both forgives and forgets. A stupid person nether forgives or forgets. A wise person forgives but does not forget. When I was in denial, and still blaming others for my problems, I felt all who had rejected or harmed me needed punishing, not forgiving. My part was simple; I was the hero; the one who punished the wrong-doers. I soon learned, if I want loving relationships, and have a joyous, happy and free life, and an open-heart, mind, and soul, then I must be willing to forgive all, even myself. I was not able to forgive at times, but I became willing. Like some of my other defects, they were hidden in my little personal "reality." Only our Father could clear away the wreckage of my past. I look to our Father to do for me what I cannot do. I surrendered that defect to Him to heal, and or transform into an asset. Thy Love, Thy Will be done.

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And knows God."*



Mission characteristics
"Pay Forward" #295

I greet The Indwelling Presence within you.

Today's "Pay Forward" gift is – Mission Elements. The more I practice what I want, as a way of life, I realize the quality of my life experiences improves, broadens and expands. As I practice the primary characteristics my Mission, in my daily life, the sooner I get into a useful, wiser and loving solution. My Mission's most important characteristics are: Forgiveness, Teaching, Healing, Loving, Enriching, Empowering, Enlightening, and Communicating, Co-creating, and Awakening. As I make a daily commitment to consciously and consistently practicing these characteristics in all my affairs; fulfilling my spiritual serendipity journey on my way Home, becomes real. That's far more important to me than any immediate experience or fix. If I am consistent in my practicing these characteristics long enough, say 40-Days, will give me a jump-start for building a habit of thought and feeling; becoming part of my personal "reality," my Filter System. Yes, I understand that it's only a start, however, when I followed this process as a way of life, change happens, it works it really does. If I practice anything good or bad long enough, and consistently it becomes a new habit. Then, it runs on automatic until I call it into question. I would love to have my Mission's characteristics on automatic in place of some of my negative stuff I'm responsible for. "Watching great people do what you love is a good way to start learning how to do it yourself" Amy Poehler. Thy Love, Thy Will be done.

*"Do Small Things With Great Love."
Mother Teresa
Out Of The Darkness Into The Light*

Handy Man
"Pay Forward" #296

I greet The Indwelling Presence within you.

Today's "Pay Forward" gift is – Handy Man. I believe there is only one Creator; I choose to call our Father, Who is omnipresent, we all have life in common; from the lowest creature to the highest. I made a decision that I would no longer kill anything unless I am going to eat it. I don't eat cockroaches or humans. Out of enlightened self-interest I am willing to forgive everyone, even myself ASAP, If I am unable to do that I let our Father take over. I will catch a cockroach or other creatures and relocate them, unharmed. Cockroaches have been on earth for 320 million years, which is much longer than modern humans. Perhaps we should show a little respect for our elders, instead of treating them like pest. OK, that's a stretch. We could save a lot of money if we do our own repairs. I'm thinking about getting a homeowner's "How to Book," I could become a great Handy Man. Today is a great opportunity. My sink is draining too slowly. My wife tried some household products to no avail. I took that simple job over, and now it will not drain at all. My wife did not waste any more time, she called a professional plumber. She does not share my compassion for creatures; if one comes out of hiding she calls an exterminator. I'm going to my office where I can carry the message to the alcoholic who still suffers. Thy Love, Thy Will be done.

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And knows God."*



Thanks For Sharing
"Pay Forward" #297

I greet The Indwelling Presence within you.

Today's "Pay Forward" gift is – Thanks For Sharing. The Only Time To Be Loving And Grateful Is Now. "To thine own self be true, and it must follow as the night the day thou canst not then be false to any man" Shakespeare. To compare the personal "reality" to our Higher Self is like judging the ocean's abundance by a few empty shells. Who am I? Alcoholics Anonymous soon began to answer that question. A.A. offers a set of spiritual principles that will chip away all that is not our purpose for being, if we are willing. Today my intention is to focus my attention within on the indwelling Presence, in my ongoing quest for my True Created Self. I'm grateful that the A.A. member who first called on me didn't tell me I would have to practice these principles in all my affairs, or that I would have to take Step Five, or I couldn't stay sober. He told me, I only needed to have a desire to stop drinking, and the only Step I needed to be concerned with was the First Step. I am so grateful I was told that because I could not handle anything more advanced. As we experience healing, in any area, let us pass it on to the one who is still suffering in that area. That's a gift that keeps on giving. That's demonstrating our loving gratitude by giving of ourselves unconditionally, asking nothing in return. Thy Love, Thy Will be done.

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Out Of The Darkness Into The Light*

Some Thoughts To Dwell On
"Pay Forward" #298

I greet The Indwelling Presence within you.

Today's "Pay Forward" gift is – Some Thoughts To Dwell On. The fact is we do not experience something of value unless we are already half awakened within to that concept. Great is the gift we've received as the results of sharing this Alcoholics Anonymous program. We're called to share the healing love with someone who cannot repay us; we temporarily have more to share with those who temporarily have less. "What you are shouts so loudly that I cannot hear what you say." I am filled with love and gratitude for what You have in mind for me today. Do we have to have super-human gifts to share, or can we be an everyday hero or heroine just being our created individual self, one day, one event at a time? Yes. Many of our World War One wounded heroes were given morphine, and often became addicted. The producers of Bayer Aspirin, with good intentions, produced what they called The Hero's release from pain and free of addiction, that was heroin. Love is the healing power the hero or heroine draws out from within. Trusting the hero or heroine's path within can make us willing, to give up our desire to control, our desire for approval, affection and security from other people or things. Let us trust the loving healing power within us, just for now to make us whole. "Pain is the breaking of the shell that encloses our understanding" (Gibran). Thy Love, Thy Will be done.

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And knows God."*



Love
"Pay Forward" #299

I greet The Indwelling Presence within you.

Today's "Pay Forward" gift is – Love. "It is our hearts that we are offering to God in Centering Prayer, hearts that are pleading for the Holy Spirit and , the same time, putting up with the weakness of human nature and our own personal melodrama, for the love of God" Father Thomas Keating. I awakened early this morning with a new insight about a very old misunderstanding, which had to do with a punishing, vindictive, merciless God of the Old Testament. My experience has proven to me that God our Father is Love. Each creation is an expression of our Creator's love. Life must share its self with other life to live. Sharing is love in action, so all is love. What else could we be if not love? How could our/my Creator/Father be anything but love? In the Old Testament, we read, "Vengeance is mine; I will repay, says the Lord." Could a loving Father be vindictive, seeking revenge, demanding retribution or inflict punishment on His children/creation? I cannot believe that. I will not accept that about Him, He would have to be a child abuser. The word vengeance must have another meaning. I believe it simply meant that any correction, healing or transformation must come from Him. My own experience shows me that our/my Father has transformed some of my defects into assets and for that I am truly grateful. "Love is repaid by love alone" Saint Therese of Lisieux. Thy Love, Thy Will be done.

*"Do Small Things With Great Love."
Mother Teresa
Out Of The Darkness Into The Light*

"We Are Not Saints"
"Pay Forward" #300

I greet The Indwelling Presence within you.

Today's "Pay Forward" gift is – "We Are Not Saints." "Be ye therefore perfect, even as your, Father which is in heaven is perfect" Matthew 5:48. What on "earth" does that mean? I have a hard time with people, including myself, who are trying to be perfect, 24/7, and worrying that people will find out who we really are. So far I have only known imperfect beings, at least a little flawed. I pray that we have compassion for all of us who are in temptation. By doing A.As' Stepping; mostly by grace and mercy of our Father, I have a workable understanding of the Matthew's meaning of being perfect. I believe that our Father created each of us as an individual, one of a kind, to express His Love and Will in this world, being and doing that is perfect. Each of us has within, His Indwelling Presence, which transforms what we eat and drink into life, as we know it. As humans we cannot do that, yet it is being done now as I write this and you read it. To understand this transformative power, we have to stop counting, measuring, and weighing. Be still, through prayer and meditation, and we can experience His infinite mercy and realize that *it's* all a gift. "Lord, make me a channel of thy peace." Once awakened we starve for spiritual nourishment and for a life that is connected to our Creator, and experience a purposeful life. Thy Love, Thy Will be done.

