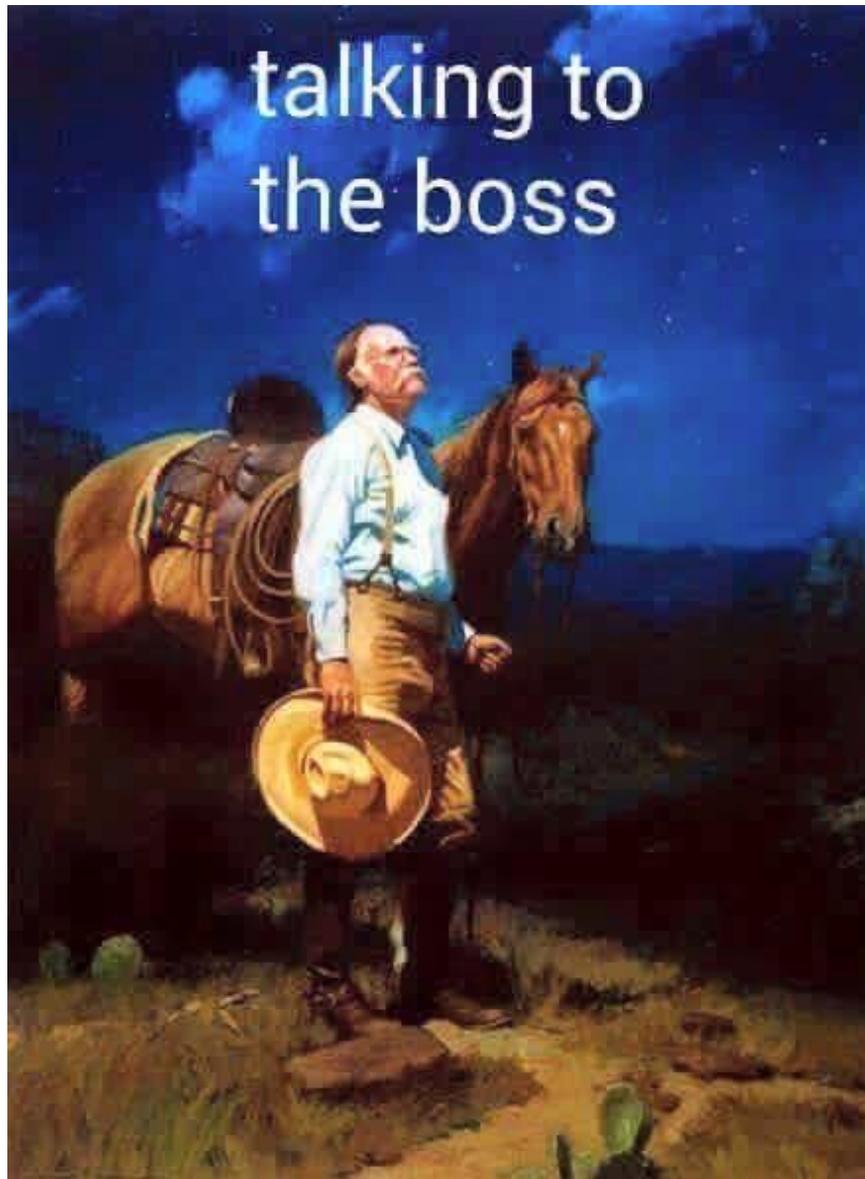


*“What we really have is a daily reprieve contingent on the maintenance of our spiritual condition. Every day is a day when we must carry the vision of God’s Will into all of our activities. “How can I best serve Thee – Thy Will (not mine be done).” These are the thoughts which must go with us constantly. We can exercise our will power along this line all we wish. It is the proper use of the will.”Alcoholics Anonymous*

*page 85*



*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 tomorrow  
a vision of hope.  
Look well, therefore, to  
this day.  
Sanskrit Proverb -  
Kalidasa*

**PAY FORWARD**  
**5<sup>TH</sup> EDITION**  
**FEBRUARY 6,**  
**2021**

We Are Spiritual Beings  
"Pay Forward" #1  
*I greet The Indwelling Presence.*

Today's "Pay Forward" gift is - We are Spiritual Beings having a human experience, not humans having a Spiritual Being. We are infinite beings having a finite experience. This clears up a number of questions for me. This takes on the idea of life after this life a reality for me. To express our Father's Will and Love in this physical world is an attainable goal. The whole meaning of life in this world takes on a much difference meaning. I know we did not create ourselves. I know we cannot transform water or food into flesh and bone, thoughts and feeling along and unaided. That takes and infinite intelligence way beyond our human pay-grade. When I am using prayer and meditation to get stuff I am consuming spiritual junk-food. When I am seeking approval from other humans, instead of the infinite Source in Whom we live, move and have our being, I am headed for a dead end. Love, forgiveness, compassion is far more appealing. A.A. gives us a great set of spiritual tools, with which we can truly make a good difference. We are assured that we can start over again with less baggage and prejudice. Everything my Hero Jesus showed us how to do is a worthwhile investment. Those of us in A.A. who practice its spiritual principles, although we may call the program different names, we know it works. "It really does." Thy Love, Thy Will be done.

Unearned  
"Pay Forward" #2  
*I greet The Indwelling Giver of Life.*

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

Our Home Group  
"Pay Forward" Gift # 3  
*I greet The Indwelling Presence.*

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

Rebooting  
"Pay Forward" Gift # 4  
*I greet The Indwelling Wisdom.*

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

Being And Doing  
"Pay Forward" # 5

*I greet The Indwelling Presence.*

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

Flexibility  
"Pay Forward" # 6

*I greet The Indwelling Freedom.*

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

Listening To Our Heart  
"Pay Forward" Gift # 7

*I greet The Indwelling Listener.*

Today's "Pay Forward" gift is – Listening To Our Heart. "It's quite simple: It is only with the heart that one can see rightly; what is essential is invisible to the eyes" Antoine De Saint Exupery. "Before they call I will answer; and while they are still speaking, I will hear" Isaiah 66:24. With an intuitive faith I am acting as if my affirmations are answered; and while I am speaking, our Father within hears. I choose to focus on feasting on what I want, which is to be and to do our Father's Will and Love. I am fasting from all that is contrary to His Will and Love as I understand it. I affirm that my heart's desire is in alignment with our Father's divine design is. Affirmations are planting the love seeds, which I want to bear fruit. I exchange myself-centeredness for the grace of an enlighten-self-interest. I let go and let our Father have His Way. I claim my inheritance of Spiritual, mental, physical, emotional, and social abundance. I am willing to share all I want to increase. I use all my senses and am open to the energy that is within, around and through me. While my mind may go in a million directions, I choose once again to re-center my consciousness within our Father's Will and Love. I choose to be at one with the infinite rhythm of Life. Come let us be about our Father's Business. Thy Love, Thy Will be done.

Awakening  
"Pay Forward" # 8

*I greet The Indwelling Awakener.*

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

The Healing Place  
"Pay Forward" Gift # 9

*I greet The Indwelling Healer.*

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

Who's Doing The Works?  
"Pay Forward" Gift # 10

*I greet The Indwelling Doer.*

Today's "Pay Forward" gift is – Who's Doing The Works? "Don't call me good, it's the Father within doing The works. Let me remember that we need to credit the results to our Father, to take off our mask and practice His Principles in all of our affairs. Our primary need is simple; being the individual we are. All we need has already been given. Alcoholics Anonymous gives us the tools we need to chip away all that is not who we are. Practicing hasn't made it perfect, but it sure helps. Our choice to be discouraged by our failure, or we learn from it. The faith and love we have now is enough to grow on. Most of my troubles come when I have unrealistic expectations – "I" - cannot fulfill. However, when our Father is my only Source, and I trust Him to supply me with all I need, to do and to be His Will, nothing is impossible. I am reminded of Jacob Riis' affirmation. "When nothing seems to help, I go and look at a stonecutter hammering away at his rock, perhaps a hundred times without as much as a crack showing in it. Yet, at the hundred and first blow it will split in two, and I know it was not that blow that did it, but all that had gone before." It's not just this time I'm affirming our Father as my only Source, but all which went before. Thy Love, Thy Will be done.

Friends  
"Pay Forward" #11

*I greet The Indwelling Healer.*

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

Through The Eyes Of Faith  
"Pay Forward" #12

*I greet The Indwelling Healer.*

Today's "Pay Forward" gift is - Through The Eyes Of Faith. I am responsible for what I believe. Seeing with the eyes of faith is my proof of our Higher Power's Presence. "Blessed are the pure in heart for they will see God." I want - I need to see proof of our Father's Presence. I can see Him through His expressions; life. I do believe He is love. However, when I see something negative or violent I have a hard time understanding His love. It sure doesn't seem like love as I know it. I need to upgrade my faith in His grace, trusting that He knows what He is doing. Why did He plant weeds? The weeds keep the rich top soil from washing away until we can prepare the ground and plant the good stuff. I have faith that we are all created in His image and likeness; we are the fruit of His love. My negative thoughts are the weed seeds I planted. Unaware that our Father was keeping the rich top soil, my soul from washing away until He could prepare the ground within and plant His Love seeds; His image and likeness. Within my abiding faith, I stand at the door of my consciousness as a silent invisible witness waiting for the highest level of faith; an intuitive faith, the gift of knowing even as I am known. Alcoholics Anonymous' awakening is the gift of Spiritual discernment. Thy Love, Thy Will be done.

We Have What It Takes  
"Pay Forward" # 13  
*I greet The Indwelling Wisdom.*

Today's "Pay Forward" gift is - We Have What It Takes. See how loving we can be because we are created by our Father who is Love and we are created in His image and likeness. Those of us who believed we were loveless victims get to be right. Those of us who have accepted and practiced the spiritual principles in A.A. have experienced some of what we are not, and awoken to the love we are. "He prayeth well, who loveth well – both man and bird and beast; He prayeth best, who loveth best – all things both great and small: For the dear God who loveth us – He made and loveth all" Coleridge. Through the eyes of faith we see that we have within us a Power which transforms what we eat and drink into life, and is greater than anything we shall ever contact. A Power that can transform our selfishness into enlightens self-interest, and for millions around the world transforms our addictions into assets. We are our Creator's beloved, by His grace we express the love we are, no longer victims, we are free from our self-imposed prison, as a victim. It takes willingness, practice and commitment to open up, and receive our Father's grace, which awoken us to the reality that we have what it takes within to overcome any condition, letting go of any "victim crutch." The stories of recovery we hear in A.A. are inspiring, and often amazing. Thy Love, Thy Will be done.

Busy Little Termites  
"Pay Forward" # 14  
*I greet The Indwelling Solution.*

Today's "Pay Forward" gift is – Busy Little Termites. At times I let these little guys undermine the very foundation of my relationship with our Loving Father. No wonder I need the A.A. spiritual principles to restore me to sanity, as if I ever had any. I hate the idea of my making anyone homeless. However, this little day-in-day-out stuff I'm calling termites, need to go. They are real present danger. These little guys can cause foundation problems to our relationships. Termites destroy more property than all the fires, floods, wind, and hail, and so it is with any area of our human condition. Because of the possible high cost the "big" problems force us to address then or run away. With the "little" stuff we don't have to do anything or they are not important enough to matter. One way or another, we often stuff these little guys. One termite doesn't matter, but when they build up in large numbers, watch out. It is best to deal with all problems AS SOON AS POSSIBLE. Each of us has latent gifts to claim and share, but these little termites undermine our confidence. Failing in some little thing I lack faith in what exists within me because I lack faith in Who exists within me. It's quite simple: It is only with the heart that one can see rightly; what is essential is invisible to the eyes" Antoine De Saint-Exupery. Thy Love, Thy Will be done.

Not So Great A Pretender

“Pay Forward” # 15

*I greet The Indwelling Omnipresence.*

Today’s “Pay Forward” gift is – Not So Great A Pretender. “To Thine Own Self Be True.” I’m willing. When I first used affirmations to help build a new set of habits, I felt like a phony, a pretender. When I reach a point where I was sick and tired of the negative stuff; which I claimed was - just being honest, I’m willing to surrender all of me, holding nothing back. I was given a new understanding about being phony. I was not honoring our Father’s Love and Will for me by calling the facts I had drawn into my life, Reality. Our Father created each of us as His individual Divine design, meaning we each have a Real Purpose. Honoring His Works within is the meaning of - “To thine own self be true.” I am not denying my selfish, self-centered wrong-doings; they were a big part of my daily life for many years. A.A.’s spiritual tools have given me the ability to own my too limited personal "reality," and not to dwell in it, but to surrender it, holding nothing back. Our Father has transformed my selfish, self-centered into an enlightened self-interest. Giving me the spiritual principles to chip away all that is not His Love and Will. I affirm that I’m a lover, healer, teacher and forgiver. With gratitude deeper than words, I worship and love our Father with all my heart, mind, soul and strength, and I’m learning how to love others and myself. Thy Love, Thy Will be done.

The Promises

“Pay Forward” #16

*I greet The Indwelling Knower.*

Today’s “Pay Forward” gift is The Promises. “If we are painstaking about this phase of our development, we will be amazed before we are half way through. We are going to know a new freedom and a new happiness. We will not regret the past nor wish to shut the door on it. We will comprehend the word serenity, and we will know peace. No matter how far down the scale we have gone, we will see how our experience can benefit others. That feeling of uselessness and self-pity will disappear. We will lose interest in selfish things and gain interest in our fellows. Self-seeking will slip away. Our whole attitude and outlook upon life will leave us. We will intuitively know how to handle situations, which used to baffle us. We will suddenly realize that God is doing for us what we could not do for ourselves. Are these extravagant promises? We think not. They are being fulfilled among us – sometimes quickly, sometimes slowly. They will always materialize if we work for them” Alcoholics Anonymous pages 83-84  
For free downloads go to [www.12stepworkbook.org](http://www.12stepworkbook.org) – click Workshops then - The Promises Inventory – We found some 125 in the first 164pages of Alcoholics Anonymous. We find it useful to do this inventory at least once a year, around our A.A. birthday is a great time. We will see how much we have to be grateful for. Thy Love, Thy Will be done.

Love Comes In All Shapes And Sizes

“Pay Forward” # 17

*I greet The Indwelling Lover.*

Today’s “Pay Forward” gift is – Love Comes In All Shapes And Sizes. “When you are content to be simply yourself and don’t compare or compete, everyone will respect you” LAO-TZU. As we live the spiritual principles of Alcoholic Anonymous, we are awakened to the indwelling Presence within. We are enabled to have an ordinary life with extraordinary love. Applying Tradition one has taught me how to live with others in a most loving way. Sometimes I have to unselfishly do something for the relationship, because it is more important than having my way. Sharing with others as our common welfare is most fulfilling. I only need to give what I already have to experience the joy of life. To think that I must be spectacular in my sharing, has caused me withhold my love. I’m trusting in our Father to give me all I need to share the love I am; my fulfillment is a side effect, and that love flows back to me. If I wait until I can share only unconditional love, I may never do it. I question myself - if what I have to share was of real value I would be giving to more instead of a few. I have chosen the road less traveled. I’m willing to do whatever it takes to do and to be our Father’s Love and Will. Come let us take this loving serendipity journey together, trusting our Father to guide us. I ask our Father to use me. Thy Love, Thy Will be done.

Death is the only cure for the false self

“Pay Forward” # 18

*I greet The Indwelling Omnipotence.*

Today’s “Pay Forward” gift is - Death is the only cure for the false self. That takes place when we hit our bottom, when everything we have been “living” by stops working, as we know it. Making room for the beginning of our spiritual transformation. We cannot enter into the transforming union with our false self in charge, we need to let go and let God have His Way. The word hallowed has the same root as holy, whole, wholesome, and heal, or healed – is taking place. “The Spirit can give us only what we can take; It imparts of Itself only as we partake of Its nature” Ernest Holmes. “Acceptance is the answer to all my problems today” Alcoholics Anonymous. But, I need to remind myself acceptance is often a call for action. Aligning ourselves with the indwelling Presence opens us the grace of regeneration, a loving healing Power touching everything into Wholeness. I find it useful to look for what’s right, loving, true and beautiful, as well as what’s wrong, so I can own my part, which gives me the ability to surrender all of me to our Father, to be transformed into a workable asset. There is always deeply rooted error ideas stored away in the sub-consciousness, and on their own account they come forward, as our denial breaks down, a sign that we have the spiritual tools to deal with them. Divine grace is taking care of that, when we are willing and ready. Thy Love, Thy Will be done.

Do We Need That "God" Stuff?

"Pay Forward" # 19

*I greet The Indwelling Co-Creator.*

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

Be Faithful

"Pay Forward" # 20

*I greet The Indwelling Presence.*

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

Any Good Thing I can do  
"Pay Forward" # 21  
*I greet The Indwelling Presence.*

Today's "Pay Forward" gift is - Any Good Thing I can do - or any kindness that I can show to any human being, let me do it now. Let me not defer it, or neglect it, for I shall not pass this way again. How about doing a little outrageous act of love? What if we extend an act of love to the most unlovable person in the entire world? What if we forgive the most unforgivable, in the most undeserving person in the entire world? What if we pray for the one who needs our prayers the least and for the one who needs our prayers the most in the whole world? What if we give a welcoming smile to the person that really turns us off? What if we ask some important personal advice from the person we least respect or that we resent? What if we give something, we value to a rich person and to a poor person? What if we have faith in the unbelievable? What if we have hope in the hopeless? What if we are merciful to the one person who shows no mercy? What if we start by offering these outrageous acts of love to ourselves? What if we give in one brief moment that which we have for a longtime denied? After doing these "what ifs" the next question is: what's it like being in Heaven in the Presence of our Father? Thy Love, Thy Will be done.

Forgiveness, Our Choice  
"Pay Forward" # 22  
*I greet The Indwelling Presence.*

Today's "Pay Forward" gift is – Forgiveness, Our Choice. I realize how important it is to forgive all, withholding from no one, even myself; freeing us from the past, and to live in this moment in our Father's Presence. Knowing this, why haven't I fully forgiven all? What about the abundance I have, am I passing it on unconditionally to those I'm drawn to? I have to say no; I find myself withholding from some. I fear that I may cut off the free flow of abundance if I don't pass it on. I am reminded that resentments; our number one offender, is an attachment holding us bound to one another as a prisoner and jailer in a wall less prison. What can I do to correct my withholding forgiveness and the gifts I'm given? I know the answer to this question. It's simple; I know from experience that I have a solution that works. I must extend the wisdom and love our Father has already given me. I silently forgive each one for all the wrongs done and for the good not done. I set us free to carry out Your intended Will, Father. As I am guided, I silently extend to each one what I realize at that present moment to be a perfect gift, for us both, aiding us to carry out Your Will, Father. By offering this forgiveness and this gift I set us all free to be about our Father's Business. Thy Love, Thy Will be done.

Affirming Our Choice

“Pay Forward” # 23

*I greet The Indwelling Presence.*

Today’s “Pay Forward” gift is – Affirming Our Choice. Quite simply, the Spiritual Ideal is the understanding of the basic fact that good is permanent, omnipresent, and all-powerful; and evil, a temporary, insubstantial belief, without character of its own, which is destroyed by prayer. Thus, what may be called the *secret of spiritual treatment* is not to wrestle with the error, which only gives it further life and power, but to destroy it by withdrawing from it just that very energy of belief that gives it its body. The only existence it has, is that which we give it by temporarily ensouling it with our thought. Withdraw this-and it fades into nothingness. We have thought the error into existence, consciously or, more often, unconsciously. Now un-think it. It is our thinking that matters. Indeed, as Shakespeare says. “There is nothing either good or bad but thinking makes it so.” Now, fear, hatred, and resentment are ideas heavily charged with emotion, and these, when added to any difficulty, recharge it with fresh and vigorous life and make it all the more difficulty to overcome. Again, the mere rehearsing in thought of any difficulty endows it with new life. Going over old grievances mentally; thinking how badly someone acted at some time, for instance, and recalling the details, has the effect of revivifying that which was quietly expiring of neglect. With any new experience, it is the reception that we give it that matters. Our Choice. Thy Love, Thy Will be done.

Guilt And Punishment Our “Drug” Crisis

“Pay Forward” # 24

*I greet The Indwelling Presence.*

Today’s “Pay Forward” gift is – Guilt And Punishment Our “Drug” Crisis. We are faced with the growing problem; every moment has to be politically correct, a call for perfection. Remember, we are judging ourselves as we judge others. It has gotten so sick, it is as if we have reverted back to the Old Testament; to be a good religious-zealous, one would have to practice some 613 letter, not the spirit of law. Therefore living with a chronic sense of guilt. People from all walks of life turn the “drug” guilt and punishment, to control their self and others. We are in a guilt and punishment “drug” addicted crisis. Our Creator is love and so are we. Let us commit, one moment-at-a-time to be the individually Divine Design that we are, which is love. Let’s turn to the Lord’s Prayer for help. Forgive us our trespasses, as we forgive them that trespass against us.” This clause is the turning point of the Prayer. It is the strategic key. Telling us what God is, [our Father], what man is, [His offspring], how the universe works, [as He Wills it], what our true nourishment or supply is, [our daily bread], and the way in which we can obtain it, [ask]. Now, we come to the forgiveness of our sins, [missing the mark – the illusion of separation], being our source or giving that right to others. Greet the Indwelling Presence of Love within those you love and those you don’t. Thy love, Thy Will be done.

Love's Awakening  
"Pay Forward" # 25

*I greet The Indwelling Presence.*

*Nourishment for our serendipity journey Home.*

Today's "Pay Forward" gift is – Love's Awakening.

Amazing Grace! How sweet the sound  
That saved a wretch like me.  
I once was lost, but now am found,  
Was blind, but now I see.

'Twas grace that taught my heart to fear,  
And grace my fears relieved.  
How precious did that grace appear  
The hour I first believed.

Through many dangers, toils, and snares,  
I have already come.  
'Tis grace has brought me safe thus far,  
And grace will lead me home.

When we've been here ten thousand years.  
Bright shining as the sun,  
We've no less days to sing God's praise  
Than when we'd first begun.

When I hear this wonderful song my heart, mind and soul is  
awakened, and I know - Thy Love, Thy Will is truly being done.

Stop – Look – Listen To The Boss  
"Pay Forward" # 26

*I greet The Indwelling Presence.*

Today's "Pay Forward" gift is - Stop – Look – Listen To The Boss. Father I listen to Your Holy Voice directing me in a way I can currently hear understand and follow, meaning we have the ability to apprehend what's needed to carry our given purpose, here and now. This understanding reveals that love and wisdom should work together as I share A.A.'s Program. At first my understanding may be head knowledge, by choosing to listen for our Father's Holy Voice within, head knowledge turns to heart knowledge. As my understanding within unites with His Holy Voice, I know what to do or to be, for the present moment. I turn from the problem to the Solution, accepting the answer to my dilemma. When the solution takes place, clearly by grace, my understanding goes deeper than head knowledge and awakens a deep sense of gratitude. Let us stop our useless chatter for a few moments and accept the wisdom within. Let us look and see through the eyes of faith proof of our Father's good working through us. Let us listen to His Holy Voice speaking through us, as we share the love we are. Let us ask for and accept our heart's desire and do and be our created Self. We often to ask for too little, from our infinite provider. It has to be our Father's good pleasure to fulfill His Will, His Love through us. Affirming this makes me feel good. Thy Love, Thy Will be done.

Rewriting And Rewiring  
"Pay Forward" #27

*I greet your Indwelling Creative Imagination.*

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

Fluent In Our Father's First Language, Silence  
"Pay Forward" # 28

*I greet The Indwelling Presence.*

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

Is This Really Unconditional?

“Pay Forward” # 29

*I greet The Indwelling Presence.*

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

Love’s The Answer

“Pay Forward” 30

*I greet The Indwelling Presence Love.*

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

Lent

“Pay forward” # 31

*I greet The Indwelling Presence.*

Today’s “Pay Forward” gift is – Lent. This is the first day of Lent, an annual season of fasting, prayer and penitence. In A.A. I’ve learned to make this a daily practice. I’m willing to fast from all grievances and injustices, the useless and harmful, even the petty stuff, real or illusionary. A.A. gives us the tool to identify and surrender my negative stuff, and deny its ability to hanging on. I choose to feast on the things I’m grateful for and a joyous, happy and free life most of the time. Our Father has been and is so merciful, generous, forgiving and abundantly gracious to me. The pain I experience at any level turns out to be growing pains. By our Father’s loving grace nothing can keep me from carrying out His Will and Love. I enjoy new ideas, adventures that stretch my present state of being, and that take me out of my comfort zone. When working A.A.’s Steps and Traditions and we are not uncomfortable, most likely we are not being honest. Fasting from what is contrary to my heart’s desire clears the feasting path. If we are evergreen perennials we continue to grow. When we become too ripe we begin to rotten. Therefore, I deny out of consciousness my negative stuff, as if I were gently sweeping away cobwebs, and I affirm what I truly want and need. I affirm; Forgetting the things that are behind, I’m given all I need for today. Thy Love, Thy Will be done.

Affirmation

“Pay Forward” # 32

*I greet The Indwelling Presence.*

Today’s “Pay Forward” is – Affirmations – is a positive and orderly statement of Truth, we are claiming and appropriating that which is ours. The Word is the working power of Divine Mind. My Hero continually made the highest affirmation such as, “I and the Father are one - All Authority hath been given unto me in heaven and on earth.” Each affirmation helps to build an unwavering state of mind, opening a channel our Father. Every thought we think and every word we speak is an affirmation, confirming our personal “reality” belief. On awakening I turn to You Father; I am filled with love and gratitude. I am devoted, dedicated, committed to do, to be Your Love, Your Will, consciously known or unknown, 24/7. Use affirmations as if there are already done. My timing is absolutely perfect because I’m on Your time, Father. I’m focusing on, practicing each of my ten mission elements; Loving, Healing, Teaching, Forgiving, Empowering, Enlightening, Enriching, Communicating, Co-Creating and Awakening. I’m rewriting and rewiring my personal “reality” with the Spiritual equivalent, by our Father’s Loving Grace. Let me remember God, as we understand Him, is our only True Source, we are His children, His agents, His individual expressions, and we have come together for His purpose. Even now He is guiding and directing us. The indwelling Presence within each of us is doing the works. There is one Life that Life is perfect, that Life is our Life, your Life, and my Life now. Thy Love, Thy Will be done.

As We Understood Him  
"Pay Forward" # 33

*I greet The Indwelling Presence Awakening.*

Today's "Pay Forward" gift is - As We Understood Him. A.A. gives us the freedom to choose our Higher Power, as we understand Him or Her. In doing so, we have to take the responsibility for that choice. I choose to call my Higher Power, "Our Father." I've been on a seek and find journey soon after I came into Alcoholics Anonymous, being He's infinite my search will never end, which is OK with me. Let me note some of my ideas about Him. I believe He created us all and is an indwelling Presence within us all, transforming everything we eat and drink into what we call life. He is Spirit; and those of us, who love and worship Him must do so in spirit [consciousness) and truth. For the best human relationships we must love others as we love ourselves. We have never seen Him excepting as He manifests Himself through His works. His attributes are therefore brought into expression by humans, who are His children, in His image and likeness. I pray and meditate daily, which broadens and deepens my communicate skills with Him, and making more room for His grace and my understanding. Some of His common thought of attributes I accept: Omnipresence, Omnipotence, Omniscience, Love, Truth, Intelligence, principles and Life, to list a few. Note the promises on page 83 – 84 of Alcoholics Anonymous. How about page 60? "(c) That God could and would if He were sought." Thy Love, Thy Will be done.

The I Am Within You And Me  
"Pay Forward" # 34

*I greet The Indwelling Presence of I Am.*

Today's "Pay Forward" gift is – The I Am Within You And Me – A child of our Father, and He is our true Source, and our inheritance is from Him also. The I Am is the created Higher Self dwelling within you and me, whom our Father made in His image and likes, I am told. The I Am is the gate through which our thoughts come forth from the silent invisible, and it is through this gate that we go to get into the indwelling Presence of Spirit. "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." I think Shakespeare must have been a mystic. Michelangelo took a rough piece of marble and chipped away everything that did not look like the vision of David; he held in his mind. Working the A.A. Program can aid the chipping away what is not like our Father's vision of the I Am, the individual He created. My greatest Hero came into this world as an archetype; fully Divine and human. We can be awakened to our Father's Divine Design; we only need to be willing. The will is the directive power that decides the character formation. "Not my will, but thine, be done." A.A. offers us both the Divine and human tools to chip away all that is not our individually intended purposeful Self. Thy Love, Thy Will be done.

The Alter Is A Place Within To Go

"Pay Forward" # 35

*I greet The Indwelling Presence.*

Today's "Pay Forward" gift is - The Alter Is A Place Within To Go – for prayer, meditate and contemplation. A place to give up the lower for the higher, the personal for the impersonal, the animal for the divine; to be still. Centering Prayer is different from what you may think of as prayer; in fact I call it meditation. It is simply moving deep within yourself, in silence, saying nothing, asking for nothing, just being and allowing your Higher Power to be with you.

**The Guidelines:** 1. Choose a word – (examples; Love, Let Go, Peace, Silence, Faith etc.). 2. Sitting comfortably and with eyes closed, settle briefly and silently introduce your chosen word as the symbol of your consent to God's Presence and Action within. 3. When engaged with your thoughts (include body sensations, feelings, images, and reflections – use the Four Rs: Resist no thought – Retain no thought – React emotionally to no thought – Return ever-so-gently to your chosen word). 4. At the end of the prayer period, remain in silence with eyes closed for a couple of minutes.

We can learn to pray anytime, but we should not meditate when dwelling in "powerful" illusions; like resentments, remorse or sexual fantasies. "Therefore if you bring your gift to the alter, and there remember that your brother has ought against you; leave there your gift before the altar, and go your way; first be reconciled to you brother and then come and offer your gift" Matthew 5:23-24. Thy Love, Thy Will be done.

How Does Your Garden Grow?

"Pay Forward" # 36

*I greet The Indwelling Gardener.*

Today's "Pay Forward" gift is - How Does Your Garden Grow? I was told by my family about my early gardening. When I was about six years old I planted the bone from a T-Bone steak and to my disappointment it did not produce what I was hoping for. Until I came into A.A. I planted a lot of "T-bones" that did not produce a desired result. Living Alcoholics Anonymous' spiritual principles I've become an effective gardener. The human body is the outer expression of our Creator's individually divine design. Like a garden, our consciousness, is given to us to keep and to trim. Our job is to use our creative power to preserve it in union with our Father's Love and Will; to grow vine ripe fruit, in due season. The Garden is the spiritual body in which we as humans dwell when we bring forth thoughts after the pattern of the original divine ideas. The gift of free-will is embodied in our silent invisible thoughts, which we incorporate into our conscious union with our Father. Useful faculties of mind, called by many names, comes as standard equipment: faith, strength, wisdom, love, power, imagination, understanding, will, law, zeal and unity. We can always call on the Master Gardener; that indwelling Omnipresent, Omnipotent and Omniscience. "The most authentic thing about us is our capacity to create, to overcome, to endure, to transform, to love and to be greater than our suffering" Ben Okri. Thy Love, Thy Will be done.

An Abiding Faith  
"Pay Forward" # 37

*I greet The Indwelling faithful knowing.*

Today's "Pay Forward" gift is – An Abiding Faith. My early spiritual innocence told me, everything was a "God thing." In that heightened faith I believed in as many as a dozen impossible things becoming possible before noon. "The fruit of silence is prayer. The fruit of prayer is faith. The fruit of faith is love. The fruit of love is service. The fruit of service is peace" Mother Teresa. Authentic love is intuitive; it is a prayer answered; it is a realized faith in our Father's grace; it is an unselfish service, freely given; it is peace beyond words. By practicing our faith in all our affairs our faith turns into what I call an abiding faith. It works like an intuitive wisdom; a deeper than words knowing that all is being taken care of. The purpose of the crisis of faith is to bring us to a radical willingness to live by faith in our Father's grace. Faith is spiritual assurance, the power to do the seemingly impossible. It is the force that draws to us our heart's desire right out of the silent invisible spiritual substance, and grows quickly in the rich soil of grace. It is a deep inner knowing that which is sought is already ours for the taking, the "assurance of things hoped for." The faith that co-operates with creative law. "When thine eye is single, thy whole body also is full of light." Thy Love, Thy Will be done.

Strength Of Character  
"Pay Forward" # 38

*I greet The Indwelling Strength.*

Today's "Pay Forward" gift is - Strength Of Character. "Lack of power, that was our dilemma. We had to find a power by which we could live, and it had to be a *Power greater than ourselves*. Obviously. But where and how were we to find this Power? Well, that's exactly what this book [Alcoholics Anonymous] is about. I had given up any idea of character building, just not drinking would be enough. Much like a great many others that came before me, I found the strength as a freedom from my weakness. I began to experience the power to withstand temptation. It was a force to do and to be our Father's Love and Will. We can share our love, experience, strength and hope with one another; building a purposeful character by giving of ourselves. With the eyes of faith, I see a tiny bit of the mystery of our Father's Reality, and I gained an inner strength I only dreamed of. "A thousand unseen hands reach down to help you from their peace-crowned heights. And all the forces of the firmament shall fortify your strength" Ralph Waldo. "Every great dream begins with a dreamer. Always remember, you have within you the strength, the patience and the passion to reach to the stars to change the world." Harriet Tubman was a 29-year-old slave, who escaped, and helped over 300 other slaves to freedom. Dr. Bob and Bill have help millions escape our self-made prison. Thy Love, Thy Will be done.

Wisdom

"Pay Forward" # 39

*I greet The Indwelling Wisdom.*

Today's "Pay Forward" gift is – Wisdom – a perfect balance between love, intelligence and timing. "You are never asked to do more than you are able without being given the strength and ability to do it" Eileen Caddy. This divine energy flows into us and through us 24/7 at maximum strength; we only need to give it our consent. Some A.A. members with little or no formal education often speak with wisdom, as they share their experience, strength and hope. They speak from their heart and experience; we can relate to; that's true authority. "The soul center is God. When it has reached God with all the capacity of its being and strength it will have attained its final and deepest center, and it will know love" John of the Cross. Intuitive wisdom tells me there is one common Solution; our Father. I choose to practice His Love and His Will in all my affairs. "Don't judge each day by the harvest you reap but by the seeds that you plant" (Robert Louis Stevenson). "Life is a journey, and where your finish line is has yet to be determined" (Anonymous). "The Presence is immense, yet so humble; awe-inspiring, yet so gentle; limitless, yet so intimate, tender and personal...This Presence is healing, strengthening, refreshing...A door open within me, but from the other side. I seem to have tasted before the mysterious sweetness of this enveloping, permeating Presence. It is both emptiness and fullness at once" Father Keating. Thy Love Thy Will be done.

Love Is

"Pay Forward" # 40

*I greet The Indwelling Love.*

Today's "Pay Forward" gift is - Love Is – touching everyone – thing into Wholeness. Divine Love joins us all into a wonderful union. We were all created in a way that we have to share with other, and that is love at the most basic level, it is a harmonizing, constructive power. "Our common welfare should come first." Most of us in A.A. had to learn that. However, far too many worldwide have not awakened yet. "We are people who normally would not mix" Because in A.A. we share in a common peril and solution we are most likely to experience many forms of love. I tried to make all love fit into one love and it was far too limiting. I am blessed with our Father's divine love and six human expressions of love. My fear, my lack of understanding and trust of love, causing me to withhold and withdraw. Having had a spiritual awakening as the result of living A.As' Steps and Traditions, that defect has been transformed, enabling me to give of myself freely. Any unloving condition is no longer a bar to my giving of myself; in fact it is an incentive. I am learning to cultivate an attitude of love and gratitude. When I fall in a negative ditch I find someone to share the program with, or just do a little random act of love; that's the wise thing to do. Thy Love, Thy Will be done. [www.12stepworkbook.org](http://www.12stepworkbook.org) – free download "Six Loves" workbook.