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Guilty As Charged
"Pay Forward" #301

I greet The Indwelling Presence within you.

Today's "Pay Forward" gift is – Guilty As Charged. I awakened from a restless sleep feeling, fear and emotional pain; because I had done something, I had promised myself I would not do. Once again, I fell short of my mission commitment. I believe our Program is Spiritual, but not as an organized religion. Most often I think of my wrongs as defects or missing the mark not sinful. The name I called it was not as important as my owning my part. I remind myself the wrong was not caused by another person or an event outside me, so I can choose once again. My primary transformation prep work is taking full responsibility, ownership of the core belief within my personal "reality". The transformation from my disease took a healing turn when I realized and accepted once an alcoholic always an alcoholic. I did not drink because of this or that experience or to face life or escape it. I drink because that is what an alcoholic does. When I accepted I could no longer blame or explain my alcoholism away, I was open to the grace of our Father transforming my disease into an asset. I believe my mission and Your Will for me Father are one. I now ask for more than forgiveness, I ask for a Spiritual Transformation. I ask that my defects be transformed into assets, for Your service, Father. I am deeply grateful. Thy Love, Thy Will be done.

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Out Of The Darkness Into The Light*

Experience Called Into Question
"Pay Forward" #302

I greet The Indwelling Presence within you.

Today's "Pay Forward" gift is – Experience Called Into Question. It's important that I have a working understanding of what my personal "reality" is or is not. It is so familiar I have to call it into question, otherwise like all habits it will run on automatic. It's where I've stored a lifetime of facts and illusions. I believed each one as real having value until I call them into question. Pain is the breaking of the shell that encloses my understanding. I cannot depart from them without pain and fear even realizing their valueless-ness, and harmfulness, part of me will surely die. My personal "reality" filters, my consciousness of life, must be dealt with, or be my future experience. I seek Spiritual guidance to my ongoing questions: What's the purpose for this or that? Am I experiencing Reality or my personal "reality"? I realize I have a choice; I am not doomed to live the rest of my life driven by automatic responses. I am learning that I need to accept the things I cannot change, like other people, of the past, for example. I need the courage to change the things I can, like my personal "reality". To do this I need the wisdom to know what I can change and what I cannot. A.A. offers us a set of tools in which we can chip away all that is not our true self. I stop blaming anyone or anything for my defects. Thy Love, Thy Will be done.

*"Beloved, let us love one another: for love is of God;
And every one that loves is born of God,
And knows God."*



The Critic
"Pay Forward" #303

I greet The Indwelling Presence within you.

Today's "Pay Forward" gift is – The Critic. "It is not the critic who counts; not the man who points out how the strong man stumbles, or where the doer of deeds could have done them better. The credit belongs to the man who is actually in the arena, whose face is marred by dust and sweat and blood; who strives valiantly, who errs, who comes short again...who at the best knows in the end the triumph of high achievement, and who at the worst, if he fails, at least fails while daring greatly" Theodore Roosevelt. I've been known to be a person who needs to stop criticizing myself. It really doesn't motivate me to do better by pointing out how I stumbled, or what I'm feeling, thinking and doing is wrong, or not quite right. That's a sure sign that I'm partaking in the "drug" guilt and punishment. There's a big difference between "giving up" and surrendering myself to our Father for correction, or transforming one of my defects into an asset. The food I ate is being transformed into flesh and bones and everything else I need, by the indwelling Presence within. I want to encourage myself and others to do and to be our Father's Love and Will, consciously known or unknown. I choose to dwell on what is good and useful in our lives, as a loving observer. Opening up to my grandest dreams and aspirations, my hearts-desire, and encourage other to do the same. Thy Love, Thy Will be done.

*"Do Small Things With Great Love."
Mother Teresa
Out Of The Darkness Into The Light*

A Random Act Of Gratitude
"Pay Forward" #304

I greet The Indwelling Presence within you.

Today's "Pay Forward" gift is – A Random Act Of Gratitude. How about offering a tiny act of love today? That was a popular idea for a while. Like most good ideas after a while, we look for something bigger and better. I don't think there can be anything that can take the place of love. I've come to believe that the deepest experience of love and gratitude can only come through grace, unearned. The dissatisfaction with a present expression of love, like most of my not-enough-of-anything, is simply my too limited understanding. Perhaps this is no more than our evolution of consciousness. I call this, Divine Discontent. The indwelling Presence telling us to move on. Setting boundaries can be an idea based on wisdom or a fearful withdrawing. If love is not the true motive, beware. It's mostly likely a random act of fear. It is a good idea to pay attention to our intention, and include our Father in our decisions. "What can you do to promote world [or for a loved one] peace? Go home [or to a meeting] and love your family [or the first person you meet]" Mother Teresa. I had to have a spiritual awakening as the result of practicing A.As' Steps and Traditions in my daily life, before I was open to a deeper meaning of love and gratitude. It was then I could see how my mom and my dad had tried to love me, to guide me, but I wouldn't have it. Thy Love, Thy Will be done.

*"Beloved, let us love one another: for love is of God;
And every one that loves is born of God,
And knows God."*



"Straight Talk"
"Pay Forward" #305

I greet The Indwelling Presence within you.

Today's "Pay Forward" gift is – "Straight Talk." I had to be the lawgiver (The Father) to one who has been drifting in and out of insanity, putting their self, and others in harm's way. Like the Prodigal Son, this person would make endless promises to stop what they were doing, forever only to go back out once again into the same insane far country. I asked that person not to come "home" to me, unless they were willing to do whatever it takes to walk their talk by working the Steps. I had been a Prodigal Son many times, before I came to Alcoholics Anonymous. I found myself enabling this person, as I had been, by my loved ones, which seemed unconditional at the time, but it was not. When a father-like-person (Dr. Nixon) stopped enabling me, I found myself on a true path Home. Before, I realized I needed to be as a loving Father, which is a caring lawgiver and stop enabling, him; I turned into an Elder Brother. That is, I became angry, jealous, and judgmental at my Father for forgiving my Prodigal Brother again. He had been out practicing insanity while I had to stay-at-home and done all the "right" stuff. At times, I'm a sponsor who must take on the hard path of a loving, caring lawgiver, as a father, surrendering everyone and everything in an abiding faith in our Father's grace. Thy Love, Thy Will be done.

*"Do Small Things With Great Love."
Mother Teresa
Out Of The Darkness Into The Light*

Our Father's indwelling Agent Or Messenger
"Pay Forward" #306

I greet The Indwelling Presence within you.

Today's "Pay Forward" gift is – Our Father's indwelling Agent or Messenger, is The Holy Spirit. At times, I know that my indwelling Christ is indeed an individual creation of our Father, to express Him in this human condition is my goal. My Higher Self is in the image and likeness of my Hero Jesus Christ as both Spirit and human. Why am I unable to consciously experience Him, knowing that He is my true created Self? The Holy Spirit is to comfort me. In fact He is the indwelling Voice of Jesus Christ and our Father. I love our Father and I love Jesus Christ, yet I am unable to have a consistent conscious contact with them. That's understandable, because both our Father and His special Son; Jesus is beyond my spiritual pay grade, even though they are omnipresent. We are to deal with His Holy Spirit. I want to believe, to know and experience consciously my indwelling Christ and Holy Spirit's omnipresence. I need to become fluent in Their first language, silence; I am willing if that's the way it has to be? Perhaps, I'm just blocking them. I know I cannot earn that most desirable grace, nor am I wise enough to understand His infinite intelligence. I do have an abiding faith in our Father's grace, and I trust that Father always knows best. "If the only prayer you said in your whole life was "thank you," that would suffice" Meister Eckhart. Thy Love, Thy Will be done.

*"Beloved, let us love one another: for love is of God;
And every one that loves is born of God,
And knows God."*



Whom Shall I Fear?
"Pay Forward" #307

I greet The Indwelling Presence within you.