Power - Its Use And Misuse

“Pay Forward” # 41

*I greet The Indwelling Power.*

Today's “Pay Forward” gift is - Power - Its Use And Misuse. Being unable to forgive myself, I ask our Father to forgive me and to accept that gift of healing grace. If I still can't let it go, and experience the freedom of His grace, I realize I am questioning our Creator's Power and Love, which is another example of my powerlessness. Dismantling my personal “reality” was in full force. I was powerless over the death of my false-self; I hit my bottom. On February 6, 1957, what I believed was the end of life was the new beginning. I had to find a Higher Power who would do for me what I could not, and make a total commitment and acceptance of Him. It was not just my lack of power, but also my misuse of the power I did have, including both my power of decision and action. If we are blaming or explaining people, place or things outside of ourselves for our experience, we are blocking off the Loving Healing Power of our Father within. Darkness like separation has only the “power” we give them. “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 became a Higher Power seeker. In seeking my Higher Power, I found our Father, myself and my awakening heart. Thy Love, Thy Will be done.

Imagination – Real Or Illusion?

“Pay Forward” # 42

*I greet The Creative Imagination.*

Today's “Pay Forward” gift is - Imagination – Real Or Illusion? Both. “Imagination is more powerful than knowledge,” wrote Albert Einstein. Imagination like all human attributes we come equipped with is intended for our fulfillment; it is a creative power, in which we may use or misuse. Everything that is expressed was first a mental picture, and was brought into our experience. Our personal “reality” or our indwelling Presence in which our imagination molds into shape must be taken into account. I imagined one day I would punish the wrongdoers; that ideal took me down a violent road. That which I had not dealt with took over, and violence erupted beyond my imagination. It took me to a violent place I thought was long gone. Living A.As' spiritual principles my heroes change to those in loving service. We can see why prayer, meditation and contemplation are so important; offer us the best possible molds. With practiced they open us to a divine union with our Creator's individually divine design, who feed us with divine ideas, enabling us to carry out our Father's intended purpose. Our true heart's desire, when it is being brought into consciousness by the indwelling Presence, is that purpose. In an abiding faith our imagination let us see ourselves as our Father does. When we take action on our imagination, we confirm it. Today let us use our imagination to set the universal power into motion for the life we want. Thy Love, Thy Will be done.

Understanding Times Two

“Pay Forward” # 43

*I greet The Indwelling Apprehend-er.*

Today’s “Pay Forward” gift is – Understanding. Much like wisdom there are two types of understanding; one is spiritual and the other is out of our personal “reality” storehouse. Human understanding comes from everything we experience real or illusion. Spiritual understanding awakens within us at a deeper level. It’s the ability to spiritually discern thoughts and ideas and their true relationship with our Creator, others and ourselves. In A.A. our 12<sup>th</sup> Step states – “Having had a spiritual awaken as the result of these Steps,” this is a great beginning of a serendipity journey on our way to a deeper understanding. As we practice these spiritual principles in all our affairs it is revealed to us that love and wisdom should work together. Power is best expressed through love, and tempered with wisdom. We will arrive at the place where, with the eyes of faith we will see proof in around and through us of the reality of our Creator; I choose to call our Father. This takes place in the realm of ideas, not in form, although we may accomplish more in form than ever before, we know there are effects not the first cause. When we fall in an old ditch, we accept our part in the wrong and quickly get out, dust ourselves off and surrendering all, and affirm our spiritual understanding. We can use spiritual understanding anytime, we choose, just as we are free to us the principles of mathematics. Thy Love, Thy Will be done.

Who’s Will?

“Pay Forward” # 44

*I greet The Indwelling Divine Will.*

Today’s “Pay Forward” gift is – Who’s Will is being done? We can get very close to the kingdom of heaven by doing good works and committing to “a workable plan of action.” However, we will never enter into and abide in the divine harmony, and loving peace we long for. It is very important that we surrender all of our made up personal “reality.” A.A. reminds us that, “Half measures availed us nothing.” Our will; the executive power of our mind is at the root of our self-centeredness. The result of living the spiritual principles of Alcoholics Anonymous, our worse defects can be transformed into enlightened self-interest. “Not my will, but thine, be done.” Linking our will with our Creator’s Will (I choose to call our Father), we no longer have to count on ourselves or another human, alone and unaided, as our Source. Our commitment to daily practice a few simple ideas, freely given us, will open the way Home. Our Father’s Love and Will become our potential; our heart’s desire and we realize we are outer expressions of His grace. The hard thing about commitments isn’t making them. It’s following through. The Spirit of Truth, breathes into us continually the necessary inspiration and knowledge to express a loving purposeful life. In other words the use of our individually divine design enables us to make a good difference. We will surely receive the Promises on pages 83 -84 of Alcoholics Anonymous. Thy Love, Thy Will be done.

The Spirit Of The Law And Order

“Pay Forward” # 45

*I greet The Indwelling Spirit of the Law.*

Today's “Pay Forward” gift is - The Spirit Of The Law And Order. The inner spirit of the law is A.As' way of life, as we practice a few simple principles. We have a universal something within us that tells us when we are doing right or wrong. When we come into Alcoholics Anonymous we are told it's OK that we are on the broad-road. In the early days of A.A. the only requirement for A.A. membership was an honest desire to stop drinking. The word honest was taken out. The more we practice A.As' spiritual principles in all our affairs, the road gets progressively narrower. I can't get by with just every day kind of negative stuff. There is a law of spiritual, mental, social and emotional growth. When I began to drink like an alcoholic my growth stopped, I stuffed my problems by drinking them away, until it stopped working. Living our recovery program raises us from a sense dwelling to a spiritual consciousness, aligning us with our Father's Love and Will. “I have not come to destroy the laws and prophets but to fulfill them.” Alcoholics Anonymous has come into our lives to fulfill us, and to destroy the errors housed in our personal "reality," Our Father is not violating natural laws when He expresses a miracle through us. What we call a miracle is an expression of grace, using Spiritual Principles to rise above natural laws. Thy Love, Thy Will be done.

Enthusiasm In Pursuit

“Pay Forward” # 46

*I greet The Indwelling Spirit of Zeal.*

Today's “Pay Forward” gift is - Enthusiasm In Pursuit – of my heart's desire is most important to me. I can state it in the form of an affirmation – I am dedicated, devoted and committed to do and to be our Father's Love and Will, consciously known or unknown, 24/7. Zeal's command is, “Go forward!” It's a driving force that incites all my desires to action; an eternal urge, the zest for living. However zeal must be tempered with wisdom. Easy does it, but do it. For the active A.A. member practicing its spiritual principles in all their affairs, finds a joyous, happy and free life. To the not-sober alcoholic zeal can be the awakening to face the hideous Four Horsemen – Terror, Bewilderment, Frustration and Despair. Watch the pull of a giant locomotive; note how it slowly but steadily moves forward, inches at first but gradually increasing until its mile-long train swiftly disappears in the distance. We need not put all our enthusiasm into sharing with others, the unfoldment of our heart's desire is of vital importance. Energy is zeal in motion, and is the forerunner of every effect. If our Higher Power is our Source we will do well to seek His guidance, asking Him to do through us His intention. We have then set in motion the machinery of the universe; however, we must be willing to take whatever action called for. Forgive all – giving Truth for error. Thy Love, Thy Will be done.

Renunciation – Letting Go, Let God

“Pay Forward” # 47

*I greet The Indwelling Renunciation-er.*

Today's “Pay Forward” gift is - Renunciation – Let Go, Let God. When working A.As' Steps we come face-to-face with the accumulated effects of our past. For many of us, we have been weary treadmill travelers. It was a burden for us until we were willing to own it, let it go, and let our Higher Power show us the way, truth and light. Alcoholics Anonymous gives us to a fullness of an abundant life, complete forgiveness, a healing if we will allow it. Most of us needed a shift from deep rooted negative and harmful stuff, real or illusion, to a way of life that works. Fear is much like darkness, the only power it has is what we give it. I better report this to the Boss, and do some affirmations. My love my mission is not dependent on what others do, say thing or feel. I'm dependent on our Father and His Team. My love is an expression of the love we are created as, one-of-a kind. I raise my conscious above the lack of love to the omnipresence of Divine Love and love returns; a healing power touching everything into wholeness. There is an unseen presence of Divine Love in which we are created in the image and likeness. In prayer and meditation we can be still even for an instant and we, are raised above our earthly problems to the silent invisible solution; our love is multiply. Thy Love, The Will be done.

Speaking With Authority

“Pay Forward” # 48

*I greet The Indwelling Authority.*

Today's “Pay Forward” gift is - Speaking With Authority. No matter how much sobriety one may have, when they speak from their heart, mind, soul and experience, they are speaking with authority. I must take time every day to prepare myself to carry out my purpose in this life. I cannot expect to have what I am not ready to receive. Doing my morning prep-work helps build the inner strength I need to both receive and pass it on. Service is the key. It is doing the things I want to do, and I am led to do, it is an expression of self-love, and empowers me to love others. We can only give what we have, and that by the grace of our Father is freely given. Saying “I will” is a powerful beginning. However, it must be followed with action. I pray to be gentle with others and myself when I can't keep my commitments. Sometimes it takes more strength to forgive myself than it would have to carry out the commitment I reneged on. I am learning that forgiveness is a powerful character builder. When I can't let go of my defect, I can paraphrase A.As' ABC. a) That we were alcoholic and could not manage our own lives. [my personal “reality”]  
b) That probably no human power could have relieved our alcoholism. [my defects alone and unaided]  
c) That God could and would if He were sought. [Yes, I am].  
Thy Love, Thy Will be done.

Our Youth Never Dies; It Merely Falls Asleep  
"Pay Forward" # 49

*I greet The Indwelling Eternal Youth.*

Today's "Pay Forward" gift is - Our Youth Never Dies; It Merely Falls Asleep. The indwelling Presence protected life; is the conserved life. I seek through prayer and meditation, to improve my conscious union with all the spiritual attributes that expresses our Eternal Youth. Everything has a purpose, on our serendipity journey, nothing is wasted. It is my personal "reality," [sense mind] that is so wasteful. "Strain at gnats and swallow camels." Following A.As' spiritual principles, clearing away the wreckage of the past, we concern ourselves with effective use of our energies. We can share our life with the spiritual-minded in our fellowship, the embodiment of our Creator's Love and Will. The Serenity Prayer is a great conserver. By accepting the things we cannot change, we cut back on a lot of wasted energy. Changing the thing we can sets us on a constructive path. Seeking the wisdom to know what the Boss wants for us is always a great starting point. To ask for guidance and really mean, it is truly being vulnerable. If it is our Father we are asking for wisdom we are building our trust in our one True Source, and that is a wise investment. Our thinking about our dreams, whether we're asleep or awake, is not a waste of time. Take time to honor your dreams. Our creative self is speaking to us. Let us prepare ourselves to respond to the guidance we asked for. Thy Love, Thy Will be done.

The Divine Helper  
"Pay Forward" # 50

*I greet The Indwelling Divine Helper.*

Today's "Pay Forward" gift is – The Divine Helper. A.A. does not get into religion or politics; a very wise decision. I am not writing this in a religious context, but as the reality of the Spiritual way of life. A.A. is based on Jesus Christ's teachings. If our Creator had not planned to make Him a continuous working factor, the way-shower, there would be no purpose for His having been sent. 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. If our Creator had no good purpose for Alcoholics Anonymous it would not continue to serve and grow. For every one alcoholic using our spiritual program, seven are using it for other human dis-eases. I wonder how many are living the teachings of Jesus Christ calling it by many other names. Those of us, who are practicing A.As' spiritual principles are living in His image and likeness; loving, healing, and correcting our illusions of separation, and realizing our True Source. We awaken to the Mystery of our Father Presence within us, washing our guilt away and restore our lost Self. The indwelling Presence in union with my Created self (the indwelling Christ); is transforming what we eat into life. I trust the Holy Spirit (The Spirit of Truth) to guide and inform us. Thy Love, Thy Will be done.

Evolution – Our Ongoing Awakening  
“Pay Forward” # 51

*I greet The Indwelling Unfoldment.*

Today's "Pay Forward" gift is – Evolution - Our Ongoing Awakening. What we are experiencing is the result of the evolution of our consciousness, and the result of the seed sown in our minds when we were created, that is ever unfolding. First were the involution and then the evolution. The oak tree is in the acorn. The indwelling Presence was in the individual before that person was born, and is an expression of our Father's glory coming into this world. Without the Creator's Divine seed in His image and likeness sown in the human, we would be little better than animals. It is the quality of life that determines its value; that is serving and loving others and ourselves, having dismantled our false self which allows the true self to emerge. To be and to do our Father's Love and Will, ensures us that we are making a difference in this world. What if all 7.5 billion people took a moment to be and to do their Created Self? We would experience the purpose for evolution. In the meantime lets you and I do it. It's almost always appropriate to be vulnerable honest - be original - keep learning - it's never too late to be you - learn from experience - listen to both sides of the story - do your part. Let our visions, which comes through our heart and soul, guide us. We are the ever unfolding; increasing the Spirit of divine understanding. Thy Love, Thy Will be done.

The Power Of Our Word  
“Pay Forward” # 52

*I greet The Indwelling Healer.*

Today's "Pay Forward" gift is - The Power Of Our Word. The way we choose to use our words, both within and out into the world of expression, is our choice. "Wisdom, strength, courage and all harmonious conditions are the direct result of spiritual power, with which we are already equipped" Ernest Homes, "Alcoholism." Living A.As' simple suggestions, as I understand them, freed me to do and to be our Father's Love and Will. I didn't have useful verbal skills to deal with life. I spent much of the first year and a half in A.A. learning how to read, focusing on seeking and finding a workable understanding of our spiritual principles, and I feasted on other heroes like Emmet Fox, Henry Drummond, and many others. It seems as though, when our Father wants to express to us, what He is like, He makes a beautiful character. I've come to understand that we could not see those wonderful attribute in another person if we didn't have at least a tiny bit of that character ourselves. I find it useful to look for that gift of grace in others, and my experience of what I long for awakens and grows. We have been called to live in freedom – not freedom to satisfy our selfishness, but freedom to serve one another in love. This will lead us to someplace worth going, and being our purposeful life, our world needs us to be part of its healing, today. Thy Love Thy Will be done.

Our Body – A Divine Design

“Pay Forward” # 53

*I greet The Indwelling Divine Design.*

Today's “Pay Forward” gift is - Our Body – A Divine Design. As a self-perpetuating, self-renewing organism of the individual created being. We are each given a purpose to express in this world, as both spiritual and human. We may choose who we will serve. We can make the wise choice and choose to manifest the spiritual through the human body. That indeed is living the Love and Will of our Creator, I choose to call our Father and we are His children. There were ten black birds setting on a wire, one decided to fly, how many were left? Ten, the one who decided did not take the leap. My heart's desire is to do and to be our Father's Love and Will 24/7. However, I fall far short, and seem to be glued to the live wires. When I practice the inherent gifts of grace by living A.As' spiritual principles in my daily human journey, I'm in harmony with my given purpose, I'm putting on the Divine idea in mind and body, and I am joyous, happy and free. Our life is transformed by the daily renewing of our mind. As we enter into and abide in spiritual principles we experience the fuller intention of our Creator. We can “cast our burden” on our true Boss and let go of worry and anxiety, one step at a time, and keep our life uncomplicated and free. “Gratitude is a shortcut which speedily leads to love” Gautier. Thy Love, Thy Will be done.

Our Creator's Grace

“Pay Forward” # 54

*I greet The Indwelling Grace.*

Today's “Pay Forward” gift is - Our Creator's Grace, which is unearned, favor, disposition to show mercy, all of us are recipients of it. However, we have to clear some of the wreckage of the past before we let ourselves receive it. A.A. as do every other truly spiritual way of life gives us the tools to do that. All of us are equal in our Creator's (I choose to call our Father) favor. We are servants of the “laws” we made up or those we go along with. “My illusions, my personal “reality” why have you forsaken me?” I need to say good-bye to all I made up. A shortcut to His grace is forgiveness of all, excluding no one; He will meet us more than half way. We enter into that consciousness by faith. I am reminded that Alcoholics Anonymous' spiritual principles come directly from true Christ's teachings. Through grace we are forgiven and healed. I find it most useful to keep things in perspective, which is looking at grace up close and looking from a distance. Often what I was experiencing as a full-blown crisis later became a blessings. We don't see things as they are; we see things as we are, at the moment. Let us remember that none of our past dictates our futures. In fact, it's an opportunity to call on grace. We have direct access to an all-loving, all-powerful Creator-Father, receive His grace and pass it on. Thy Love, Thy Will be done.

The Furth Dimension  
"Pay Forward" # 55

*I greet The Indwelling Spiritual Dimension.*

Today's "Pay Forward" gift is – The Fourth Dimension. Many of us 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 [Bill Wilson A.As' co-founder] was soon to be catapulted into what I like to call the fourth dimension of existence" Alcoholics Anonymous p8. I understand, in principle, 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. We cannot earn it. We receive it by grace. However, seeking through prayer and meditation, we are more likely to awaken. I understand the fourth dimension as the intuitive knowing, which can come with Alcoholics Anonymous' promises, page 83 - 84. 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. Thy Love, The Will be done.

Keep A True Sabbath  
"Pay Forward" # 56

*I greet The Indwelling True Sabbath.*

Today's "Pay Forward" gift is – Keep A True Sabbath. A very wise person said, "Sabbath was made for man, man was not made for Sabbath". I choose to have a rest time, Sabbath, every day, from my useless chatter. I daily spend time in prayer, meditation, contemplation and affirmations within the silent invisible Presence of our Father. I'm seeking realignment with His Love and His Will. We can improve our conscious contact with our Father, and rest in the true Sabbath. Every day is a Sabbath; a day of worship and rest. Omnipresence, in a perfect circulation. In perfect assimilation of His abundant grace. And, perfect elimination of all that is spent. Our Father does not rest from His works every seventh day, if He did we would really have problems. I do want to worship our Father in Spirit (consciousness of Wholeness) and Truth (His Reality), as I understand it, here I find rest and peace. Let me love and serve all I am drawn to. I have to deal with undigested thoughts and feelings I don't want. As I embrace and own the unwanted, I can surrender them for upgrading in a Sabbath mind-set, it is easier. On this Sabbath day lets us choose to see through the eyes of an optimist, if we don't like the results we can always return to the pessimist. Let us rest in the consciousness of the true Sabbath, and be joyous, happy and free. Thy Love, Thy Will be done.

## Ideas

“Pay Forward” # 57

*I greet The Indwelling Divine Ideas.*

Today’s “Pay Forward” gift is – Ideas. Out of enlightened self-interest which of my ideas shall I dwell on? I must choose wisely because they will become part of my experience. An idea becomes the evolving power through which it makes itself manifested. They spring forth and pass from mind to mind, being recorded as they go. We bring divine ideas into expression by making ourselves one, with them; Thy Love and Thy Will be done. And, they will be lifted up by those on a spiritual serendipity journey, and become part of our regeneration. As the child is the father/mother’s creation, so is the idea to our mind. Mind is coexistent with its ideas, and there is an ongoing interaction and communion. Our spiritual inspiration in us is an inflow of divine ideas. A.A. gives us the tools to awaken us to that infinite flow. Let heart, mind and soul be open to the inner voice, of intuition, our Father first language; it is not bound by time or space. We must own the ideas we choose to dwell on because they are a big part of what determines our experience. Miracles can and do happen as the result of a changed, awakened consciousness and that is accomplished through prayer and meditation and practicing the spiritual tools given us. What a boring world it would be if we all saw everything the same. No other person can eat and digest our food [ideas] for us. Thy Love, Thy Will be done.

## Divine Healer

“Pay Forward” # 58

*I greet The Indwelling Divine Healer.*

Today’s “Pay Forward” gift is – Divine Healer. Is an inside-job. As soon as a healthy physical body is wounded the healing begins. Also, it’s spiritually, mentally, emotionally and socially. Each created being is a manifestation of an individually- divine design. A spiritual healing is the affirming that divine design joined with the Divine Union returns it back into its intended expression. This raises our consciousness to a spiritual reality where healing power originates. A doctor removes obstructions and creates environment where the natural healing can take place, and so it is in Alcoholics Anonymous. Practicing A.A.’s spiritual principles in all our affairs is Love, opening us to a larger vision of life. We are able to extend unconditional love to those who still suffer, at some point all of us suffer, but love is a healing power that brings us back to wholeness. Seeing the Invisible with the eyes of faith doing the works called life begins to regenerate the individual Divine Design and that is the healing we seek. I have received healing in some major parts of my human condition. In four areas the healing came in the form of a spiritual transformation, the home of my defects. I come to believe that our Freedom and our healing must come from within, in union with the indwelling Presence within each of us as an individual Divine design. I am grateful for the people who help me keep things in perspective. Thy Love, Thy Will be done.

A Timely Message  
"Pay Forward" # 59

*I greet The Indwelling Presence.*

Today's "Pay Forward" gift is - A Timely Message. I found an old card with these prayerful words by Thomas Merton. I have no idea when or where it came from, but it speaks to my heart, mind and soul. And I want to pass it on to you.

My Lord God, I have no idea where I am going. I do not see the road ahead of me. I cannot know for certain where it will end. Nor do I really know myself, and the fact that I think that I am following Your Will does not mean that I am actually doing so. But I believe that the desire to please you does in fact, please You. And I hope I have that desire in all that I am doing. I hope that I will never do anything apart from that desire. And I know that if I do this, You will lead me by the right road through, I may know nothing about it. Therefore, will I trust You always though I may seem to be lost and in the shadow of death. I will not fear, for You are ever with me, and You will never leave me to face my perils alone. Thoughts in Solitude. Thy Love, Thy Will Be done.

Peace  
"Pay Forward" # 60

*I greet The Indwelling Source of Peace.*

Today's "Pay forward" gift is – Peace. It can be difficult to be at peace when our whole world is in such turmoil. I don't want to blame anyone or anything outside of me for my reactions. I must own my part, so I can surrender it to be healed and transformed. However, there are times when I need hold others accountable. Forgiving myself and others is a useful path to peace, no matter who did or didn't do whatever. The spiritual realities of peace and understanding are set in motion when we seek through prayer and meditation to increase our conscious contact with the indwelling Presence within each of us. When we seek to do and to be the individual, we were created to be we are more likely to let go of personal ambitions and turn toward our Father's Love and Will. Peaceful healing can happen when we go back to root of the discord, own our part, which give us the right to surrender it to our true Source. We need not stop to argue whether the cause was just or not, "Agree with thine adversary quickly." We had to cease fighting, everyone and everything. In A.A., our Step Ten tells us, "Continue to take personal inventory and when we were wrong promptly admitted it." "Self-searching becomes a regular habit." We find ourselves at peace; keeping our emotional balance by our Father's Loving Grace. Thy Love, Thy Will be done.

Visiting Heaven And Earth  
"Pay Forward" # 61  
*I greet The Indwelling Heaven.*

Today's "Pay Forward" gift is – Visiting Heaven And Earth. Our human condition is a serendipity journey through universal planes of consciousness. One is the realm of purely spiritual ideas, in the image and likeness of our Creator. The other is our personal "reality," and is both spiritual and material. The Kingdom of Heaven is within us, so is our world view, at a different level of consciousness. To experience an intimacy and union with the indwelling Presence, we must be willing to let go of all our earthly attachments, if only a few moments at a time. For many of us, we have to experience trouble and suffering [hitting our bottom], before we are made ready to let go and let God do for us what we cannot do or stop doing. Step Eleven is a great help. "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." Of course, the first ten Steps will cause us to be willing and able to practice the spiritual principles freely given us. The Kingdom of Heaven is now ready. "The fields...are white already unto harvest." Alcoholics Anonymous has an abundance of vine ripe fruit to harvest. "Service at its very basic core is an inner choice to offer a helpful and healing attitude to others as well as to ourselves" Wayne Dyer. Thy Love, Thy Will be done.

Principle Or?  
"Pay Forward" # 62  
*I greet The Indwelling Spiritual Principles.*

Today's "Pay Forward" gift is – Principle Or? When we use global statements like – I always do this or that, or I never whatever unconsciously we treat them as if they are universal principles, which cannot be changed, as if it were a mathematical principle. One of the side-effects is, it makes it very difficult to forgive or change, it become more than an exaggeration. I find it helpful to rephrase those tempting statements with – most often, frequently, consistently, in other words there are my ways to avoid using never or always. A Divine Principle is Truth in a universal sense. It pertains to Spiritual attributes of our Creator, such as Omnipresence – always Present, Omnipotence – all Power, and Omniscience – all Knowing. "Principle is Truth. I know the Truth, and the Truth makes me free." "A.A.'s Twelve Steps [and Twelve Traditions] are a group of principles, spiritual in their nature, which if practiced as a way of life, can expel the obsession to drink [or any other addiction] and enable the sufferer to become happily and usefully whole." "Many people, non-alcoholics, report that as a result of the practice of A.A.'s Twelve Steps [and Twelve Traditions], they have been able to meet other difficulties of life." "They see in them a way to happy and effective living for many, alcoholic or not" Foreword to Twelve Steps and Twelve Tradition. "- practice these principles in all our affairs." A very wise investment. Thy Love, Thy Will be done.

Miracles  
"Pay Forward" # 63

*I greet The Indwelling Source of Miracles.*

Today's "Pay Forward" gift is – Miracles. "Giving is a miracle that can transform the heaviest hearts" (Kent Nerburn). God never performs miracles, if by miracles is meant a departure from universal law. They just seem that way because it's beyond our present pay-grade and understanding. Without an upgrade, we are likely to think and feel grace will only come as a once-in-a-while miracle. In reality, miracles are events that take place as a result of the application of a higher law. For many of us in Alcoholics Anonymous, miracles are everyday events. I'm blessed with a healthy body and abundance beyond anything I should rightly desire. Do I believe in miracles? Yes, for sure, how about you? I became a Higher Power seeker. I found our Father, myself and the path to my heart's desire. Having had a Spiritual awakening, I experienced a shift in my world view. The impossible became possibility, then most likely, and then a miracle. My early Spiritual innocence told me, everything was a "God Thing." In that heightened faith I believed in as many as a dozen, impossible things were becoming possible before sunset. I am willing to love all, and that's a miracle. Let us expect miracles and we will not be disappointed. We may not know how these miracles keep coming; they just do. I found some 125 miracles in the first 164 pages of Alcoholics Anonymous. Thy Love, Thy Will be done. [www.12stepworkbook.org](http://www.12stepworkbook.org) The Promises inventory.

I'm An Overcomer  
"Pay Forward" # 64

*I greet The Indwelling Spiritual Overcomer.*

Today's "Pay Forward" gift is – I'm An Overcomer. The best teachers teach from the heart, not from a book. They have overcome their self-centeredness long enough to help another overcome themselves. Emmet Fox's suggestion, Meekness – it is a combination of open-mindedness, faith in God, and the realization that the Will of God for us is always something joyous and interesting and vital. This state of mind also includes a perfect willingness to allow this Will of God to come about in whatever way Divine wisdom considers to be best, rather than in some particular way that we have chosen for ourselves, in other words, be teachable. There are two useful things to have if we are going to overcome our present way of life. One is an abiding faith in our Father's grace; the confidence in things unseen, and a fundamental goodness and purpose in the universe. The other is obedience; living in accordance with our faith, one day at a time, and willing to do and to be our created purpose. I have confidence in myself when I have confidence in our Father. Let's stop looking outside ourselves for our worth. Let's visit the infinite intelligence within us all; that is transforming what we eat into our physical body, for the wisdom we need. "There is no great and no small, to the Soul that makes all, and whence It cometh all things are, and It cometh everywhere" Ralph Waldo Emerson. Thy Love, Thy Will be done.

Patience  
"Pay Forward" # 65

*I greet The Indwelling Calmness.*

Today's "Pay Forward" gift is – Patience. Is an attitude of mind characterized by poise, calmness, and a quiet restful trust, especially in the face of trying conditions, centered in the depth of the love that we are. Practicing the spiritual principles we are freely given in A.A., whose roots are founded in Christ's teachings, We will development patience. Living the spiritual tools we are given will cause us to experience a spiritual awakening and a growing understanding, and a way of life that really works. Our patience depends on our view of life, and nurtured by a working relationship with a Higher Power, which I choose to call our Father. If we are selfish and self-centered driven by fear and the "ism" of alcoholism or other addictions we will have a hard time experiencing patience. Most of us who have passed through that dark night will confirm the hell on earth it is, self-control is out of the question, and we find out how difficult it is to change our habits of thoughts. A.As' spiritual principle opened me up to receive grace; my real Solution. When our thoughts and conduct are in agreement with our intended created purpose, we enjoy the calmness within our heart, mind and soul. To get whatever we need to live our heart's desire, our inner life must be on the path of our Father's divine design. Let us wear the world as a loose garment. Thy Love, Thy Will be done.

Divine Judgment  
"Pay Forward" # 66

*I greet The Indwelling Spiritual Discerner.*

Today's "Pay Forward" gift is – Divine Judgment; a spiritual consciousness. Human judgment is the mental act of evaluation through comparison or contrast. Our choice - sense perception or spiritual awakening and understanding? Practicing A.As' principles in our daily life offer us an awakening. Let us be merciful in our mental judgments, for in truth; we are all one. We experience ourselves as we judge others. The more deeply we seem to err; the more urgent is the need for us to help ourselves and others that come to mind, with the ideas we want for ourselves. As we free others we free ourselves. Be true to our highest ideals; stick to our spiritual guns, in conscious union with Divine Judgment, in other words, our Father's Love and Will. If only we could accept criticism, as well as we accept praise, letting our Creator be the final judge. What are our heart, mind and soul leading us to do or be? Call on the indwelling Presence within, be still through prayer and meditation, watch and listen, the answer will come. Trust our Father, He knows what's best for each of us, after all he created us, as an individual with a purpose. Take the action or inaction we are guided to do and to be. We are going to get back what we give away, I learned that in Alcoholics Anonymous, we must share what we want to keep and expend. Thy Love, Thy Will be done.

Spiritual Substance  
"Pay Forward" # 67

*I greet The Indwelling Building Materials.*

Today's "Pay Forward" gift is – Spiritual Substance; what things are made of. Substance exists in a realm of ideas and is most powerful and fulfilling when we use it in union with the indwelling Presence. In other words, we may use it to build a foundation which can stand both storms and glory. Spiritual substance is the source of all material wealth and cannot suffer loss or destruction by the human thought. As my hero said, "I have meat to eat that ye know not." We all have it know it or not. Any seeds words we plant [sincere affirmations – believing], in the indwelling Presence, Spirit substance will germinate and grow and bring forth fruit "after their kind." I choose the word-ideas that well be in harmony with my heart's desire; my purposeful life, I have come to realize that the indwelling Presence within us is always conspiring for our good. On my serendipity journey, there have been a good many detours, roadblocks, a few really bad emotional storms, and all kinds of obstacles getting in the way to my spiritual growth and recovery, most of which were the illusions I made up. I am learning to use my memory but not let my memory use me. Through prayer and meditation, I have the gift of spiritual discernment, enabling me to see the difference between my personal "reality" and REALITY. I am so grateful for the opportunities to share. Thy Love, Thy Will be done.

The Atonement  
"Pay Forward" # 68

*I greet The Indwelling The Redeemer.*

Today's "Pay Forward" gift is – The Atonement. When fear told me that death was stalking me my priorities changed, my life took on a new meaning about as to what is really important to or for me. I remembered that our Father is love, and is my true Source, who is ever Present. I turned and confronted my stalker; I took back the power I had given him, and give it to our Boss. I believe that our life will never be over until our little purpose for being here in this human condition is done. So, if we are still alive, then our mission is not reached our finished line. We may as well enjoy the rest of our serendipity journey, and be at-one-ment with our Father's Love and Will. We are intended to be alive; not half dead for a few years and then go out with a sputter. It's not what we do so much as what we are, that is the daily-miracle. We are changed by our Father's grace. We shed one garment for a better one, and we are gradually transformed into what we have always been, His individual Divine design. It's a good idea to embrace our too limited opinion, so we can surrender it to the grace of our heart knowledge. Let's not wait on someone else to give us permission to let go and let God do for us what we cannot do or be. Thy Love, They Will be done.

Peace

“Pay Forward” # 69

*I greet The Indwelling Peace.*

Today’s “Pay Forward” gift is – Peace. Palm Sunday - at this time in our world could use the promise of hope that Holy Week and Easter bring, during this crisis of faith. Are we able to believe and trust in our Creator? Those that attend their church for worship and support is unable to, during this time for reflection and dedication; spiritual power temper with spiritual poise and confidence in the future. However, today that is all called into question. We have a similar problem in A.A.; we cannot have our meeting in person, where we share our experience strength and hope; to carry the message, a way of life that really works. Zoom, and the other ways to communicate are better than nothing, but it does leave a lot to be desired for me, face to face is hard to beat. When we realize and accept our powerlessness, the answer for many of us, is the same; turn to our Higher Power. We have a set of spiritual tool, principles we can use. For the guidance we need, we can seek through prayer and meditation. If we really want to share the love and gifts, we have freely received, we will find a way. Christians and all others that want to carry their message will be given the way. When I look back on the hopeless bottoms I’ve experience, I know our Father had a purpose for me, and I trust Him now. Thy Love, Thy Will be done.

Transfiguration

“Pay Forward” # 70

*I greet The Indwelling Transformer.*

Today’s “Pay Forward” gift is – Transfiguration. Practicing A.As’ principles lift our understanding from the material to the spiritual. It demonstrates that service is a great way of transforming us out of our selfish and self-centeredness. We are no longer the person we were. A life of service will transfigure us into something more useful and elevated. Susan Anthony was asked, “Do you pray?” She replied, “I pray every single second of my life; not on my knees but with my work. My prayer is to lift women to equality with men. Work and worship are one with me.” When I think of the commandment to pray always, she stated that principle in a way that makes it a real possibility for me to do. Being the workaholic I am, helps me understand her way of prayer. We don’t have to be very advanced in spiritual consciousness to practice such a simple way of life of including our Creator in everything we do. After all that indwelling Presence within every creator is what lives us all, known or unknown to us. When we take a drink of water it is transform into life, by the infinite intelligence within. Humans can’t do that, it is beyond our pay grade. Prayer and meditation will help us awaken to our Father; it’s easier than I convinced myself it is. If I can listen to another human, I can take a little time to listen to the Boss, that’s meditation. Thy Love, Thy Will be done.

Transmutation  
"Pay Forward" # 71

*I greet The Indwelling Transmuter.*

Today's "Pay Forward" gift is – Transmutation is, "The conversion of one element into another" – Webster's Dictionary. Those of us, who have had a spiritual awakening as the result of working A.As' Steps in our lives have experienced, to some degree a dramatic shift in our world view. In consciousness, transmutation is a changing in action and character to conform to spiritual standards. Often to a way that people that have known us all of our lives can hardly recognize us; we no longer react to life as we once did. We are likely to stop blaming other people or events and take responsibility for ourselves. Our selfish, self-centeredness is transmuted into enlightened self-interest. We find it best to own our decision and actions of the present and past, so we can surrender them to a Power-Greater than ourselves. If we blame anyone or anything outside ourselves, we cannot choose what to do with whatever, because it does not belong to us. If we want to be forgiven, we must be willing to do it also. Saint Francis discovered it is best to give what we want in return, as he expressed in his prayer. I first came across his writing in the book Alcoholics Anonymous. Our whole human condition is greatly affected when we shift from our self-centeredness to Spiritual-centeredness. The silent thought of our indwelling Presence, and His Love and Wisdom will cause most of our self-made troubles to melt away. Thy Love, Thy Will be done.

A New Heaven And Earth  
"Pay Forward" # 72

*I greet The Indwelling Alpha And Omega.*

Today's "Pay Forward" gift is – A New Heaven And Earth. This current crisis will bring about a deeper understanding of life. Every day we are reminded about suffering and death. Sooner or later we have to deal with our personal understanding of death, unless we are in denial. And, we will have to deal with fear, our own and those around us, and selfishness and self-centeredness. We will uncover and discover our real character, and that of others. Some will demonstrate the love we are and find ways to serve others. A.A. has given us the tools to do just that, and shows us that way of life is done out of an enlightened self-interest. If we have practice the spiritual principles, given us, we've learned to get out of ourselves by serving others. Not everyone in A.A. practice these principles in all their affairs, but those that do will understand that we have to give away what we want to keep and expand. A great many people in other walks of life have come to that understanding and are living it. During this crisis, we see many examples of people giving of themselves to those who are suffering. And, we see others acting out of fear, mostly concerned with their selfish needs at the expense of others; they are in their survival mode. Some are awakening to the love they are, and change. The time is ripe for the advent of the spiritualized human. Thy Love, Thy Will be done.