Today's "Pay Forward" gift is – Whom Shall I Fear? We can awaken to the Indwelling Presence within each of by following a few simple spiritual principles. "Carefully reading the first five proposals we ask if we have omitted anything, for we are building an arch through which we shall walk a free man at last" p 75 Alcoholics Anonymous. This way, truth and life was borrowed from the teachings of my Hero, Jesus. "Having had a spiritual awakening as the result of these steps..." For many of us the experience of an inner light, which is no mere passive or static presence, but a dynamic power; forgiveness, enlightenment, plus whatever we need to carry out our created purpose. We need no longer trust our personal "reality" alone and unaided. We are learning to face our enemies, most of which are of our own making, "My heart shall not fear," the world has no more power over me. I have confidence in myself as I have confidence in our Father. The external things are but passing shadows of no permanent importance. I pray for a steadfast determination to dwell in the Indwelling Presence within us. I pray that my spiritual understanding continues to grow. My enemies are my fears, and these take their rise as "false witnesses" confronting me. Verily, doubt and fear are the cruelest things; however, they are useful, warning me that I do not trust our Father as my only Source. Thy Love, Thy Will be done.

*"Do Small Things With Great Love."
Mother Teresa
Out Of The Darkness Into The Light*

Created Beings
"Pay Forward" #308

I greet The Indwelling Presence within you.

Today's "Pay Forward" gift is – Created Beings. My physical body and world were a mess when I got to Alcoholics Anonymous. How could anything like my body be spiritual? No way could my body be part of our Higher Power's creation that He preserves. The only time I paid attention to the physical was when it demanded, that's what our animal nature is for, right? Only a con man would use terms like "our Spiritual Nature." After I sobered, I could see that an invisible means had not only created me, but was still preserving me. I had no reason to be alive, in this body, in this world. Each creature is an individualized expression of our Creator. Individual comes from a root-word, which means undivided. We are part of one life, not separate. This physical body is dying, but can still make a difference. There is a consequence for everything we do, say, think and feel. Our Creator continues to preserve us moment-by-moment until the fulfillment of our purpose is complete, so if we are still alive, we are not done. We can't produce what's going on within us. As long as we are alive, this Infinite Intelligence, indwelling Presence, is doing the works, we call life. This Source supplies us with all we need to carry out His Intention. The physical body/world/universe is vehicles for His purpose and we are part of that. "Don't call me good it is the Father within doing the works." Thy Love, Thy Will be done.

*"Beloved, let us love one another: for love is of God;
And every one that loves is born of God,
And knows God."*



Thinking
"Pay Forward" #309

I greet The Indwelling Presence within you.

Today's "Pay Forward" gift is – Thinking. The mind that made me sick, cannot make me well, so what can and will? On the wall of our A.A. meeting room is a sign Think – Think - Think. The smallest Think reminds us to think the least about the past. The next size Think is to remind us not to spend too much time thinking about the future. The largest size Think is to encourage us to think mostly in the present, in the Presence if we can. When I first came to Alcoholics Anonymous I did not know how to think sober thoughts; I didn't have a sober mind, and my verbal skills were so limited. I was bouncing off the emotional walls, unable to express myself well. If anyone had anything good to say about me, I would experience a high, If I got a disapproving look I hit a bottom. A good reason to go to lots of A.A. meetings and to hang out with sober people living the spiritual principles we learn to think sober ways of thinking. I became fluent in the language of sober thinking, enabling me to share useful ideas instead of the user mindset I had been. I am deeply grateful for the grace to give of myself, and accepting other's gift of themselves to me. I have received A.As' promises – I do intuitively know how to handle situations, which used to baffle me. Thy Love, Thy Will be done.

*"Do Small Things With Great Love."
Mother Teresa
Out Of The Darkness Into The Light*

Alcoholics Anonymous' Divine Therapy
"Pay Forward" #310

I greet The Indwelling Presence within you.

Today's "Pay Forward" gift is – Alcoholics Anonymous' Divine Therapy. This first step [A.As'] highlights the fact that all human beings are deeply wounded. From earliest childhood, we start out on the path to self-consciousness without any idea of what happiness actually is, apart from the gratification of our instinctual needs for (1) survival and security, (2) affection and esteem and approval, and (3) power and control. . . But, human nature being what it is, and the world being a hazardous place, we can't count on the fulfillment of our instinctual needs...no parents are perfect, and even if they are, they can't control the environment, teachers, and important others that enter the child's life. . . To be powerless means to be absolutely helpless. . . This oddly enough, is the best disposition for the beginning of a spiritual journey. Why is that? Because the deeper one's awareness of one's powerlessness and the more desperate, the more willing one is to reach out for help. This help is offered in the next two steps [A.As']. You turn yourself over to a Higher Power who you believe can heal you and work with you in the long journey of dismantling the emotional programs for happiness. . . The real spiritual journey depends on our acknowledging the unmanageability of our lives. The love of God or the Higher Power is what heals us. Nobody becomes a full human being without love...ever deepening [our] relationship with God. Thomas Keating. Thy Love, Thy Will be done.

*"Beloved, let us love one another: for love is of God;
And every one that loves is born of God,
And knows God."*



The Power To Choose
"Pay Forward" #311

I greet The Indwelling Presence within you.

Today's "Pay Forward" gift is – The Power To Choose. What shall I dwell on? Wherever I am the infinite indwelling Presence that created you and I is always present. My little personal "reality" I made up acts like that isn't true. I have to remind myself that it is the builder of limitation. However, what I spend my consciousness on I am mostly to experience as "real." What if I focused on love, everywhere and in everyone? What if I were to spend my mental energy on healing the state of mind that tells me I cannot express the love I am, we all are? What's powerless, alone and unaided is our personal "reality." The infinite Intelligence that created and maintains us will free us from the self-made prison we made up, if we are willing to let Him do for us what we cannot. In conscious union with our Creator's Love and Will, the powerlessness we bought, is no longer our Boss, we have a new One. Throughout the day as we deal with life we can, if we choose turn within to the inner guide waiting to be called on, that can make our life a loving adventure. We will know when we are in harmony with our intended purpose, when we are serving and loving one another, with a joyful heart instead of a duty. Come let us love now for we shall not pass this way again. Thy Love, Thy Will be done.

*"Do Small Things With Great Love."
Mother Teresa
Out Of The Darkness Into The Light*

Once Again A Reason To Be Grateful
"Pay Forward" #312

I greet The Indwelling Presence within you.

Today's "Pay Forward" gift is –Once Again A Reason To Be Grateful. I found myself back in an old useless, harmful way of dealing with life. I was reminded of an important lesson from an unexpected teacher many years ago. I was in the Car Rental and Leasing business at that time. While doing the prep work something went wrong, I responded with a string of cuss words, directed at the project, not the customer. He said, "Don't talk to me that way." I replied that I was not putting him down, but expressing my frustration. He said, "If you don't like this job, why don't you get one you do?" I told him I did like this job, in fact it was the best job I had ever had. He said, "Then why don't you act like it?" That moment of clarity, of wisdom comes back to me often when I'm disappointed, and react negatively. I am so grateful for this way of life I've been given, by the grace of our loving Father. My experience tells me that there is always a purpose in everything I experience. I may not understand what that is, but I see it, and accept it with the eyes of faith. I shouldn't have to be reminded of Your grace, Father; Nevertheless, I do. As a reminder I hear that customer's voice from the past saying, "Then why don't you act like it?" Thy Love, Thy Will be done.

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And every one that loves is born of God,
And knows God."*



A.A.s' Roots
"Pay Forward" #313

I greet The Indwelling Presence within you.

Today's "Pay Forward" gift is – A.As' Roots. "I believe that Jesus and the Twelve Steps of Alcoholics Anonymous are saying the same thing but with different vocabulary: We suffer to get well. We surrender to win. We die to live. We, give it away to keep it. This counterintuitive wisdom will forever be resisted, denied, and avoided until it is forced upon us—by some reality over which we are powerless—and if we are honest, we are all powerless in the presence of full Reality. This brings us to Step One of the Twelve Steps: We admitted we were powerless over alcohol—that our lives had become unmanageable. Or as Paul expressed it: I cannot understand my own behavior. I fail to carry out the very things I want to do and find myself doing the very things I hate . . . for although the will to do what is good is in me, the performance is not" (Romans 7:15, 18) Richard Rohr, Breathing Under Water: Spirituality and the Twelve Steps. "Our descriptions of the alcoholic, the chapter to the agnostic, and our personal adventures before and after make clear three pertinent ideas: (a) That we were alcoholics and could not manage our own lives. (b) That probably no human power could have relieved our alcoholism. (c) That God could and would if He were sought. Alcoholics Anonymous. "A.As' Twelve Steps are a group of principles, spiritual in their nature." We borrowed then. Twelve Steps and Twelve Traditions. Thy Love, Thy Will be done.

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Mother Teresa
Out Of The Darkness Into The Light*

Letting Go
"Pay Forward" #314

I greet The Indwelling Presence within you.

Today's "Pay Forward" gift is – Letting Go. Am I living the life I was created to be? I have a heart's desire to do and to be our Father's Love and Will. I'm not consciously and consistently living as if I truly believe that. When I have to take a detour from my quest, I tend to question my journey. Most of us had to live through the "Dark Night of the Soul"; when everything, as we know it stops working, as it was. We fall into a ditch we cannot get out of alone and unaided. The simple question, "Have I chosen the right path, is it really our Father's Will for me?" It doesn't feel like it. I have learned all of this is part of a spiritual transformation. "It is by dying that one awakens to Eternal life" Saint Francis. We need to surrender daily, what's no longer working, to empty ourselves to make room for the renewing of our mind. No limits should be placed on what our Creator can do through us, if we can stop fighting everyone and everything, and let His Loving Will be done. "Deep within man [woman] dwell these slumbering powers; powers that would astonish him [her]...forces that would revolutionize his [her] life if aroused and put into action" O.S. Marden. At some point the way of life which has served us, has become a liability, we need a real change, not a fix. Thy Love, Thy Will Be done.

*"Beloved, let us love one another: for love is of God;
And every one that loves is born of God,
And knows God."*



Our Father Knows Best
"Pay Forward" #315

I greet The Indwelling Presence within you.

Today's "Pay forward" gift is – Our Father Knows Best. Once again, I am faced with the lack of ability to forgive someone I thought I had. I was having a conversation with an absent person, to no avail. I ask our Father for guidance, for an understanding of what was going on with my inability to forgive. This is what came to me: My willingness and good intention to forgive is a beginning. However, it's not enough at times. I had forgiven parts of the "crime" but not all. I remembered my Hero, Jesus said, "Not to forgive just seven times, but seventy times seven if needed." Forgiveness is the language of the heart and so is my created purpose, mission. This lack of forgiveness takes me off my mission path, which is to be and to do our Father's Love and Will, consciously known and unknown. What I can do is my responsibility; everything else is our Father's responsibility, even when it comes to forgiveness, at all levels. I am reminded that I cannot grow or awaken with a closed-mind or being judgmental. Forgiveness turns the light on and the darkness disappeared with my illusion of separation. It is in my enlightened self-interest to forgive quickly holding nothing back. As soon as I realize I am unable to forgive I can choose to turn to our Boss and surrender my judgment that called for forgiveness. Thy Love, Thy Will be done.

*"Do Small Things With Great Love."
Mother Teresa
Out Of The Darkness Into The Light*

What's A Best Friend?
"Pay Forward" #316

I greet The Indwelling Presence within you.

Today's "Pay Forward" gift is - What's A Best Friend? He [she] is the field which I sow with love and reap with thanksgiving. For I come to him [her] with my hunger, and I seek him [her] for peace. When he [she] speaks his [her] mind I fear not the "nay" in my own mind, nor do I withhold the "ay." When he [she] is, silent my heart ceases not to listen to his [her] Heart. Without words, in my best friendship, all thoughts, all desires, all expectations are born and shared, with joy that is un-acclaimed. When I consciously part from my best friend, I grieve not; for that, which I love most in him [her] may be clearer in his [her] absence, as the mountain to the climber is clearer from the valley. Love that seeks aught, but the disclosure of its own mystery is not love, but a net cast forth: and only the unprofitable is caught. Let my best be for my Friend. If he [she] is to know the ebb of our tide, let him [her] know its flood also. For what is our [best] friend whom I should seek him [her] with hours to kill? Seek him [her] always with hours to live. For it is his [her] to fill my needs, but not my emptiness. Let there be laughter, and sharing of pleasures. My best friend is the Indwelling Presence, which are both Spirit and human. Thy Love, Thy Will be done.

*"Beloved, let us love one another: for love is of God;
And every one that loves is born of God,
And knows God."*



Everything Seen Comes From The Unseen
"Pay Forward" # 317

I greet The Indwelling Presence within you.

Today's "Pay Forward" gift is - Everything Seen Comes From The Unseen. When I first came to this Program I did not have a conscious relationship with a Higher Power, no Spiritual equivalent. I had no experience or understanding of how such a relationship could aid me. The idea that a Higher Power could or would heal me or be my Source of all I needed was beyond my imagination. The people who impressed me the most were those with a deep Spiritual peace about them, and I really wanted and needed that. I started on a Spiritual quest, which turned out to be the most important decision in my life. I try everything suggested, some of which worked at once. My intention to seek and find a Higher Power that could and would do for me what I could not do have continued to expand. Out of enlightened self-interest I set out on a quest to live using spiritual principles, which chipped away everything unlike our Father's will, and I am passing it on. I am gaining the Spiritual equivalent, the capacity, the ability for a life experience, which is far beyond anything I could have dreamed of, I am truly grateful. All that I have is mine without earning or being good. I am learning to be fluent in our First Language, Silence. Everything seen comes from the unseen. "If you look for perfection, you'll never be content" Leo Tolstoy. Thy Love, Thy Will be done.

*"Do Small Things With Great Love."
Mother Teresa
Out Of The Darkness Into The Light*

Improving Our Conscious Contact With God
"Pay Forward" #318

I greet The Indwelling Presence within you.

Today's "Pay Forward" gift is – Improving Our Conscious Contact With God. To practice spiritual principles in all our affairs gives us a great way of life, both in the spiritual and the human condition. My daily practice of prayer and meditation are just as important as how I relate to my Higher Power, to others and to myself. The past few years I have been using Centering Prayer to begin my day and to end it. If I'm too tired in the evening I'm most likely to go to sleep while meditating. I was told that our Father loves us just as much when we are asleep as awake. Here are some pointers. 1. Do twenty minutes of Centering Prayer twice a day. 2. When you notice slight physical or emotional pain arising during the prayer, pay no attention and return ever so gently to the sacred word. 3. Share your experience with others. You may choose to contact the Twelve Step Outreach at www.contemplativeoutreach.org and click on "programs." The Guidelines – 1. Choose a sacred word as the symbol of your intention to consent to God's presence and action within. 2. Sitting comfortably with eyes closed, settle briefly, and silently introduce the sacred word as the symbol of your consent to God's Presence and action within. 3. When engaged with your thoughts, return ever so gently to the sacred word. 4. At the end of the prayer, remain in silence with eyes closed for a couple of minutes. Thy Love, Thy Will be done.

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And every one that loves is born of God,
And knows God."*



Spiritual Innocence
"Pay Forward" #319

I greet The Indwelling Presence within you.

Today's "Pay Forward" gift is - Spiritual Innocence. I was living a wonderful spiritual innocence. I was a grateful, active member of A.A.; enjoying the fruits of sobriety in a loving home group. I was living in a dream relationship with my wife. My business was going great. Above all, I was experiencing a Spiritual way of life; supplying me with abundance, flowing freely, unearned, everything was a "God thing." I experience a real mystical union with our Father. At the first sign of anything unwanted, I treated it like an undesirable guest, however, I didn't always turn it over to our Father. I learned the hard way that anything I am unwilling or unable to deal with, will at some point deal with me. I found myself in the act of violence that I never believed I could ever do again. I went into a deep depression. I hated what I had done, and I was unable to forgive myself. It was a longtime before I was able to receive the loving grace I long for. I kept trying to recapture that early spiritual innocence, and I couldn't. After I work through my 40-Day Workbook, www.12stepworkbook.org click Workbooks choose Al Kohallek Goes Stepping 5th ED, which uses the first 164 pages of the Big Book and the Steps of the Twelve Steps and Twelve Traditions. I experienced a Spiritual Transformation, giving me the gift of an adult spiritual innocence, freeing me from my self-made prison. Thy Love, Thy Will be done.