Holy Communion  
"Pay Forward" # 73

*I greet The Indwelling Holy Communion.*

Today's "Pay Forward" gift is – Holy Communion. The body of spiritual ideas and the circulation of these divine ideas in our consciousness unblock our heart, mind and soul, freeing us from our illusions. "The bread used in [most Christian] churches symbolizes substance, which we consider the Lord's body, a body of spiritual ideas; and the wine used symbolizes His blood, which we consider life or the circulation of divine ideas in our consciousness, which will purify our minds and hearts and renew our strength, freeing us..." Keep a True Lent. "As you believe, let it be done." No other person can eat and drink for us; each of us has to do that. If we want to be joyous, happy and free, we must take responsibility for our decisions and actions. Not blaming others gives us ownership of our personal "reality" in which we can choose what to do with it. We can surrender it to our Higher Power to be healed and transformed into workable assets. "If you...know how to give good gifts to your children, how much more will your Father in Heaven give the Spirit of Truth to those who ask Him?" As our minds and hearts are cleansed of the useless and harmful clutter, and as we feast on the divine ripe fruit we're given, life takes on a new meaning. Let us celebrate The Last Supper [Holy Communion], and share the love we are. Thy Love, Thy Will be done.

Our Gethsemane  
"Pay Forward" # 74

*I greet The Indwelling Struggle.*

Today's "Pay Forward" gift is – Our Gethsemane – is our transforming struggle when we are faced with the realization that Divine Truth as the one reality. We all have our own Gethsemane where we have to decide who will be our Boss? Whose will we are to follow? Mother Teresa said that we all have our own Calcutta, which I believe to be our created purpose. I don't think we will find our fulfillment in this life until we are in alignment with that purpose, and are willing to dedicate and sacrifice all for it. A.A. gives us the spiritual tools to uncover and discover our habits of thoughts and feelings stored in our sub-consciousness, which are blocking our individual created purpose. Then we may say to those close to us, as my Hero Jesus did, "My soul is exceeding sorrowful, even unto death: tarry ye here and watch with me. And he went a little further, and fell on his face, and prayed, saying, "O my Father, if it be possible, let this cup pass from me, nevertheless, not as I will, but as thou wilt." We cannot trust others to make our decisions or even stay awake while we are passing through the dark night of the soul. "...the spirit indeed is willing, but the flesh is weak. "Before the cock crow, thou shalt deny me thrice." Life's not about waiting for the storm to pass it's about learning to dance in the rain. Thy Love, Thy Will be done.

The Crossing Out  
"Pay Forward" # 75

*I greet The Indwelling Crucifixion.*

Today's "Pay Forward" gift is – The Crossing Out. The word crucifixion means the crossing out in consciousness of certain errors that have become fixed states of mind, stored in our sub-conscious mind, and become our world view. Jesus was crucified at Golgotha, (Aramaic: "Skull",) also called Calvary, (from Latin calva: "Skull"). Crossing out what's in our skull, frees us from our personal "reality" with all its limitations. My Hero Jesus had overcome all the carnal tendencies which He had taken on to show us how we might be free from our self-imposed bondage. That mind-set enlisted our brain in its skull, and it is here that the final battle is fought. Every time we own and surrender a defect there is a crucifixion. "The three days Jesus was in the tomb represent the three steps in overcoming error. First, nonresistance; second, the taking on of divine activity, or receiving the will of God; third, the assimilation and fulfillment of the divine will." "I deny the self [my personal "reality"] that I may unite with the selfless. I give up the mortal that I may attain the immortal. I dissolve the thought of the physical body that I may realize the spiritual body" Keep a True Lent. "Yea, though I walk through the valley of the shadow of death, I will fear no evil: for thou art with me. Thy rod and thy staff they comfort me." Thy Love, Thy Will be done.

Resting Within Our Father  
"Pay Forward" # 76

*I greet The Indwelling Resting Place.*

Today's "Pay Forward" gift is – Resting Within Our Father – "Be still, and know that I am God." Awakening in the Spiritual journey with the conviction that our Father is always Present. Being still is the core of Centering Prayer or Contemplation; a handy tool for Step Eleven. My prayers and meditations are no more than chatter, at times, however I choose not to dwell it. We let our Father do the work; drawing us to the highest form of meditation, which is contemplation. It's simple; I sit in a comfortable position; I close my eyes and say yes, to our Father's Presence and yes to His Action and His Will. It is His responsibility to do the rest. I stop dwelling on my useless chatter. I look through the eyes of faith, for His Presence and Action. I listen with the ears of faith, for His Holy Voice. I'm learning how to communicate in His first language, silence. I am focusing my attention on His intention, letting our Father do the works, not me. I practice the four R's. Resist no thought. Retain no thought. React emotionally to no thought. Return ever-so-gently to my chosen word, without judgment or undue energy. My intention is to give my consent, which opens me to the indwelling Presence. This process will continue until our whole consciousness is vitalized by the Spirit of Truth, and we awaken at a place where we have always been, within our Father's omnipresence. Thy Love, Thy Will be done.

Easter  
"Pay Forward" # 77

*I greet The Indwelling The Resurrection.*

Today's "Pay Forward" gift is – Easter, for a great many around the world is a very special day. For the churches in this country this year they will not have their traditional Sunrise Worship Service. It will have to be in small groups or via zoom. Perhaps, that will cause it to be far more personal, with a deeper meaning. However, coming together to worship in person is very fulfilling. I am experiencing that loss due to the closing of my A.A. home group. What did Jesus have to say about worship in John 4:21/23? "Woman, believe me, the hour cometh, when ye shall neither in this mountain, nor yet a Jerusalem, worship the Father." === "But the hour cometh, and now is, when the true worshippers shall worship the Father in spirit and in truth: for the Father seeketh such to worship Him." The freedom to worship the God of our understanding in A.A. takes on a new meaning, for me. Easter is the celebration of the resurrection of Jesus. Its inner meaning and spiritual significance is the awakening and raising to spiritual consciousness of the I AM in humans; our indwelling created higher-self. The resurrection is the raising up of the whole human spirit, soul, and body, into the Christ consciousness. When our individual created being, higher self within each of us is awakened to the union with the indwelling Presence, for that moment, we experience a resurrection of our ordinary consciousness. Thy Love, Thy Will be done.

The Spirit Of Truth  
"Pay Forward" # 78

*I greet The Indwelling Spirit of Truth.*

Today's "Pay Forward" gift is – The Spirit Of Truth. If you prefer The Holy Spirit - The Voice of God – Comforter - Holy Ghost – the fire of God, or any number of names, you may choose to call Him. Fire represents the positive, affirmative state of mind, as opposed to the negative or watery state. It burns out the dross of negation in consciousness, and reveals the indwelling Presence. The flame of fire, of love symbolizes the light of intuition that burns in our heart, there no loss of substance. The first language of our Father is silence; everything else is a poor substitute. He communicates with us through our intuition, the infinite filtered through our personal "reality;" our finite mind. We will not be left partially cleansed. "The Father and I are one. I am in Him and He is within Me." The Gospel is simple; no created being has ever been separate from our Father/Creator or can be. Our created Higher Self and our personal "reality" are guided by the Holy Spirit in overcoming the big lie, that we could be separate from Him. I find myself knowing, not just believing, that His Holy Spirit is within, around and through each of His creatures. "The fruit of the Holy Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control" Galatians chapter 5. I have confidence in myself as I have confidence in the Holy Spirit (Consciousness of Wholeness). Thy Love, Thy Will be done.

Ever Awakening  
"Pay Forward" # 79

*I greet The Indwelling Awakener.*

Today's "Pay Forward" gift is – Ever Awakening. 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, more will be revealed later. I notice when Jesus healed someone, He would say, let it be done unto you as you believe." Faith is the key that unlocks the storehouse of our Father's resources. I pray that I stay open to the wealth of the universe. Other people, places and things may be a useful channel but not my source. Our need is our Father's opportunity. First, I must recognize my need. Next, comes my faith in His grace. The most common defect uncovered was the desire to use the "drug" guilt and punishment; blocking my/our freedom. My willingness to forgive, including my termites, increased. My willingness to "die" (surrender all of me for upgrading or transforming), caused me to 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." "Don't call me good, it is the Father within doing the works." We did *not* create ourselves, nor do we transform the food we eat into life. Our Father does know best. "I believe, help my unbelief." Thy Love, Thy Will be done.

Daily Opportunities  
"Pay Forward" # 80

*I greet The Indwelling Source.*

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

"I'm - Back"  
"Pay Forward" # 81

*I greet The Indwelling Healer.*

Today's "Pay Forward" gift is – "I'm - Back." I've accepted that alcoholism is never fully healed. It's progressive, drinking or not, so is healing. I awakened with another level of one of my old defects. I turned 90 last August with over 64 years as an active member of Alcoholics Anonymous. A friend, awakened yesterday, with an old resentment; they thought was forgiven. To their surprise, they wanted to take a drink of alcohol. After thirty something years as an active member of A.A., cause them to question their sobriety, and their sanity. Perhaps my sharing with them could have something to do with my being attacked by one of my thoughts of defects in need of an upgrade. One mistake in my judgment is that our healing should be so complete that the defect would never show its ugly-self. The ism of alcoholism rides again. I am coming to an understanding, that as long as we are alive we will have old enemies knocking at our door, calling for a new level of healing. Everything does have a season. I've seen and experienced a number of spiritual transformations taking a similar course. However, for that to happen, everything has to stop working to make room for a new level of awakening. This current problem seems to be centered on one defect, which could be leading me to a bottom as part of a real spiritual transformation, if so that's truly welcome. Thy Love, Thy Will be done.

Encouragement  
"Pay Forward" # 82

*I greet The Indwelling Encourager.*

Today's "Pay Forward" gift is - Encouragement. "Flatter me, and I may not believe you. Criticize me, and I may not like you. Ignore me, and I may not forgive you. Encourage me, and I will not forget you" (William Arthur Ward). They're so many ways we encourage one another in Alcoholics Anonymous, starting with staying sober, shows up at meetings, sharing our stories; we can all list the times we were encouraged. Today let us "accentuate the positive and eliminate the negative." Let our hearts and minds be filled by the love we are. Our love is a healing power touching everything into wholeness. Our love is an extension of our Father's love. Come let us inspire each other to love more, to heal, to teach and to forgive. "Carry out a random act of kindness, with no expectation of reward, safe in the knowledge that one day someone might do the same for you" Diana Spencer. That indwelling Presence within each of us already knows how to do that. Divine love dissolves all that opposes true thought and thus smooths out every obstacle that presents itself, that's encouraging. When love harmonizes our consciousness, we find that our outer affairs are put in order. A.A. offers us all the spiritual tools the chip away all that is not our purpose for being. Let us encourage each other to accept our Father's individually Divine Design. Thy Love, Thy Will be done.

A Purposeful Life  
"Pay Forward" # 83

*I greet The Indwelling Giver.*

Today's "Pay Forward" gift is - A Purposeful Life. The greatest good comes in the love of all. One definition of love is that it is the feeling that excites desire for the welfare of its object. For a long time I wondered why I did not develop a spiritual love more quickly. For one reason I had built a wall of separation between the spiritual and the secular. Divine love, sees no distinction among people. It feels the same in the heart of the "sinner" [one who is missing the mark], as it does in the heart of the saint. When we let the Truth of Being into our heart and pull down all the walls of separation, we experience the flow of love. When the wordsmith put the words human and kind together to form humankind, they intuitively knew we needed to loving to one another. Try this for a day; treat everyone like we do an A.A. newcomer; welcome them with open arms. In Alcoholics Anonymous, we are a team and when one member is suffering we can return to love. In our time of suffering, we will believe others will in turn love us. Tradition Five - "Each group has but one primary purpose to carry its message [loving-kindness] to the alcoholic who still suffers." From time-to-time we all suffer. Come let us plant love seeds throughout this day. Be aware of how this changes our behavior. Thy Love, Thy Will be done.

The Listener  
"Pay Forward" # 84

*I greet The Indwelling Listener.*

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

Now What?  
"Pay Forward" # 85

*I greet The Indwelling Presence.*

Today's "Pay Forward" gift is – Now What? "Having had a spiritual awakening [experience] as the result of these steps, we tried to carry this message to alcoholics, [sharing a little love] and to practice these [Spiritual] principles in all our affairs." When I first awakened through the gift of grace as an active member of Alcoholics Anonymous everyone who thought they knew me could not understand what had happened to me. Then the question came, what I was going to do with all that spiritual training? I had no idea at the time. The people, places and things that once held my interest didn't any longer. Alcohol is sometimes called spirits. My awakening Spiritual experience was replacing the spirit of alcohol. Our Father Created life so that we have to have others, sharing is an expression of love. The second part of Step Twelve is the spirit of love, replacing the selfish user path I have been on. Practicing the third part of Step Twelve lets us demonstrate the love we are in all our affairs. There comes a time when we are to worship our Father in Spirit [our awakening consciousness] and Truth [His Reality, His Love, His Will]. "Pay Forward" by letting your Spiritual awakening flow silently from your heart out into the world. I am learning almost daily that there are no turns-offs on this serendipity journey. The dwelling Presence uses everyone and everything to reveal the individual I'm created as. Thy Love, Thy Will be done.

Prayer  
"Pay Forward" # 86

*I greet The Indwelling Presence.*

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

It Works  
"Pay Forward" # 87

*I greet The Indwelling Worker.*

Today's "Pay Forward" gift is – It Works. "PRACTICAL EXPERIENCE shows that nothing will so much insure immunity from drinking as intensive work with other alcoholics." This is a spiritual principle; getting out of ourselves and helping others is part of the healing of most human conditions. We simply cannot alone and unaided change circumstances. Nothing in our life seems to be going our way, we are feeling our powerlessness, by trying to stuff it or avoid it gives it more power. We can accept what is going on and surrender it to our Boss. What we can do will not change the virus, but it changes our reaction. We can practice the spiritual principles that do work. We can ask our Father to use us, to get out of myself and help others, that always make things better for us, and hopefully the one we are sharing with. I bet most of the First Responders including those serving in the medical field are receiving more fulfillment than those who are just waiting or the danger to pass. We don't have to have special talent to share in the ongoing healing. We can use the phone, the internet or mail box to share loving thoughtfulness, ourselves. We hear daily of little acts of kindness by ordinary people of all ages. I believe our Creator's first language is silence; we can extend the love we are, through the invisible silence; our prayers and affirmations. Thy Love, Thy Will be done.

Our Needs Answered  
"Pay Forward" # 88

*I greet The Indwelling Presence.*

Today's "Pay Forward" gift is – Our Needs Answered. I am reminded that our Father has a need for our physical body and world. Our world is our workplace, our school and our playground. Our physical body is the vehicle in which our Father expresses His Will, His Love. "Made in Heaven" is stamped on our heart with intuitive information about our Maker. These earthy vehicles come in every conceivable type, shape and size, with a wide range of power trains, and a generous color selection, and we are all unique. Although this physical body is self-perpetuating, self-renewing organism, it is still subject to our Makers Recall. Using the correct fuel and keeping our vehicle serviced and clean is our responsibility. We suggest that you use only authorized parts and service [Spiritual Principles] as often as possible. For our parts and service needs call the Alcoholics Anonymous Hot line for directions to an authorized A.A. Spiritual Service Center. As day after day we steadily practice our resolve to follow our program's spiritual principles, we discover that we are building on a firm foundation, and are mounting into a higher consciousness. Persistent living our Steps and Traditions opens the mind to a greater inflow of Spirit, and will expand, and deepens and enriches our life. When the intended purpose for our Divine Designed physical vehicle is done it, will be taken to the Heavenly Recycle Center. Thy Love, Thy Will be done.

Crossing Out  
"Pay Forward" # 89

*I greet The Indwelling Presence.*

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

Hugging  
"Pay Forward" # 90

*I greet The Indwelling Divine Hugger.*

Today's "Pay Forward" gift is – Hugging. I went on a walk; it's such a beautiful day. Spring is here, and doesn't know anything about dis-ease. Thanks to our Father the trees and plants are allowed to be close. What I was about to do, I wanted to make sure no one in nearby, I feared their judgment. Some have a hard time tolerating the likes of me. I picked out two healthy trees that were six feet from the street. I gave each one a big hug. I ask our Father to bless us, and I told the trees that I loved them. I hope it was as good for the trees as it was for me. I picked out a young wild flower and pretended it was an A.A. newcomer. I shook hands and pat them on the back. I said welcome and keep coming back; it works it really does. I will be so happy when this lock-down is over. I need to get better at zoom hugging. I really suck at it. Social distance leaves a lot to be desired. I'm choosing to practice more spiritual intimacy with our Father. I am keeping my office open for small meetings and one-on-one sharing. For that I am so deeply grateful. We can use this down-time to do the Traditions and Steps. You can download our always free workbooks at [www.12workbook.org](http://www.12workbook.org) or email me your mailing address at [jwillis257@aol.com](mailto:jwillis257@aol.com) or pick them up. Thy Love, Thy Will be done.

Bottom Feeder  
"Pay Forward" # 91

*I greet The Indwelling Source.*

Today's "Pay Forward" gift is – Bottom Feeder. Once again, I've reached my level of incompetence. It's time for real change, like a spiritual transformation, calling for a complete surrender; the death of my personal "reality." "My soul is exceeding sorrowful ... O my Father, if it be possible, let this cup pass from me, nevertheless, not as I will, but as you will." I tell myself that the most important mission, my heart's desire is to be and to do our Father's Love and Will 24/7, known and unknown. No matter how hard I try to consciously and consistently practice that, I fall far short. It's time I accept that I am not, as my personal "reality," ever carry that out, alone and unaided. Like every truly great thing in my life has come to me by grace, not works. "Every day is a day when we must carry the vision of God's will into all of our activities" Alcoholics Anonymous page 85. Not my will but His be done. I am a workaholic, which gets in the way of my spiritual practice. How can I not know by now, after sixty-four years of trying, that everything of value is given to me by grace? Radical training has a place, to practice and share what has been freely given, as a channel, not the Source. I pray to be consistent in asking our Father to bless all of us, and do my little part. Thy Love, Thy Will be done.