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Mother Teresa
Out Of The Darkness Into The Light*

There Really Is A Purpose
"Pay Forward" # 320

I greet The Indwelling Presence within you.

Today's "Pay Forward" gift is – There Really Is A Purpose. 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.

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And every one that loves is born of God,
And knows God."*



Choosing
"Pay Forward" Gift #321

I greet The Indwelling Presence within you.

Today's "Pay Forward" gift is - Choosing. 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 what 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.

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Mother Teresa
Out Of The Darkness Into The Light*

Replacements
"Pay Forward" #322

I greet The Indwelling Presence within you.

Today's "Pay Forward" gift is - Replacements. The more I practice those things I want and need as a way of life, the quality of my life experiences improves, broadens and expands. My Mission Statement is, I am devoted, dedicated and committed to do and to be our Father's love and will, consciously known and unknown. Reaffirming it throughout the day I am more useful, and I am centered in the solution instead of dwelling on the problems. My Mission's most important elements for action are: Loving, Healing, Teaching, Forgiving, Enriching, Empowering, Enlightening, Awakening, Communicating and Co-creating. Consciously and consistently sharing these the best I can offers me a way of life far more fulfilling than anything I could have ever imagined, and much better than any of my fixes. By practicing these characteristics for 40-Days I gave myself a jump-start toward building a new habit of thought and feeling as part of my personal "reality," my Filter System. If I practice anything good or bad long enough and consistently enough it will become a habit, then it will run on automatic until I call it into question. I would love to have my Mission Statement's characteristics running on automatic, replacing the useless and harmful ways that I practiced long enough to become habits. "When you come right down to it, the secret of having it all is loving it all" Joyce Brothers. Thy Love, Thy Will be done.

*"Beloved, let us love one another: for love is of God;
And every one that loves is born of God,
And knows God."*



The Healer Within
"Pay Forward" #323

I greet The Indwelling Presence within you.

Today's "Pay Forward" gift is - The Healer 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. To witness miracles I can go to an A.A. meeting. Thy Love and Will be done.

*"Do Small Things With Great Love."
Mother Teresa
Out Of The Darkness Into The Light*

Involution Then Evolution
"Pay Forward" #324

I greet The Indwelling Presence within you.

Today's "Pay Forward" gift is – Involution Then Evolution, individually 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.' 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; I'm 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 [woman], 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.

*"Beloved, let us love one another: for love is of God;
And every one that loves is born of God,
And knows God."*



Changing
"Pay Forward" Gift # 325

I greet The Indwelling Presence within you.

Today's "Pay Forward" gift is – Changing. While changing try to be a little kinder than is necessary. What can we change or have changed? Can the past change? Yes and no, our experience of the past can change but not the past. For example, our experience as an alcoholic from one of the weakness, worthlessness, to a disease, this by our Father's grace, can be transformed into an asset. What 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 situation, 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 could choose to live the present in a way that moves me toward my heart's desire instead of a way from it. For example, I may need 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.

*"Do Small Things With Great Love."
Mother Teresa
Out Of The Darkness Into The Light*

Giving Our Consent
"Pay Forward" #326

I greet The Indwelling Presence within you.

Today's "Pay Forward" gift is – Giving Our Consent. Through prayer, meditation and contemplation we learn to trust our Higher Power over all the passing snags and jerks of emotions and obsessive thinking. Once we are anchored in the spiritual principles of A.A., and improving our conscious contact with the Indwelling Presence, we are no longer pulled to and fro with every passing feeling, or our undigested emotions not dealt with. We have achieved a peace that nothing else can give us, and that no one can take from us. Divine incarnation took the form of an Indwelling Presence in every human and surely all creatures in some way. We can, if we choose, by our Father's grace fully accept and enjoy our intended fate. Ironically, it is only our human freedom that gives us the ability to resist and deny our core identities by refusing to participate in the flow of a few simple principles A.A. offers us. We need to stop blaming others, if it is our choice. If we practice A.A.'s way of life, the best we can, we will see that the ones we seem to "exclude" are the excluders themselves, much like my Hero Jesus showed us. Exclusion might be described as the illusion of separation, there is only one life. Don't waste any time rejecting, eliminating, or punishing anyone or anything else. A.A. gives us the tools to chip away all that is not our individual created Self. Thy Love, Thy Will be done.

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And every one that loves is born of God,
And knows God."*



A Teacher's Disguise
"Pay Forward" Gift #327

I greet The Indwelling Presence within you.

Today's "Pay Forward" gift is - A Teacher's Disguise. 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? Our trees have shed their leaves getting ready for a season of growth. 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. 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 within my subconscious mind grasping old beliefs. That tree's roots nourish its trunk and branches. As I practice A.A.'s way of life, I'm letting go 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.

*"Do Small Things With Great Love."
Mother Teresa
Out Of The Darkness Into The Light*

Is Love A Coincidence?
"Pay Forward" Gift #328

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

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And knows God."*



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

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

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Mother Teresa
Out Of The Darkness Into The Light*

Show Me The Path
"Pay Forward" Gift #330

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

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Our Worse Crime!
"Pay Forward" Gift #331

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

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Mother Teresa
Out Of The Darkness Into The Light*

Growth
"Pay Forward" #332

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

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Dos And Don'ts
"Pay Forward" #333

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

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Out Of The Darkness Into The Light*

Beauty
"Pay Forward" #334

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

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About Prayer And Meditation
"Pay Forward" #335

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

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

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

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Seeking And Finding Our Calcutta
"Pay Forward" #337

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

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Mother Teresa
Out Of The Darkness Into The Light*

Spiritual Discernment – How Does It Work?
“Pay Forward” # 338

I greet The Indwelling Presence within you.
Today’s “Pay Forward” gift is – Spiritual Discernment – How Does It Work? I understand and experience a deeper sense of gratitude for the wonderful gift of spiritual discernment. My heart’s desire is for the improvement of my alinement with my conscious mind and a spiritual union with our Father and His Son, my Hero, Jesus. Spiritual discernment and intuitive knowing places wisdom or direct knowing above the other faculties of mind. I get flashes of it from time to time but not enough, when I do I experience love and gratitude at a deeper level than words. That leaves me with an increased hunger and thirst for a love, and gratitude I cannot consistently experience. The living process I found in A.A. with ever growing spiritual realization makes finer and stronger and more beautiful the texture of my being. It engenders the power to draw from the invisible 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

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Sharing My Secret
“Pay Forward” # 339

I greet The Indwelling Presence within you.
Today’s “Pay Forward” gift is – Sharing My Secret. I experienced My Silent Invisible Witness when I began to read the Bible, more than sixty years ago. It had been suggested that I open the Bible at random. I opened it to Luke 21st Chapter. (16) “Watch, therefore, and pray always that you may be counted worthy...to stand before the Son of Man.” **The Silent Invisible Witness** has been with me ever since. I often wondered what it means. I’ve come up with all kinds of ideas, depending on my state of mind. One consistent response is that I always feel loving and good when I visualize it. **My** - the created self. **Silent** - This Spiritual Silence is more than the absence of noise, sound, stillness or spoken dialogue but a silent consent to wait on our Father’s Presence. He is the True Silent Majority of One of my deepest inmost self. **Invisible** - Impossible to see with my human eyes but not invisible to my Spiritual consciousness. A great unearned priceless invisible asset. **Witness** - one who can give a firsthand account of the Divine Presence within me, doing the works. One who is called on to testify and attest to the authenticity of the Omnipresence, Omnipotence and Omniscience of our Father and His Son. I’m an eyewitness to many miracles of our Father’s loving mercy and grace through my life and that of many others, living A.As’ spiritual principles. I pray you see

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done.

Upgrading
"Pay Forward" Gift # 340

I greet The Indwelling Presence within you.

Today's "Pay Forward" gift is – Upgrading. "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. 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 of what was 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.

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beyond my lack of word-skills. Thy Love, Thy Will be done.

A Life With Meaning
"Pay Forward" #341

I greet The Indwelling Presence within you.