Tending To A.As' Orchard  
"Pay Forward" 92

*I greet The Indwelling Gardner.*

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

The General Orders  
"Pay Forward" # 93

*I greet The Indwelling Sentries.*

Today's "Pay Forward" gift is – The General Orders for Marine Corps sentries, "To be especially watchful at night and, during the time for challenging, to challenge all persons on or near my post and to allow no one to pass without proper authority." I was in the Marine Corps during the Korean War. I was on guard duty one night, we were in a combat zone, so there was not light other than the moon and there was little of that. Our company was set up next the South Korean Marines. I accidentally stepped off into one of their outpost foxholes. I think I woke them up – I repeated, "I'm American" in rapid fire, above their chatter. I was reminded of that experience when I ponder the President's Coronavirus Guidelines for America. To be especially watchful around others, during this "Dark Night." I'm mentally challenging all person on or near current post. And, not allow myself to dwell in the presence of anyone with fever, Cough, or shortness of breath. Or, if they have traveled out of the country in the last 21 days. Or, if they have been in close contact with a person that may have COVID-19. Yea, thought I walk through the valley of the shadow of death, I will fear no evil: for thy art with me [and you]. I'm suggesting that we stay out of "enemy foxholes," surrender our fears, and trust the Boss. Thy Love, Thy 'Will be done.

Who Shall I Serve?  
"Pay Forward" # 94

*I greet The Indwelling Presence.*

Today's "Pay Forward" gift is – Who Shall I Serve? The Lord said. "I have surely seen the affliction of my people who are in Egypt, [powerlessness] and have heard their cry because of their taskmaster [fear], for I know their sorrow" Exodus 3:7. In truth our Creator – I choose to call our Father, is omnipresent, including His indwelling Presence within each of us, no matter what the outer appearance. We can hide nothing from Him. Wisdom tells us not to make our conduct conform only to the world, depending on the approval of or disapproval of others. Pray, meditate and fast in secret, and our Father will rewarded us openly. Our Father, created the Divine designed body as a self-perpetuating, self-renewing organism. However, we made-up our personal "reality" in which we filter our experience. Who or what will be my taskmaster, my Created intended self or my illusions, alone and unaided. I choose to do and to be our Father's Love and Will. But, I've let fear and negative stuff become my taskmaster. I choose to return to our Father's Divine design, and follow His directions. "Sought through prayer and meditation to improve our conscious contact with God *as we understand Him*, praying only for knowledge of His Will for us and the power to carry that out." Step Eleven. Let our sharing be an outpouring of the love we are. We were created in the image and likeness of our Creator, Who is Love. Thy Love, Thy Will be done.

Giving Of Ourselves Is A Miracle  
"Pay Forward" # 95  
*I greet The Indwelling Giver.*

Today's "Pay Forward" gift is – Giving Of Ourselves Is a Miracle. "Giving is a miracle that can transform the heaviest hearts" (Kent Nerburn). I realized this truth not long after I came into Alcoholics Anonymous. It was soon clear; those who were joyful, happy and free were active in A.A. service. "To watch people recover, to see them help others, to watch loneliness vanish, to see a fellowship grow up about you, to have a host of friends – this is an experience you must not miss" Alcoholics Anonymous page 89. A sure path to happiness is, doing something for somebody. Even when our life is in a terrible mess, let's share what we have been given, AS SOON AS POSSIBLE. It works; it really does. I've found when overwhelmed with problems, and I took time-out to help another person; I would be out of myself long enough for our Father to take over. When focusing on helping another person, I feel much better than I do when I'm dwelling on my problems. Another great benefit from sharing: the next thing I know other people are helping me. I just got an email from a person having their 17<sup>th</sup> A.A. Birthday. I am happy for that person, and I am grateful because I know I was part of their growing up in Alcoholics Anonymous. This is perfect timing for me; I needed to be reminded that my life has made a good difference. Thy Love, Thy Will be done.

I Imagine  
"Pay Forward" # 96  
*I greet The Indwelling Imaginer.*

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

What Will I Ask For?

“Pay Forward” # 97

*I greet The Indwelling Abundance.*

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

Service Is A Purposeful Life

“Pay Forward” # 98

*I greet The Indwelling Server.*

Today’s “Pay Forward” gift is - Service Is A Purposeful Life. “I slept and dreamt that life was joy. I awoke and saw that life was service. I acted and behold, service was joy” Rabindranath Tagore. Without love, [our Father who is Love], nothing worthwhile can be accomplished. With love, [our Father as the Source], all things are possible. I have made it a point to serve someone every day, I call that enlighten self-interest. Most often I get more out of doing that than the one I serve. To remind myself, I share with others the fact that within each of our Father’s creatures there is an infinite intelligence that transforms our nourishments into flesh, blood, energy, in other words what we call life. Then why we act like it 24/7? Most of us seek wisdom, understanding and intelligence outside of ourselves, when we could call on the indwelling Presence within. Each of us has the capacity, if not the present ability to use this power through ourselves, our choice. There are many ways we can incorporate and channel love from within our true created self. Our Creator is Love and we are created in His or Her image and likeness. I’ve found it to be true, that our loving service is a healing power that touches everything in to wholeness. It does help the healing process to reset our intended individual Divine design. Ask for the willingness to be used. Thy Love, The Will is done.

Yesterday's Bread  
"Pay Forward" # 99

*I greet The Indwelling Transformer.*

Today's "Pay Forward" gift is - Yesterday's Bread. When an important area or everything seems to stop working ask yourself these two questions. If the answer to one or both is yes take whatever action it takes to correct it. 1.) ***Am I doing something I should not be doing?*** If your answer is yes, stop it for a while and see if that helps. 2.) ***Am I not doing something I should be doing?*** If the answer is yes, take the action you need to and see if that helps. If there is no real change, you may be entering a Spiritual transformation cycle.

***VERY IMPORTANT SUGGESTIONS:*** The A.A. Program is based on principles and will work. If we are going through a natural transformation cycle it does not mean that the Program isn't working, it means we are going through a way of transformation. The four seasons come and go – so it is with this time of a Spiritual transformation. ***It is so very important that we do not stop the basics:*** Keep going to our meetings (set a minimum) - Keep trying to help others (get out of yourself) - Keep turning to your Higher Power (no matter how useless it feels) - Keep reading some Program books (even if it is only a line or two) - Don't withdraw (Spiritually, mentally, physically, emotionally, socially) Talk about what you are going through in meetings or someone in recovery. Thy Love, Thy Will be done.

Our Faith Made Us Whole  
"Pay Forward" # 100

*I greet The Indwelling Presence.*

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

Something To Think About  
"Pay Forward" # 101  
*I greet The Indwelling Thinker.*

Today's "Pay Forward" gift is - Something To Think About.

- 1 Do you lose time from work due to thinking?
- 2 Is thinking making your home life unhappy?
- 3 Do you think because you are shy with other people?
- 4 Is thinking affecting your reputation?
- 5 Have you gotten into financial difficulties as a result of thinking?
- 6 Have you ever felt remorse after thinking?
- 7 Do you turn to lower companions and an inferior environment when thinking?
- 8 Does your thinking make you careless of your family's welfare?
- 9 Has your ambition decreased since thinking?
- 10 Do you crave thinking at a definite time daily?
- 11 Do you want more thinking the next morning?
- 12 Does your thinking cause difficulty in sleeping?
- 13 Has your efficiency decreased since thinking?
- 14 Is thinking jeopardizing your job or business?
- 15 Do you think to escape from worries or troubles?
- 16 Do you think alone?
- 17 Have you ever had a loss of memory as a result of thinking?
- 18 Has your physician ever treated you for thinking?
- 19 Do you think to build up your self-confidence?
- 20 Have you been in a hospital or institution as result of thinking?
  - ✓ If you have answered YES to any one of the questions, there is a definite warning that you may be a Think-a-holic.
  - ✓ If you have answered YES to any two, the chances are that you are a Think-a-holic
  - ✓ If you have answered yes to three or more, you definitely need to seek help.

Truly A Miracle  
"Pay Forward" #102  
*I greet The Indwelling Miracle Worker.*

Today's "Pay Forward" gift is – Truly A Miracle. A wasp got trapped in my office, seeking freedom. I made a decision early in Alcoholics Anonymous that I would not kill anything I was not going to eat; I don't eat wasp. To free the wasp, I would take a cup and place over the wasp when it landed on the window, closing it in with a piece of paper. I would take it outside to freedom. The wasp was on my computer at one end of my office. On the other end about 40 feet away a closet where I got a cup. I was holding the cup when the wasp flew into my cup. I felt a rush of love and gratitude, as I do now, writing about it. I felt at one with all of nature, with the universe, and most important a loving union with our Father. I experienced a moment of healing, forgiveness deeper than words. It was almost 11 A.M., time to go to my A.A. meeting. I knew the topic was going to be; wasp flying into a cup. I was waiting for the right time to share my spiritual experience; a deep loving gratitude to our Father. I got anger at someone for talking really bad about one of our members. I told him we didn't take other people's inventory, like I'm doing now. Oops, where did my loving gratitude go? Yes, it's time I work the Steps and Traditions again. Thy Love, Thy Will be done.

Our Father's Intention

"Pay Forward" # 103

*I greet The Indwelling Intender.*

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

Thoughts In Solitude

"Pay Forward" # 104

*I greet The Indwelling Kingdom.*

Today's "Pay Forward" gift is - Thoughts In Solitude. "My Lord God, I have no idea where I am going. I do not see the road ahead of me. I cannot know for certain where it will end. Nor do I really know myself, and the fact that I think that I am following your Will does not mean that I am actually doing so. But I believe that the desire to please You does in fact please You. And I hope I have that desire in all that I am doing. I hope that I will never do anything apart from that desire. And I know that if I do this You will lead me by the right road though I may know nothing about it. Therefore will I trust You always though I may seem to be lost and in the shadow of death. I will not fear, for You are ever with me, and You will never leave me to face my perils alone" Thomas Merton.

**PLUS THIS**

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

A New Commitment  
"Pay Forward" # 105

*I greet The Indwelling Presence.*

Today's "Pay Forward" gift is – A New Commitment. After many years working and living the Steps and Traditions, I find myself with a need and a desire to make a deeper commitment. I want so much to do and to be our Father's Love and Will, consciously known and unknown. The starting point for another spiritual transformation is to realize that my best ideas and actions are no longer enough. It is as if my personal "reality" has betrayed me once again, calling for me to surrender all I am and all I have. I believe that nothing that is our Father's loving Will for me or anything of real value can be lost. The change I believe to come; some already **done** include, but not limited to my present understanding of every-one and everything. I'm willing to clean out all my closets; spiritual, mental, physical, emotion and social, which include both the consciously known and unknown. As my denial breaks down I see more to be done, that has always been the case. I have no illusions that I can do all of this alone and unaided. I trust it will be done by our Father and the indwelling Presence within me. Paraphrasing Step Eleven, I must seek through prayer and meditation to improve my conscious contact with our Father, as I presently understand Him, praying only for knowledge of His will for me and the power to carry that out. Thy Love, Thy Will be done.

Mood Setting  
"Pay Forward" # 106

*I greet The Indwelling Mood Changer.*

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

Acting As If  
"Pay Forward" # 107

*I greet The Indwelling Actor.*

Today's "Pay Forward" gift is – Acting As If, is not the same as "Fake it until you make it." I believe that's being dishonest, phony, and that is not good for me. "Before they call I will answer; while they are still speaking, I will hear" Isaiah 66:24. With an intuitive faith I am acting as if my affirmations are already answered. It is our Father within that answers. Today I choose to focus on feasting on what I want, which is to be and to do our Father's Will and Love. I choose to fast from all that is contrary to His Will and Love as I understand it. I choose to use affirmations that are in alignment with what I believe His son and loving brother is. Affirmations are planting the love seeds that I want to bear fruit. I deny any power to selfishness and loveless-ness. I let go and let our Father have His Way. I claim my inheritance of Spiritual, mental, physical, emotional, and social abundance. I am willing to share all I want to increase. I choose to use all my senses and be open to the energy that is within, around and through me. While my mind may go in a million directions, I choose once again to re-center my consciousness within our Father's Will and Love. I choose to be at one with the infinite rhythm of Life. Come let us be about our Father's Business. Thy Love, Thy Will be done.

Owners Have Choices – That's Important  
"Pay Forward" # 108

*I greet The Indwelling Choice Maker.*

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

Chain Reaction  
"Pay Forward" Gift # 109  
*I greet The Indwelling Extender.*

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

Each Of Us Has A Special Gift To Share - Ourselves  
"Pay Forward" # 110  
*I greet The Indwelling Giver.*

Today's "Pay Forward" gift is – Each Of Us Has A Special Gift To Share - Ourselves. Ordinary people doing extraordinary acts of kindness. During this virus crises we're hearing a lot about our First Responders, and rightfully so. I am deeply grateful for them, not just in times of crises, but for their daily dedication throughout the years. There are millions of volunteers all over this country dedicating themselves; quietly, helping others from all walks of life, that we will never hear of. Any ordinary person can find a way to reach out and act with compassion and generosity, if they choose. To "Pay Forward," is a perfect way for us to give away what we want to keep and expand. We don't have to have some special enlightenment, we can ask our Father to use us; my experience tells me He will. After all He created each of us as an individual, which means we have a purpose, His. Giving of our self just as we are is a gift no one else can give. We can learn from other givers and draw on our own strengths to make the world a kinder place to live. For those who are practicing A.A.'s spiritual principles, as a way of life, find our selfish self-centeredness has been transformed into an enlightened self-interest; it is better for us to give of ourselves to those who still suffer; and doing spontaneous random acts of kindness. Thy Love, Thy Will be done.

A Daily Commitment  
"Pay Forward" # 111

*I greet The Indwelling Omniscience.*

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

Training The Whales – Dismantling Defects  
"Pay Forward" # 112

*I greet The Indwelling Miracle Worker.*

Today's "Pay Forward" gift is – Training The Whales – Dismantling Defects. When SeaWorld first opened I took one of my grandsons to watch the training of the whales. I learned a simple lesson that works in most relationships. The trainer would set the bar at a starting level, when the whale reaches that goal, the trainer would reward the whale with a treat. Every time the whale failed to do so, the trainer paid no attention to the whale, [note the whale was not punished]. The trained continued raising the bar each time the whale reaches that goal, until the whale arrived at the desired level. Try this with someone you love; each time they do something that pleases you let them know you really like that. When they do something that does not please you don't pay any attention to it [don't punish them or show your displeasure], let it pass by unattended. Do this for 40 days, and don't tell them what you are doing, just do it. Yes, I know we are not whales but most of us love to be told or shown when we are sharing something of value with a love one. The results are truly miraculous, if you consciously and consistently practice this simple tool for the full term of 40 days. Like any real change there will be labor pains. "Don't worry about being good...Aspire to be authentic" Yann Martel. Thy Love, The Will be done.

Dismantling Our False Self – Our Personal “reality”

“Pay Forward” # 113

*I greet The Indwelling Keys To The Kingdom.*

Today’s “Pay Forward” gift is - Dismantling Our False Self – Our Personal “reality.” Saint Anthony of Egypt, the fourth-century father of Christian monasticism, provides a paradigm for dismantling the false self by means of both active confrontation and passive purification [prayer and meditation]. “...exemplifies the positive way of dismantling the false self by practicing unconditional love: selfishness cannot survive in the climate of continuous self-giving.” Confronting our personal “reality” – our false self most likely feels like interior warfare, and in fact, it is. Our defects center within not outside, where we can blame and explain our problems. Faith, action [practicing A.A. spiritual principles - prayer and meditation in all my affairs the best I can], works for me. If I didn’t know better I would think Saint Anthony plagiarized A.A.’s spiritual principles; for sure Steps Eleven and Twelve. “The joy of living is the theme of A.A.’s Twelfth Step, and action is the key word. Here we turn outward toward our fellow alcoholics who are still in distress. Here we experience the kind of giving that asks no rewards. Here we begin to practice all Twelve Steps of the program in our daily lives so that we and those about us may find emotional sobriety. When the Twelfth Step is seen in its full implication, it is really talking about the kind of love that has no price tag on it” Twelve Steps and Twelve Traditions. Thy Love, Thy Will be done.

Home Of The Brave

“Pay Forward” # 114

*I greet The Indwelling Presence.*

Today’s “Pay Forward” gift is - Home Of The Brave. “We could never learn to be brace and patient if there were only joy in the world” Helen Keller. “We are going to know a new freedom and a new happiness. We will not regret the past nor wish to shut the door on it”. Alcoholics Anonymous is where miracles happen and promises come true. My regrets for the things I did have been tempered by time. By our Father’s grace my major defects have been transformed into workable assets. Regrets are paradoxes; what I did was wrong, harmful, yet those transformed defects give my life meaning. Would I have found my loving relationship with our Father, His Love, and His will for me, otherwise? My life has a purpose, real meaning because of my transformed defects. What about my regrets for the things I have not done? I choose to work on things left undone now. I cannot do anything to change the decisions I made in my past, but I can choose once again. My future, today, holds many opportunities to make a tiny good difference. Let there be no “if only” or no “if and buts were candy and nuts I would have fulfilled life”. My heart’s desire has opened my eyes to see our Father’s Presence, Love and the ears to here is Holy Voice within the invisible silence. “Come; love one another as I have loved you.” Thy Love, Thy Will be done.

Tender Love And Care

“Pay Forward” #115

*I greet The Indwelling Presence of Love.*

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

Go Ahead Ask For More

“Pay Forward” # 116

*I greet The Indwelling Abundance.*

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

“There’s A Hole in My Sidewalk”  
“Pay Forward” # 117  
*I greet The Indwelling Poet.*

Today’s “Pay Forward” gift is - I want to share this poem that has touched the heart of so many in recovery. “There’s A Hole in My Sidewalk.” A poem that has been reprinted and quoted countless times since its original publication in 1977, “Autobiography in Five Short Chapters” by Portia Nelson has become a classic:

Chapter 1: I walk down the street. There is a deep hole in the sidewalk. I fall in. I am lost ... I am hopeless. It isn’t my fault. It takes forever to find a way out.

Chapter 2: I walk down the same street. There is a deep hole in the sidewalk. I pretend I don’t see it. I fall in again. I can’t believe I am in this same place. But it isn’t my fault. It still takes a long time to get out.

Chapter 3: I walk down the same street. There is a deep hole in the sidewalk. I see it there. I still fall in ... it’s a habit ... but, my eyes are open. I know where I am. It is my fault. I get out immediately.

Chapter 4: I walk down the same street. There is a deep hole in the sidewalk. I walk around it.

Chapter 5: I walk down another street.