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). That which is meaningful, is not necessarily pleasant or joyful, it may be painful. We have two great teachers, what to do and what not to do. A feel good lesson is more desirable, but may be only a fix. Far too often I want to avoid a painful experience that would save me from a greater harm. What makes a meaningful event out of a good or bad experience for me is that they bring an awakening insight. I was confronted with an old defect in a different mask; letting others determine my worth, and happiness. Seeing behind the mask gave me an insight which was an answer to my prayer by making me aware that I did not trust our Father to determine my worth 24/7. The event was a downer at first. When I chose to trust our Father for guidance and nourishment, I returned to His Love, having far more significance. My experience of being in harmony with my heart's desire was a prayerful answer. Let me remember everyone and everything has a useful purpose, and always my teacher and guide offers a priceless service. Our Father is a Divine energy saver. Let me conserve my time and energy for something fulfilling. Thy Love, Thy Will be done.

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An Eye (I) Opener
"Pay Forward" #342

I greet The Indwelling Presence within you.

Today's "Pay Forward" gift is – An Eye (I) Opener. Grant us the eyes to see with the vision of the indwelling Presence. Father this is the day You have 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 I was unsure of, at first was difficult, but it is worth the effort. Practicing A.As' Spiritual path at first was a road less traveled for most of us. Each time we take 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 deeply 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

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Life Is Too Short To Waste
"Pay Forward" #343

I greet The Indwelling Presence within you.

Today's "Pay Forward" gift is - Life Is Too Short To Waste. 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 younger, I did not even think about conserving anything much less time or energy. In Alcoholics Anonymous our Father teaches us about living in the presence in His Presence, to help fine-tune our purpose in this life. When I fall into a negative ditch, I was told that I needed to get up and out ASAP, forgiving all and move on, and to let go and let God do His thing. I cannot afford to dwell in anything, but love by sharing my little mission. I am preparing for my unseen journey (A Real Spiritual Journey), that comes from my heart out into the world of expression, giving our Father the glory. "Life is too short to waste even a moment." That was said by an elder who regretted their past. Awakening to an old idea, habit, and surrender it to our Father to heal or transform means 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. However, it may only be a few days old. "Turn your face to the sun and the shadows fall behind you" Maori Proverb. Thy Love, Thy Will be done.

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Mother Teresa
Out Of The Darkness Into The Light*

saying Father to our Father to include all]. Thy Love, Thy Will
be done.

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Regeneration
"Pay Forward" #344

I greet The Indwelling Presence within you.

Today's "Pay Forward" gift is – 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, the ego's illusion of separation expanded into a world view. "We don't need that God stuff." When people hit their bottom, they realized 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 practicing 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-two years ago. I have had four "deaths," and four "rebirths" spiritual transformations; the regenerations. Thy Love, Thy Will be done.

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Ponder This
"Pay Forward" #345

I greet The Indwelling Presence within you.

Today's "Pay Forward" gift is – Ponder This. Once you recognize the indwelling Presence as the universal truth of matter and spirit working together as one, then everything is holy and nothing is excluded. Once you surrender to this divine incarnation in your oh-so-ordinary self and body, you begin to see it every other ordinary place, too. The principle is this: "Like knows like." St. Francis wrote: Christ is "the one whose center is everywhere and whose circumference is nowhere." Regrettably, the history of almost every religion begins with one massive misperception: a fatal distinction between the sacred and the profane. Some put all their emphasis on creating exclusive sacred places, sacred times, and sacred actions. While I fully appreciate how this distinction helps us "pay attention" to the sacred, it unfortunately leaves the majority of life "un-sacred," which is categorically untrue. You don't have to go to sacred places to pray or wait for holy days for good things to happen. You can pray always, and everything that happens is potentially sacred if you allow it to be. Once we can accept that God is in all situations, and that God can and will use even bad situations for good, then everything becomes an occasion for good and an occasion for God. Our task is to find the good, the true, and the beautiful in everything, even and most especially the problematic. "The bad is never strong enough to counteract the good." Excerpts from Richard Rohr's Meditations. Thy Love, Thy Will be done.

*"Do Small Things With Great Love."
Mother Teresa
Out Of The Darkness Into The Light*

A Moody Attack
"Pay Forward" #346

I greet The Indwelling Presence within you.

Today's "Pay Forward" gift is – A Moody Attack. 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 63rd year as a sober active member of Alcoholics Anonymous. I wanted to be treated special. I've shared the Program with a great many, and my denial tell 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. When I was sharing my awakened insight with another, I realize a common defect. When I have done something, I believe to be good or useful I want to be treated special in other unrelated events. An old defect popped 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.

*"Beloved, let us love one another: for love is of God;
And every one that loves is born of God,
And knows God."*



We Are Our Creator's Divine Design
"Pay Forward" #347

I greet The Indwelling Presence within you.

Today's "Pay Forward" gift is – We Are Our Creator's Divine Design. 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 inner 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 withhold our love from anyone, we are denying that love to ourselves. Thy Love, Thy Will be done.

*"Do Small Things With Great Love."
Mother Teresa
Out Of The Darkness Into The Light*

Father Your Will Is Mine
"Pay Forward" #348

I greet The Indwelling Presence within you.

Today's "Pay Forward" gift is - Father Your Will Is Mine. Father, I see Your Presence with my eyes of faith. 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 of our true self, which is 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.As' 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.

*"Beloved, let us love one another: for love is of God;
And every one that loves is born of God,
And knows God."*



All Amends Are Living Amends
"Pay Forward" #349

I greet The Indwelling Presence within you.

Today's "Pay Forward" gift is - All Amends Are Living Amends. I'm on making a living amends kick. 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 no more than 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 affect 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 encourages 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.

*"Do Small Things With Great Love."
Mother Teresa
Out Of The Darkness Into The Light*

Prayer Works
"Pay Forward" #350

I greet The Indwelling Presence within you.

Today's "Pay Forward" gift is – Prayer Works. I awakened with an answer to my bedtime prayer. I asked for an inspirational night-dream; I got one. My dream about a member preparing a display of dead people at a museum. I was seeking an answer to the question, "What should I do with those I sponsor that were unwilling to be "...fearless and thorough" in their Step work? In my morning prep work, one of my readings had to do with what my Hero, Jesus once said, "Let the dead bury the dead." Over the years I realize I let too many drift in and out like a social visit instead of following page 96 of the Big Book. "Search out another alcoholic and try again. You are sure to find someone desperate enough to accept with eagerness what you offer. We find it a waste of time to keep chasing a man who cannot or will not work with you." My random book opening as part of my morning prep work I opened to this; "...I came down for heaven (our Higher Power's Presence) not to do my own will, but the will of Him that sent me." Then I turned to our Friday meeting's theme for the day; "Our Daily Bread" from Around The Year with E. Fox. Its main theme was to live on today's nourishment, having whatever we need to carry out our Father's Will. I awakened in His Presence. Thy Love, Thy Will be done.

*"Beloved, let us love one another: for love is of God;
And every one that loves is born of God,
And knows God."*



There's Always A Purpose
"Pay Forward" #351

I greet The Indwelling Presence within you.

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 up. 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 slams the door shut. That "private club" was Club 12/Group 12 of 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 hadn't 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 reached out for help, I didn't know who or what I was looking to or for; however; my crying for help was 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.

*"Do Small Things With Great Love."
Mother Teresa
Out Of The Darkness Into The Light*

Pass It On
"Pay Forward" #352

I greet The Indwelling Presence within you.

Today's "Pay Forward" gift is – Pass It On. 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 and worship 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.

*"Beloved, let us love one another: for love is of God;
And every one that loves is born of God,
And knows God."*



Ponder These Ideas
"Pay Forward" #353

I greet The Indwelling Presence within you.