“There’s A Hole in My Sidewalk,” from which this poem came, is a mainstay of recovery groups. Thy Love, Thy Will be done.

Love Is  
“Pay Forward” # 118  
*I greet The Indwelling Beloved Lover.*

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

When His Will Becomes Ours

“Pay Forward” # 119

*I greet The Indwelling Divine Doer.*

Today's “Pay Forward” gift is - When His Will Becomes Ours. “When I was a child, I spake as a child, I understood as a child, I thought as a child, but when I became a man, I put away childish things.” At the beginning of my spiritual journey I was in the outer dark realms of consciousness. I was deeply involved in external entanglements and confusion. I had become willful, which was the cause of much of my suffering. I had no conception of what it is to hear and to heed the voice of the indwelling Presence. I looked to man-made laws and to man's opinions as standards of living. I thought in worldly affairs there was no place for spiritual ideals. I had my first spiritual awakening, as the result of practicing a few simple principles; an A.A. gift. Now, I realize that our Father is my only true Source. I desire above all else to do and to be our Father's Love and Will, consciously known and unknown. I must do more than repeat my prayer, meditations and affirmations. I must experience it in the very depths of my heart, mind and soul. I'm learning to obey our Father's guidance that operates between absolute truth and relative conditions; little by little practicing His loving Will in all my affairs. When I fall into an old ditch I'm willing to forgive myself and everyone else, and continue on my serendipity journey. Thy Love, Thy Will be done.

My Guidance System's Narrowing Tolerance

“Pay Forward” # 120

*I greet The Indwelling Omniscience.*

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

The Path  
"Pay Forward" Gift # 121  
*I greet The Indwelling Path Home.*

Today's "Pay Forward" gift is – The Path. "Be kind whenever possible. It is always possible" Dalai Lama. Our Father answers the prayers of our heart. If we predetermine its way or form (outline), we may miss the gift. A prayer of the heart is to let our Father have His Way. The purpose for prayer, meditation, affirmations and contemplation are to open us to His alignment with His Presence and Action, which is infinite not finite like ours. Our part calls for faith in His grace. In our meditation let's stop dwelling in the useless chatter, releasing our attachments. Listen in the silence for His Holy Voice. Be grateful to be in His Presence, even if He is not in your presence. Keep returning to the silence in an abiding faith. My intention is better for me than my attention. An abiding faith in His grace is more important than a mental or emotional contact. Faith is a knowing the sun is always shining, but we may have to wait for morning. Let's not dwell in the wilderness of our sub-conscious minds hidden in our illusions, where the sun is not shining. Keep turning in faith Home to our Father, He shows us the way. In the silence, He will reveal His purpose. 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.

A Wonderful Investment  
"Pay Forward" # 122  
*I greet The Indwelling Investor.*

Today's "Pay Forward" gift is – A Wonderful Investment. To consciously and consistently ask our Father for His Love and His Will be done is a great investment. This is a powerful idea to practice in all our affairs. How about beginning this day by building a habit of asking our Father for His Love and Will be done during both good and bad times? We offer you the following affirmation for rewriting your personal "reality" for the next forty days, three times a day; upon awakening, noontime and before bedtime. "I am devoted, dedicated and committed to do and to be Thy Love and Thy Will Father, consciously known or unknown." It takes about nine seconds to repeat this affirmation. This is a very good investment costing only about 27 seconds a day, for the whole 40 days it would only cost 18 minutes, not counting the optional meditation time. Of course you are free to write your own affirmation, ours is only a suggestion. We may choose to take the optional "Deluxe Meditation Package" meditating daily on its meaning and its possible application, multiplying our affirmation's effectiveness many times. "As we go through the day we pause, when agitated or doubtful, and ask for the right thought or action. We constantly remind ourselves we are no longer running the show, humbly saying to ourselves many times each day "Thy Will, [Thy Love] be done." (Alcoholics Anonymous p 87-88) Thy Love, Thy Will be done.

Looking For Road Signs  
"Pay Forward" # 123

*I greet The Indwelling Intuitive Knower.*

Today's "Pay Forward" gift is – Looking For Road Signs. A.A. has turned out to be a spiritual journey, a call into the unknown. "Leave your father's house, your friends, relatives, and property, and come into the land that I will show you" Genesis 12:1. My way of life was not working to say the least. I had to stop drinking; it had also stopped doing its illusionary "job." I was called out of my childish, self-centered ways, into an unknown land of responsibility. I did not have the remotest idea where this spiritual journey was taking me. "Eye has not seen, ear has not heard, nor has it so much as dawned on man what God has prepared for those who love Him" 1 Cor. 2:9. The way for me opened up when I surrendered everything I thought I knew, and choosing our Father's Will, and His Love to be done. It's becoming clear that everything I am experiencing is a lesson, moving me along my spiritual path, and spiritual growth. I could say every encounter is a holy one; every circumstance is an opening for a miracle. Let me remember to give credit where credit is due, to our Father. I'm learning that it's an inside job; unlimited, unlike materialism. The road signs I was seeking outside of myself, were awakening within me. "We will intuitively know how to handle situations, which used to baffle us" Alcoholics Anonymous page 84. Thy Love, Thy Will be done.

Love Is Forgiveness – We Can't Have One Without The Other  
"Pay Forward" # 124

*I greet The Indwelling Forgiver.*

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

Our Personal Gethsemane

“Pay Forward” # 125

*I Greet The Indwelling Transformer.*

Today’s “Pay Forward” gift is – Our Personal Gethsemane. My first spiritual transformation cycle, as far as I know, began February 6, 1957 when I was going through the most difficult struggle of my life, my Gethsemane. I realized the depth of my powerlessness. I’ve experienced this condition and seen many others hit bottom as part of a spiritual transformation; everything stopped working as it had been. Our struggle comes into play when we keep trying to make “yesterday’s tools,” which had become obsolete. My personal “reality” had stored up too many useless and harmful habits of thoughts and feelings. These guys popped up on their own account, and took over. The struggle intensified; was I faced with another imposter? This time I had no illusion that I could, work through this despair with the toolkit I had. I was willing to do whatever it was going to take to sober up and stay sober, but knew I could not alone and unaided do so. Could I trust an unknown Power I had never known? The breaking up and passing away of my false self was indeed my personal Gethsemane. As with each of the spiritual transformation I have been given, one way or another I said, Thy Will be done, not mine, and really mean it. Our Father’s grace may have seemed obscure for a while, but His grace did come. “We had to stop fighting anything or anyone.” Thy Love, Thy Will be done.

Love Is Power

“Pay Forward” # 126

*I Greet The Indwelling Omni-Love.*

Today’s “Pay Forward” gift is – Love Is Power. We do not have to be a great mystic to know that our Father, Creator is Love. Just look around and within, and we can see proof of His Presence. All are created to share as a giver and or a receiver, most likely both. To live, move and have our being we have to share with all of life, consciously known or unknown. We may be temporarily blind by our self-centeredness to the love we are, but the awakening will come. Practicing A.A.’s spiritual principles our awakening will come much sooner. I love my mission; my created purpose; it’s a path to teach only love, that’s “how it works.” I feel it is my calling not a j-o-b. A job is when we do something for money, a calling, a mission, is the call to love, to share what we are given freely. Before I started living A.A.’s way of life I felt like a fool letting anyone know how much I long for and needed love. I thought it was a sign of weakness, fear and anger were strength. By our Father’s grace, I’m quick to surrender my fear of love. “When the power of love overcomes the love of power the world will know peace” Jimi Hendrix. Now, I know love can be trusted, without it my life is an insane illusion. Our Father’s Love and Will is sanity. It’s a most wonderful guidance system. Thy Love, Thy Will be done.

Who's In Charge?  
"Pay Forward" # 127

*I Greet The Indwelling Changer.*

Today's "Pay forward" gift is – Who's In Charge? When I ask You, Father for what I need, with all my heart, mind and soul, most often I get it. I am learning to rewrite and rewire my personal "reality" with the equivalents of Your Will, for my serendipity journey Home to You. I experienced how fast my good mood could shift. Of course, the drug guilt and punishment seem like the right thing to do. When I have confidence our Father, I can face the truth about myself. This most precious, but painful passage is the journey to discovering my created Self. I trust our Father, knowing no matter what I have done or not done, He is going to love me. Why not trust our Father for everything holding nothing back? My personal "reality" upgrade needs to include our Father as my only Source for everything I do or don't do, no matter how small or great. He is communicating His guidance through my Higher Self He created. I must take responsibility for the choices and action I take, first turning to Him for guidance; given to me in a way, I can currently hear, understand and follow. Everyone we are drawn to is our guides, teachers and students. Sometimes our personal "reality" leads us astray. It is our choice which road to travel. The real Source of all of life is our Father. He's the Boss, and I love being His junior partner. Thy Love, Thy Will be done.

Miracles Worker  
"Pay Forward" # 128

*I Greet The Indwelling Miracle Worker.*

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

The Divine Designer  
"Pay Forward" # 129

*I Greet The Indwelling Divine Designer.*

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

Living One Day At A Time  
"Pay Forward" # 130

*I Greet The Indwelling Timelessness.*

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.

The Griever  
"Pay Forward" # 131

*I Greet The Indwelling Healer.*

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

Giving Of Ourselves  
"Pay Forward" # 132

*I Greet The Indwelling Giver and Reciever.*

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

Then said a rich man, Speak to us of Giving.

And he answered:

You give but little when you give of your possessions.

It is when you give of yourself that you truly give.

For what are your possessions but things you keep and guard  
for fear you may need them tomorrow?

And tomorrow, what shall tomorrow bring to the over prudent  
dog burying bones in the trackless sand as he follows the  
pilgrims to the holy city?

And what is fear of need but need itself?

Is not dread of thirst when your well is full, the thirst that is  
unquenchable?

There are those who give little of the much, which they have –  
and they give it for recognition, and their hidden desire makes  
their gifts unwholesome.

And there are those who have little and give it all.

These are the believers in life and the bounty of life, and their  
coffer is never empty.

The Prophet [Giving] by Kahlil Gibran

So What Is It?  
"Pay Forward" #133

*I Greet The Indwelling Revealer.*

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

Accepting Me - Warts And All  
"Pay Forward" #134

*I Greet The Indwelling Knower.*

Today's "Pay Forward" gift is – Accepting Me - Warts And All. This has been a very long and difficult road for me. I was not about to let anyone know my deepest secrets. Beyond that fear, was a burning desire for someone to unconditional love and accept me, just as I am, but how could they, I wouldn't let anyone in on my deepest "hidden" stuff? Once I could accept that there were at least three of me, my created self, my enlightened personal "reality" and my dark side. I was willing to accept my conflict as a real problem, and having a possible solution. First, I had to see, and accept, and own my darkness as is, and at least be willing to talk it over with the indwelling Presence. Practicing A.A. spiritual principles, and listening to others open their hearts, minds and souls awakened me to an enlightened self-interest. This coincides with my trust in our Father and awakening to my created self. It was foolish to think I could accept intimacy from another when I couldn't for myself. "What happens when people open their hearts? They get better" Haruki Murakmi. I was reminded, "If anyone hears MY voice and opens the door, I will come in to him and will dine with him, and he with Me." As my trust became part of an abiding faith in our Father's grace, I took a lighted candle into myself-imposed darkness, at last a beginning. Thy Love, Thy Will be done.

Our Greatest Gift  
"Pay Forward" #135

*I Greet The Indwelling Giver.*

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

"Handle With Care"  
"Pay Forward" #136

*I Greet The Indwelling Beloved Lover.*

Today's "Pay Forward" gift is – "Handle With Care." "In time we often become one with those we once failed to understand" Patti Smith. I've experienced others handling me with care for one of two reasons. Before living A.A. spiritual principles, others would walk around me on egg shells, I was very sensitive. I had a chip on my shoulder. I acted as if I was angry all the time. Then, I was blessed with a group of loving A.A. members, who took me in and made me part of service. Now, the handling with care is an act of love. Sometimes new comers think their sponsor is being too hard on them, when told the truth about their disease. It is so important that we walk our talk. I witnessed those who had been driven by their selfish self-centeredness, give of themselves freely. Their willingness to serve caused them to look for opportunities to share acts of kindness. I learned later on, their selfish self-centeredness had been transform by grace into an enlightened self-interest. It is better for them to freely give of themselves. Loving service, acts of kindness seasons our interactions with gentleness. It makes us more sensitive and tenderhearted. In 1957 there were few new comers coming into A.A., we went out looking for a suffering alcoholic to share with. Today, we are blessed with great numbers to serve with. "Be kind to one another, tender-hearted, forgiving each other..." Thy Love, Thy Will be done.

As One  
"Pay Forward" # 137

*I Greet The Indwelling Presence As One.*

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

"You're Just Like Your Father"  
"Pay Forward" #138

*I Greet The Indwelling Inheritance.*

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

The Healer Within  
"Pay Forward" #139

*I Greet The Indwelling Divine Therapist.*

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

So What's Rebounding  
"Pay Forward" # 140

*I Greet The Indwelling Healer.*

Today's "Pay Forward" gift is – So What's Rebounding. Anytime I have a great expanding experience, most likely I feel like I will experience this good at this level, forever. "Above all, watch with glittering eyes the whole world around you because the greatest secrets are always hidden in the most unlikely places. Those who don't believe in magic will never find it" Roald Dahl. The obsession to do anything harmful to myself or anyone else during the high is out of the question. However when the good experience has completed its course, a negative rebound appears out of nowhere. It's the dark-side of my personal "reality," calling me home. To compound the problem I watched a movie last night that exposed one of my worse defects; bullies taking unfair advantage of others, which I feel like I "need to punish." I woke up early this morning, with a negative obsessing mind. After a little guilt and punishment, "the drug," I did a Radical Forgiveness on the bullies, and then on myself. I experienced our Father's loving mercy, and the gift of realizing this rebound had a purpose. My denial has broken down, which means I've been given the healing tools I need. It's time to let our Father, transform that defect into an asset. Setting this gift of grace into motion, action is the magic word, has opened me to another round of rebounding. I'm grateful for all the gifts, grace and mercy I've received. Thy Love, Thy Will be done.

What About The Past?

“Pay Forward” #141

*I Greet The Indwelling Present.*

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

Enlightened Self-Interest

“Pay Forward” #142

*I Greet The Indwelling Enlightener.*

Today’s “Pay Forward” gift is - Enlightened Self-Interest. “Kindness is good will. Kindness says I want you to be happy” J.H. Randolph Ray. No matter who we are or where we are or what we are doing our Father is offering us great opportunities for every-day miracles. I feel so not right about thinking about loving myself. It is clear the nature of our disease, alcoholism is rooted in selfish, self-centeredness. When I got to the doors of Alcoholics Anonymous I had burned every relationship out. Self-centered meant survive. By living A.A.’s spiritual principles my self-centeredness has been transformed into enlightened self-interest. I want to be sober; I must give of myself, and I love making a good difference. I want to be warm and loving, kind and understanding, wise and intelligent, because it is most fulfilling. Friendship is based on what we have in common with others. I choose to have my personal “reality” enlisted in our Father’s service and in union with Him and my higher-self. Being active in A.A., I am not living a boring life, just the contrary. I need to be the kind of friend to myself who can encourage myself during good and bad times. I need to stop tearing myself down, that’s enlightened self-interest. Each of us is the only one who can know our uniqueness, our purpose. I understand the commandment to; “love your neighbor as you love yourself.” I don’t want it said; “poor neighbor.” Thy Love, Thy Will be done.

Peace At Last  
"Pay Forward" #143

*I Greet The Indwelling Peacemaker.*

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

Information Galore  
"Pay Forward" #144

*I Greet The Indwelling Informer.*

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

Teacher/Student  
"Pay Forward" # 145

*I Greet The Indwelling Teacher/Student.*

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

Love Is A No Matter What  
"Pay Forward" # 146

*I Greet The Indwelling Beloved Lover.*

Today's "Pay Forward" gift is – Love Is A No Matter What. When I began to meditate on this question, my heart opened and its silent communication spoke louder than my personal "reality," my ego. The great spiritual teachers suggest upon awakening the first thoughts are focused on our Creator, our Father. This means we are focusing on Love to start our day, because God Is Love. Love is a state of mind, of our heart, that beholds the world from the harmony of our Higher Created Self, a freedom from our personal "reality" chattering selfish, self-centeredness. Love speaking from our heart first is an attitude characterized by calmness, and a faithful trust, even when we are faced of trying conditions. "...Love cast out all fear." Practicing A.A.'s spiritual principles in all our affairs is Love, opening us to a larger vision of life. We are able to extend unconditional love to those who still suffer, at some point all of us suffer, but love is a healing power that brings us back to wholeness. We may receive our love by faith, and then work it out in all our affairs, at all levels of consciousness. With those, we are more patient, kind, generous, humble, and unselfish. In other words, we find ourselves doing and being loving in our ordinary daily life; it does not have to be a special event, but it could be. "To love or have loved, that is enough" Victor Hugo. Thy Love, Thy Will be done.

Giving Multiplies  
"Pay Forward" # 147

*I Greet The Indwelling Multiplier.*

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

The Boss  
"Pay Forward" # 148

*I Greet The Indwelling Partnership.*

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

Mourning  
"Pay Forward" # 149

*I Greet The Indwelling Blessed Mourner.*

Today's "Pay Forward" gift is – Mourning. Father, I listen to Your Holy Voice directing me in a way I can currently hear understand and follow. I see Your Presence with the eyes of an intuitive faith. I realize where ever You are Present there is Your Love and Grace. However, my deepest mourning comes when I don't have that wonderful conscious contact, with You and Yours. My heart's desire is to have that realization, to do and to be Your Love and Your Will. You are Present when I have tears of joy or tears of sorrow. Tears are a healer releasing and washing away our troubles; eliminating the poisons that reside within. We are to become conscious of that which we are at our deepest reality. Around the world it is called many names; I choose the name Christ. It dwells within each us, waiting for our awakening. We cannot fully understand the Infinite with my finite mind. To see with the eyes of faith, is to see with spiritual discernment; the vision of Christ, which is deeper than human words. It seems like the awakening of our heart, mind and soul within, that conscious contact many of us pray and meditate to improve. When I surrendered my personal "reality" - my false-self I mourned for a long time; that is nothing compared to my mourning for the loss of my conscious contact with You and Yours, Father Thy Love, Thy Will be done.