Today's "Pay Forward" gift is – Ponder These Ideas. When the Light comes on how simple it is. We didn't create ourselves nor do we maintain ourselves; it's the Father within doing the works, expressing Himself through each of us as us. We are because He wills it. We are taken care of because we are His. We need not beg for His love because He is love and so are we. In alignment with His Divine design we are healed, the Natural Process can bring us into wholeness. The greatest Teacher of Reality is within us, 24/7. We need not concern ourselves about forgiveness because our Hero Jesus does not judge us in a way that calls for forgiveness. However if you would feel better go ahead and forgive us all. We need not worry about the power or ability to carry out His Love and Will because our Father, who is living us, is Omnipotence. We are enlightened by His grace. We do not have to look very far for Him. He's Omniscience, and we only need to open our eyes of faith consciously with the vision of Christ. We need not beg for enough to get by, accept His abundance which is always available for the taking to use and share. We can become fluent in His first language, silence, and communicate His Word. We need not concern ourselves with co-creating because He is the first cause of all creations, and He never sleeps. Thy Love, Thy Will be done.

*"Do Small Things With Great Love."
Mother Teresa
Out Of The Darkness Into The Light*

From Our Head To Our Heart
"Pay Forward" #354

I greet The Indwelling Presence within you.

Today's "Pay Forward" gift is - From Our Head To Our Heart. Our Father will show us the way, if we let Him have His way. If we predetermine when and how His answer should be, we may miss the gift. "Father knows best." The purpose for prayer, meditation, affirmations and contemplation are to realign us with His Presence and His Love and Will, which is infinite. Our part calls for faith in His grace. Let us stop dwelling in the useless chatter, releasing our attachment to whoever or whatever. Listen in the silence, His first language 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 powerful 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 to our Father, His Light will show us the Way, the Truth, and the Life. 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.

*"Beloved, let us love one another: for love is of God;
And every one that loves is born of God,
And knows God."*



Power Outage
"Pay Forward" #355

I greet The Indwelling Presence within you.

Today's "Pay Forward" gift is – Power Outage. "Lack of power that was our dilemma." I had no doubt about my incompetence; compounded by the fact I had used up everyone who had helped me. I found myself knocking at A.A.'s doors. I was powerless to carry out a successful Program alone and unaided. It didn't get better until I experienced the Presence of an Invisible Means of Support within. It was then I realized this Power was doing for me what I had not, could not or would not do. That support came to me by grace, not by my "good" works. Alone I was bankrupt and without the ability to get out of the rut I dug. I got busy working the Program the best I could and clearing away some of the wreckage of the past. A turning point came when I hit a financial bottom. The mortgage company was about to foreclose on my home and soon I would have to close my business due to the lack of funds. With all of my heart, mind and soul, I surrendered everything, holding nothing back from our Father. Within three days all was taken care of in a way that I knew it was by grace. I became an open channel and an active agent for our Father's Business. I found myself with the ability, the power to carry out His Love and His Will one moment at a time. Thy Love, Thy Will be done.

*"Do Small Things With Great Love."
Mother Teresa
Out Of The Darkness Into The Light*

*"Beloved, let us love one another: for love is of God;
And every one that loves is born of God,
And knows God."*



*"Do Small Things With Great Love."
Mother Teresa
Out Of The Darkness Into The Light*

The Value In Not Doing And Doing
"Pay Forward" #356

I greet The Indwelling Presence within you.

Today's "Pay Forward" gift is – The Value In Not Doing And Doing. Far too long for many of us, we were attached to things that were useless and harmful, which drained us, and blocked the life our Father intended. For this alcoholic was my lack of power to stay stopped drinking. The hard part in staying sober is to remove the belief we can't. By not taking a drink that old idea can be taken away, even as darkness is gone when the light is turned on. The longer we stay sober by practicing a few simple spiritual principles, and a willingness to daily remain in the Divine Light, the less likely we will choose to reenter the darkness. In truth, we are experiencing a real Spiritual Transformation; a Psychic Change. "Truth known is truth demonstrated." A.A. gives us the tools to uncover and discover these universal realities. Our responsibility is to use these wonderful gifts of grace in our daily life. In long-term sober, not just dryness, the value in not doing, turns into a great worth by doing our Father's Love and Will. Before long, doing these things, instead of what depletes, and exhausts us, we are likely to experience the promises on pages 83-84 Alcoholics Anonymous; they're not something we have, it's something we do. "The ordinary acts we practice every day at home are of more importance to the soul than their simplicity might suggest" Thomas More. Thy Love, Thy Will be done.

*"Beloved, let us love one another: for love is of God;
And every one that loves is born of God,
And knows God."*



Labor and Rest
"Pay Forward" #357

I greet The Indwelling Presence within you.

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 as myself and others. I can let go even for an instant at a time of my anxious efforts. I can labor and rest, as our Father does at the same time. The energy I am given is spent as called for. I am fulfilled when I freely serve the special needs of those around me. Let us labor and rest, however, don't forget to play, have a little fun. I was told early in Alcoholics Anonymous that we could stay sober the rest of our life, one day at a time. We could say today is the best day of our life; It's the only time we have. We could say the same about this moment; it's the one we have. At times, I have practiced staying sober and sane by delaying gratification from a temptation for something I should not do or have. Consciously living in the present in His Presence is a good idea; it enriches and expands our 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.

*"Do Small Things With Great Love."
Mother Teresa
Out Of The Darkness Into The Light*

Wordless Silence Is Our First Language
"Pay Forward" # 358

I greet The Indwelling Presence within you.

Today's "Pay Forward" gift is – Wordless Silence Is Our First Language. Words distinguish this from that, which 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 hungers for silence as much as our bodies need food and oxygen. Our minds need thoughts and ideas. We must share our life with others. It is most fulfilling if our emotional energy is flowing 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, 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 come and to which all things return. Let us return to Love, His Will. Thy Love, Thy Will be done.

*"Beloved, let us love one another: for love is of God;
And every one that loves is born of God,
And knows God."*



A Distributor
"Pay Forward" # 359

I greet The Indwelling Presence within you.

Today's "Pay Forward" gift is – A Distributor does not manufacture; they deal with what others "created." As a member of Alcoholics Anonymous I am one of its distributors. I did not create our Way of life. However, I do have the pleasure of passing it on freely. Millions worldwide are using A.A.'s program, to heal and fulfill every human condition. For every one alcoholic using our spiritual principles, an estimated seven use it for other issues. As individuals, we may have opinions about these people, but A.A. does not. Anyone is free to use our program as long as they don't say it's Alcoholics Anonymous. "Love and compassion are necessities, not luxuries. Without them, humanity cannot survive" Dalai Lama xiv. To practice our Program's principles in all our affairs is not an "outside issue." When the power of our service overcomes the love of power, we have awakened to a new depth. 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 Omnipresence, His Omni-love. In His image and likeness we are sharing beings, we cannot live alone and unaided, we have to have others. Freely we are given a life to fulfill; giving of ourselves is truly a calling. A job is performed in exchange for payment. "It is well to give when asked, but it is better to give unasked, through understanding" Kahlil Gibran. The Love, Thy Will be done

*"Do Small Things With Great Love."
Mother Teresa
Out Of The Darkness Into The Light*

Expect people to be better than they are
"Pay Forward" #360

I greet The Indwelling Presence within you.

Today's "Pay Forward" gift is - "Expect people to be better than they are [including our self]; 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. A Long-time A.A. member was the first person who found the good in me, and told other what he found. 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 not, we need to forgive ourselves ASAP, and move on. 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. "Whatever words we utter should be chosen with care, for people will hear them and be influenced by them for good or ill" (Buddha). Thy Love, Thy Will be done.

*"Beloved, let us love one another: for love is of God;
And every one that loves is born of God,
And knows God."*



Inspired Sharing
"Pay Forward" #361

I greet The Indwelling Presence within you.

Today's "Pay Forward" gift is – Inspired Sharing. 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. He wrote it 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 others. After a slow start, other alcoholics come to believe. As we awaken, part of our learning is finding out what we already know. Doing is proof that we really do know. 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, and keep doing it? 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
Out Of The Darkness Into The Light*

Let Go – Let God
“Pay Forward” #362

I greet The Indwelling Presence within you.

Today's "Pay Forward" gift is – Let Go – Let God. It's never too late or difficult for miracles to happen if we let our Father, Creator do the works. I believe miracles transcend the cause and effect in this physical world. My experience tells me that "payback" is not mandatory for the wrongs I've done. Instead of "justice" I received tender mercy. At times I experienced a Quantum Leap over an insurmountable object I was bound to or enslaved by, then unexpectedly finding myself free from cause and effect or a need for a "payback." A great many of the members of Alcoholic Anonymous realize they are the beneficiaries of God's unearned grace, leaping over cause and effect to a loving tender mercy. We are no longer bound to our defective past. Some of our defects have been transformed into assets, loving-service, this is for me a miracle. I want to give more of myself in an effective, loving, useful way. I pray for a Quantum Leap over my old limiting believe "holding me back," which is an illusion. We can make a real difference, as our Father Wills. I hear this Voice within saying; "Come; let us be about our Father's Business." Have I been holding back sharing more of my loving assets for any reason? Those are the things I think I have to do alone and unaided. Now, is the time to surrender everyone and everything to our Boss, and let Him do His Thing. Thy Love, Thy Will be done.

One Moment At A Time
*"Beloved, let us love one another: for love is of God;
And every one that loves is born of God,
And knows God."*



Enough Love For All
“Pay Forward” #363

I greet The Indwelling Presence within you.

Today's "Pay Forward" gift is - Enough Love For All. When I changed one of Emmet Fox's affirmations to expand its meaning in alignment with my understanding of Alcoholics Anonymous, I realized both our Father, and A.A. is expressions of love. I experienced each part of the affirmation I am calling, Enough Love. It is much like my serendipity journey and I've heard others reported the similar experience. It is not difficult to understand why so many members of A.A. have used the works of Emmet Fox to enrich their Program. They're in no difficulty that enough love will not conquer. No disease that enough love will not heal. No door that enough love will not open. No gulf that enough love will not bridge. No wall that enough love will not throw down. No wrong that enough love will not correct. It makes no difference how deeply seated the trouble, how hopeless the outlook, how muddled the tangle, how great the mistake; a sufficient realization of love will dissolve it all. For every one person using our A.A. Program for an alcohol problem it has been reported that seven people are using our 12 Step Program for a full range of the human condition. By practicing A.As' spiritual principles much of what is not love has been chipped away, along with my fear of love. "Some lessons can't be taught; they simply have to be learned" Jodi Picoult. Thy Love, Thy Will be done.

Let Down Your Bucket
*"Do Small Things With Great Love."
Mother Teresa
Out Of The Darkness Into The Light*

“Pay Forward” #364

I greet The Indwelling Presence within you.

Today's "Pay Forward" gift is – Living One Moment At A Time. Most A.A. meetings close with the Lord's Prayer. Sometimes I say, "Please don't leave in temptation." I don't always trust myself to hang out with a defect. I really benefit in going to meetings, and living our A.A. Program the best I can. In doing so I don't go off into a far country like the Prodigal Son. I have the tools to keep me out of trouble, being eighty-nine-plus limits the choices I do have. I'm blessed by living A.As' spiritual principles. I've experienced many levels of temptations. These ranged from the gross to the "termites" like little thoughtless acts of unkindness, and selfishness. The word evil is live spelled backwards. Most of my "crimes" fall into that batch; not knowing how to live. One of my old personal "reality's" defects is, making others my source instead of our Father. So tell me, am I going to be happy or sad, fearful or loving, in conflict or at peace, resentful, angry or in a good mood, bound or free? I love having others as channels or agents for our Boss, but not as my Source. The more I pray, meditate and practice the A.A. spiritual principles in my daily life the more sensitive I become, which works both ways. For that I'm grateful, it forced me to live more in the image and likeness of my created individual-self, and trust our Boss more. Thy Love, Thy Will Be Done.

*"Beloved, let us love one another: for love is of God;
And every one that loves is born of God,
And knows God."*



“Pay Forward” #365

I greet The Indwelling Presence within you.

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. However, when the advice was repeated several times, one of the sailors dipped the bucket overboard and drew up clear, fresh, sparkling water! For 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 a chicken comes out of an egg, but it does. At times, we may only watch the process. Maybe the best we can do 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
Out Of The Darkness Into The Light*

Giving Of Ourselves
"Pay Forward" 366
Leap Year

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

*Now is a good time to return to the beginning
And once again share the Love You Are
By sharing a "Pay Forward" gift Daily*

*"Beloved, let us love one another: for love is of God;
And every one that loves is born of God,
And knows God."*



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

Additional Tools - Free Downloads – Visit
www.12stepworkbook.org

Workbooks

Pay Forward 1st ed – Pay Forward A Sequel 2nd ed – Pay
Forward 3rd ed – Pay Forward 4th ed
Six Loves
Al Kohallek Goes Stepping – 5th edition
Now – 12 Step Workbook
Al Kohallek 12 Tradition Study
Al Kohallek Taking Another 12 & 12 Journey
Al Kohallek Learning To Communicate Using The Traditions
The Green Eyed Monster – Jealousy
The Hero/Heroine Journey
Three Spiritual Gifts On Five Pathways w/10 Mission Elements
Where Do You Stand

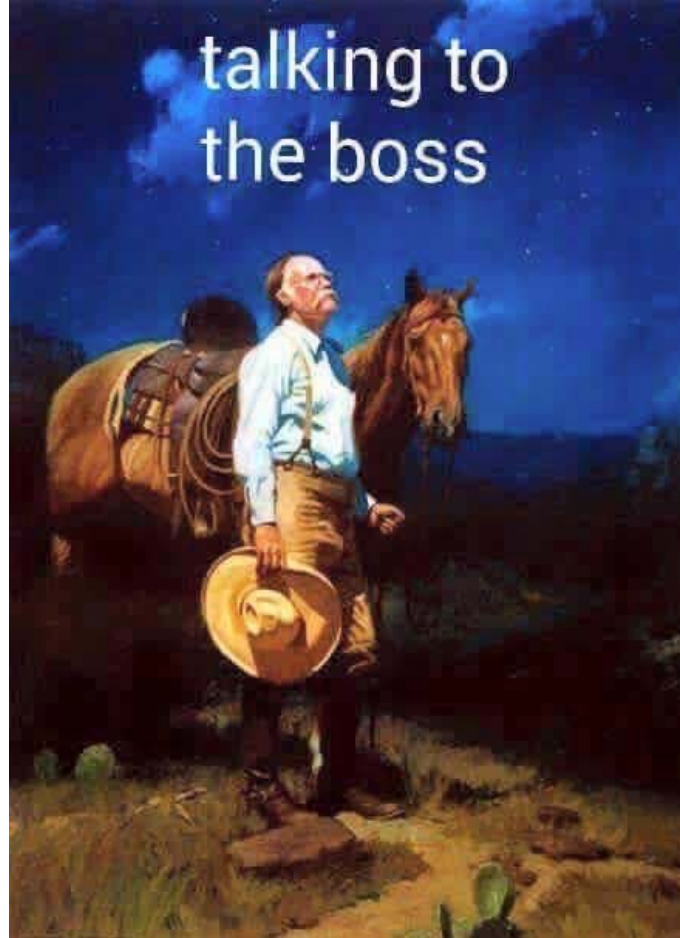
Workshops

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

*"Do Small Things With Great Love."
Mother Teresa
Out Of The Darkness Into The Light*

Speak to us of Prayer.
 You pray in your distress
 and in your need;
 would that you might
 pray also in the fullness
 of your joy and in your
 days of abundance.
 For what is prayer but
 the expansion of yourself
 into the living ether?
 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.
 When you pray you rise
 to meet in the air those
 who are praying at that
 very hour, and whom
 save in prayer you may
 not meet. Therefore let your visit
 to that temple invisible be for naught
 but ecstasy and sweet communion. I
 cannot teach you how to pray in
 words. God listens not to your Words

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Save when He Himself utters
 Them through your lips.
 And I cannot teach you
 the prayer of the seas
 and the forest and the
 mountains. But you
 who are born of the
 mountains and the
 forest and the seas
 can find their prayer
 in your heart,
 And if you but listen
 in the stillness of the
 night you shall hear
 them saying in
 silence, "Our God,
 who art our winged
 self, it is thy will in us
 that willeth.
 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.
 The Prophet - Kahlil Gibran

*"Beloved, let us love one another: for love is of God;
 And every one that loves is born of God,
 And knows God."*



*"Do Small Things With Great Love."
 Mother Teresa
 Out Of The Darkness Into The Light*