Using Imagination To Co-create  
"Pay Forward" # 150

*I Greet The Indwelling Co-creator.*

Today's "Pay Forward" gift is – Using Imagination To Co-create. Our thoughts become things. We can use them to co-create those things we want and dis-empower those things we don't. "No matter how thin you slice it, there are always two sides." The past, present and future all have two ways of viewing them; I can choose to perceive them having a good purpose or view them negatively. Why would that be a hard choice to make, even by one who is a little off centered? In A.A. we learn that our past can be transformed into loving assets, why not offer all of our past up for transformation? Now, is the only time we can do, say, think, feel anything or co-create, so why not choose the good purpose? Now, that I am thinking about the future why not expect a lot of inspiring surprises, it takes the same amount of time and energy, maybe even less than the negative stuff? Living with an open mind and open heart our unique life is filled with wonderful gifts, but we may have to stop, look and listen for them. If we choose to live our Father's Love and His Will we will have a great many promises come true. Our faith is our perceiving power, linked with the divine power will shape our outer experience in a most wonderful way, His Way. Let us ask more of our Father, more of our spiritual program and more of ourselves. Thy Love, Thy Will be done.

Capacity Or Ability?  
"Pay Forward" # 151

*I Greet The Indwelling Omnipresence.*

Today's "Pay Forward" gift is – Capacity Or Ability? Our capacity is given to us by grace. Our abilities come throughout our life from our experiences. No one I know of has ever been able to measure how much love our hearts, minds and souls can hold. Even when overflowing we intuitively know there is more. How do we measure one another's gifts of love and service? Is it by how many people we share with or how we affect one another? Are we doing the best we can at any given moment? Shall we say the capacity of our hearts, minds and soul are determined by what touches our heart, what inspires our minds and what awakens our souls? Our heart's ability to share the love we are, is limited when fear temporarily takes over, and so does close mindedness, but not our capacity. Our Father doesn't abandon our souls when we fall in an old ditch. Actions, which flow from our hearts have a greater effect, than from our minds, which is likely to bypass our hearts. We shouldn't discount the importance of our minds as if it is in competition with the heart and soul. It's important that we nourish our hearts, minds and soul with prayers and meditations. Let's let our Creator, supply us with all we need to do and to be His Love and Will, His capacity and ability are Infinite. Thy Love, Thy Will be done.

Our Father's Day  
"Pay Forward" # 152

*I Greet Our Father Within us Doing The Works.*

Today's "Pay Forward" gift is – Our Father's Day. If only we all could celebrate Our Father's Day every day. I am compelled to share with you the wisdom of one of my greatest heroes, Emmet Fox's interpretation of The Lord's Prayer. "This simple statement [Our Father] in itself constitutes a definite and complete system of theology...In this clause Jesus lays down once and for all the relationship between God and man is that of father and child. Jesus said: "If you, who are so full of evil, nevertheless, do your best for your children, how much more will God, who is altogether good, do for you." As His offspring, we must be in His image and likeness. "It is a cosmic law that like begets like." The underlying cause of all trouble is fear; the illusions of separation from Our Father. "Next we see that the Prayer says not "My Father," but "Our Father," and this indicates, beyond the possibility of mistake, the truth of the brotherhood of man. It forces upon our attention at the very beginning the fact that all men are indeed brethren, the children of one Father, and that "there is neither Jew nor Greek, there is neither bond nor free, there is nether chosen nor unchosen. The belief in the superiority of one's group or herd is an illusion. What if we all practiced this divine wisdom for one day, where would we be? Thy Love, They will be done.

Weight Lifter  
"Pay Forward" # 153

*I Greet Omniscience of Our Father Within us.*

Today's "Pay Forward" gift is – Weight Lifter. I was watching one of the giant cranes at the port of entry in Houston, unloading the containers off a ship; they were big time weight lifters. The crane operator with ease touches a keyboard and moves many tons of cargo with no effort. I've never been a weight lifter, when I reach my limit, I break it apart into smaller parts, or I get help from the Master Crane Operator. I let our Father do for me what I cannot do for myself, by using the Golden Key, I stop dwelling on the problem and focus on our Father's attributes; He's my Crane Operator. Our Limitations Are Not Defects. They are only statements of our current supply. A place to leave from or accept and a time to seek a solution. Before I reach my limit, and I'm practicing A.A.'s spiritual principles, I turn to our Father at each beginning, He does my heavy lifting, and He does the lifting of the smaller stuff through me and my helpers. Paying Forward is a way of expressing faith and trust in A.A.'s way of life; including a willingness to forgive us all, and healing, loving, as I'm directed, action is the magic word. "We should never lose sight of the fact that the soul is on the pathway of an endless and ever-expanding experience, and that only by expansion can it evolve" The Science of Mind. Thy Love, Thy Will be done.

Effective Listener  
"Pay Forward" # 154

*I Greet Indwelling Silent Listener.*

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

A Smile Is An Act Of Kindness

"Pay Forward" # 155

*I Greet Indwelling Loving Greeter.*

Today's "Pay Forward" gift is – A Smile Is An Act Of Kindness. "For there is never anything but the present, and if one cannot live there, one cannot live anywhere" Alan Watts. Now has to be the best time to share a little kindness. For a while our gym's receptionist acted like an unhappy camper. She had a scornful questioning look like, why are you here? I tried to cheer her up, but it didn't work. I was grateful when she was replaced with a cheerful welcoming soul. I was surprised how much of an effect a simple welcoming smile can make. I question myself about the way I come across, at home, meetings, my office, or other places. I often state how grateful I am for my life, but what does my greeting reveal? It's clear that our body-language, and the tone our voice makes a difference. When I'm asked a rhetorical question like, how are you? - I most often reply, a little above excellent. One A.A. member- strongly suggested that I get to a meeting. It pays to be kind, loving and constructive even when my feelings are contrary. Enlightened self-interest tells me others are more likely to treat me kindly even when they don't feel like it. Yes, greetings can be a reflection of what's currently going on, they can also be a wise and loving investment in our future relations. Let's share a little kindness, starting off with a smile. Thy Love, Thy Will be done.

Messengers

"Pay Forward" # 156

*I Greet Indwelling Messenger.*

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

“Turn To Me And I Will Give You, Eyes To See”

“Pay Forward” # 157

*I Greet Indwelling Messenger.*

Today’s “Pay Forward” gift – is – “Turn To Me And I Will Give You, Eyes To See” - In my meditation, I was told that by The Holy Spirit of Truth. I finely forgave my dad. I realized how many times he tried to express his love for me, and I was blind to it. Example, when I was thirteen years of age, I was on my school’s track team. I didn’t have track shoes, so I ran barefooted. Our school was in a race meet, just before I was to run my dad showed up with a pair of track shoes for me. I was really surprised but not grateful, as I remember. Our Family was very poor at the time, making his gift special. As I began my sober life, practicing A.A. spiritual principles, I recalled a number of times when my dad tried to express his love me, but it wasn't the “right” kind or enough, according to me. When I came back from the Korean War, he gave me a job with the promise of a partnership, if I worked at it. Most days I didn’t draw a sober breath, and I did not produce anything of value. Later, he paid for my detox. I have a long list of his generosity, but you get the point. When the blinders came off I could see clearly how wrong and self-centered I was. The gift of love and forgiveness is precious. Thy Love, Thy Will be done.

Gratitude Upon Awakening

“Pay Forward” # 158

*I Greet Indwelling Grace.*

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

Accepting The Gifts Already Given

“Pay Forward” # 159

*I Greet Indwelling Giver.*

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

Hard Choices

“Pay Forward” # 160

*I Greet Indwelling Chooser.*

Today’s “Pay Forward” gift is – Hard Choices. “You’ll find, my friend, that what you love will take you places you never dreamed you’d go” Tony Kushner. What do I want to spend my time and energy on? I can choose to be negative, feel sorry for me, selfish, resentful, worry, fearful, prideful, unloving, greedy, jealous, prejudice, with a promise of more of the same. I would have to be insane to choose that stuff. Good thing we have a Power, which will restore us to sanity. I could choose to dwell on what I want instead, which is, love, healing, teaching, forgiving, empowerment, enlightenment, enrichment, loving and wisdom. I want to communicate with others in a way that makes a good difference. I want to co-create those wonderful fulfilling things I desire and awaken to our Father’s Omnipresence. I could focus on preparing and being prepared to share the love we are. I could do some praying and meditating, worshiping our Father, in spirit (consciously) and Truth (reality). I could focus on loving all my fellow beings as if I loved myself, because I would be. I could prepare myself to be patient, kind, generous, humble, thoughtful, and unselfish, and have a good sense of humor. Let me see which of these are more likely to bring joy, happiness and freedom. I know it is a hard choice for me, so I’d better ask for guidance. In the meantime, I’ll take a timeout and enjoy relaxing. Thy Love, Thy Will be done.

A Stranger At Our Door  
"Pay Forward" # 161  
*I Greet The Indwelling Presence.*

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

Here I Am  
"Pay Forward" # 162  
*I Greet The Indwelling finder.*

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

Forgiveness And Beyond  
"Pay Forward" Gift # 163  
*I Greet The Indwelling Forgiver.*

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

What Can Change?  
"Pay Forward" Gift # 164  
*I Greet The Indwelling Changer.*

Today's "Pay Forward" gift is - What Can Change? What can we change or get someone to help us do it? Can the past change? Our experience of the past can change but not the past. For example, our experience as an alcoholic can change from one of the weakness, worthlessness, and harmfulness; to an understanding that it is a disease, which 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'm lingering in the past, I'm living out an illusion or projecting it into the future. In that situation, I'm letting the past equal the future. What are the chances of changing the future? I can choose to live the present, will move me toward my heart's desire instead of a way from it. For example, I may need to learn a skill that compliments my heart's desire. I can choose this moment to put myself in the place to learn that skill and take the action, 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. "Keep thy heart with all diligence, for out of it are the issues of life." "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.

Diamonds In The Rough  
"Pay Forward" Gift # 165  
*I Greet The InDwelling Polisher.*

Today's "Pay Forward" gift is - Diamonds In The Rough. "The diamond cannot be polished without friction, nor the man perfected without trials" Chinese Proverb. We are diamonds in the rough. Practicing the A.A. Spiritual principles in all our affairs while passing through daily trials, will clear away the illusionary cloud covering our diamond within. At the same time, it will polish our personal "reality." When the Divine Light radiates the sunlight of our Spirit, it flows freely, and it is a pleasure to experience. It's not the passing of time that polishes our diamond, but what takes place during the passing of time. In this case, it's our loving service, driven by our Father's grace. The friction and suffering are from our resistance to His grace. Our natural beauty; our polished diamond is Omnipresent within each of us, and it always was. As we continue to turn our diamond over, we may chant "I know You are within me, reveal Yourself." My greatest Hero, Jesus said something like, even the least among us could do all that He had done, and ever greater things. Alcoholics Anonymous awakens and teaches us to become miracle workers in our Father's service. It is the Father Within doing the works. "Turn your face to the sun and the shadows fall behind you" (An Old Proverb). Let us face our Father's Divine Light, and our darkness will fall behind us. Our delays come from taking "shortcuts" or quick fixes. Thy Love, Thy Will be done.

Becoming Chip-less  
"Pay Forward" Gift # 166  
*I Greet The InDwelling Sever.*

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

“My Secret Place”  
Pay Forward # 167

*I Greet The Indwelling Secret Place.*

Today’s “Pay Forward” gift is – “My Secret Place.” The message I got from Chapter five of the Sermon on the Mount by Emmet Fox, couldn’t have come at a better time. Our secret place is our controlling center; it’s where we do our thinking, which determine how we will experience life. I’ve tried to hide some of my ideas in my secret place. However, the things I’ve dwell on keep expressing themselves in my outer world. I need a change of policy in my controlling center. One desired change is to send out into the world only my good-side; my not good-side, demands equal time. I have enough proof that my changing the outer observance without changing my thoughts and feelings will turn out to be another “fix.” “What you do speaks so loudly, I can’t hear what you’re saying.” The only one I’m fooling about what’s storied in my “Secret Place,” is me. This realization has become useful for my uncovering and discovering what’s hidden in my sub-conscious mind. The simple fact is whatever I’m experiencing is what I have stored in my Secret Place, what I really believe. My conscious mind has been known to lie to me. “Applause that follows upon outer acts is the only reward they will bring.” When we blame someone or an event for what we experience; we give up our right to surrender it to our Creator or to change ourselves. Ownership is vital. Thy Love, Thy Will be done.

A Mystical Union  
“Pay Forward” Gift # 168

*I Greet The Indwelling Mystic.*

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

Purely Spirit And Human

"Pay Forward" # 169

*I Greet The Indwelling Purity.*

Today's "Pay Forward" gift is - Purely Spirit And Human. I'm deeply grateful to Jesus for showing us the way, and the light. I believe He was both pure Spirit and human. We are created His image and likeness. His mission was/is to demonstrate how to seek and find the kingdom of heaven. To be authentic as human in this world, He had to go through and rise above every human temptation, and condition. I have a burning desire to know how Jesus handled everyone and everything. Knowing I will fall short. I was driven by two masters by my active alcoholism; until I got on the path of recover. One of my unanswered problems is how to deal with my sex life. At times it was my master, as alcoholism was. Taking me to places, and doing things contrary to my well-being. How did Jesus handle His sex life? My question may seem disrespectful, sorry for that. I believe Jesus had to address it and every other human condition. Perhaps His answered to the sex question is Matthew 19:12. "For there are some eunuchs, which were so, born from their mother's womb: and there are some eunuchs, which were made eunuchs by men: and there be eunuchs, which have made themselves eunuchs for the kingdom of heaven's sake. He that is able to receive it, let him receive it." I'm willing. Jesus answered always, and I pray it's mine also. "Not my will, but thy Will be done.

Missing The Mark

"Pay Forward" Gift # 170

*I Greet The Indwelling Bullseye.*

Today's "Pay Forward" gift is - Missing The Mark. Perhaps it is more "sinful" not sharing the love we are, or our deeper desire for a union with our Father within, fearful of what others may think. Nor to share that our love is a healing power, touching everything into wholeness, because our love is an extension of our Father's love. Prayer and meditation are a great healer, because it is our Father within doing the works. Our faith continues to unfold with use; it is "sinful" (missing the mark) by not using it. My first 5th Step released lots of guilt and shame, but I didn't share about the controlling patterns I found, which were blocking the flow of grace. Blaming others prevented my ownership of my stuff, and without that I could not surrender it to our Father. The Divine Design within each of us is our True Self. I could see through the eyes of faith that we were created in the image and likeness of our Father, which is Love. Our mission is to express love. Healing is to awaken to our Father's Divine Design, that we are. Every creation was once an invisible idea. Alcoholics Anonymous can awaken the silent invisible witness within. Teaching us to embrace and share the love we are. Increasing our practice of A.As' spiritual principle, we will not "miss the mark" as often. Thy Love, Thy Will be done.

The Salt And The Light  
"Pay Forward" Gift # 171  
*I Greet The Indwelling Bullseye.*

Today's "Pay Forward" gift is – The Salt And The Light. To be the salt of the earth I must seek to serve others by sharing the gifts I have received through the grace of our Father, unconditionally. Jesus showed us how to be the salt of the earth and the light of the world, by demonstrating the way, the truth and light. I'm poor in spirit without Father's grace, with it mine is the kingdom in heaven. I can make a good difference. With His indwelling Presence as my Source I practice His spiritual principles in all my affairs, as a preservative of His Divine Wisdom; the salt of the earth and a light in this world. It's the Father within us doing the good works. When everything going my way, I love serving others. However, I must love and serve them at their worst also. I understand why Jesus drove home the importance of forgiving ourselves and others. In every way we've received healing, we must share that healing with those who are still suffering. Each time we give of ourselves our light grows brighter; proof of our Father's glory. Out of an enlightened self-interest I want to be known as the salt of the earth and a light unto this world, in the image and likeness my hero, Jesus. Passing on what we want to preserve [salt], grows and expands, which enlightens us, touching the core of our Being/being; we light up the world. Thy Love, Your Will be done.

Essentials  
"Pay Forward" Gift # 172  
*I Greet The Indwelling Doer.*

Today's "Pay Forward" gift is - Essentials. In Alcoholics Anonymous they are honesty, willingness, and open-mindedness. As it turned out for me all of the Steps and Traditions are essential. My dad told me, as he was firing me, that I could not get along with anyone, so I would have to work for myself, by myself. The Twelve Traditions came to my relationship rescue. The Third Tradition, the important essential dealing with others "The only requirement for A.A. membership is a desire to stop drinking." The first requirement for anything is to want "it." If we want something enough, we will do whatever it takes to get "it." The Tradition One for sure is an essential, "Our common welfare should come first; personal recovery depends upon A.A. unity." I was a loner, both by choice and by request. A group of A. A. members took me in. I soon wanted to be part of the group. The common welfare of the group came before my selfish needs. At times I'm called on to do something for A.A., or my business or my marriage that I don't want to do, but if it is for our common good, I will do it anyway. The Second Tradition "For our group purpose, there is but one ultimate authority; a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern." I chose one Leader, our Father. Thy Love, Thy Will be done.

The Prodigal  
"Pay Forward" # 173  
*I Greet The Indwelling Lover.*

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

Now  
"Pay Forward" # 174  
*I Greet The Indwelling Omnipresence-Now.*

Today's "Pay Forward" gift is – Now, is the only time we can do, say, think, feel anything or co-create, so I choose to do and to be my Father's Love and His Will. When I began clearing up the clutter in my life, and trusting in our Father, I opened up to the Divine flow of grace. Now, I'm willing to own my past, good and not good. Now, I'm willing to surrender the past I presently own to our Father. I trust Him to forgive me. I ask Him to transform my past, present and future into His Will and His Love. Now, I'm thinking about the future. I may as well expect a lot of inspiring surprises. It takes the same amount of time and energy; maybe even less than negative stuff. By knowing what my long-term goal is, I can use the present to work on the skills I need to reach it. I'm using my experience of what worked or didn't work in the past that's related to those need skills I'm working on in the present. The past, present, and the future are one. I am committed, dedicated and devoted to be and to do our Father's Love and Will 24/7, consciously and consistently known and unknown, which is my goal. I pray that my will be in harmony with His. I am willing to forgive myself when I fall short, of my heart's desire. Thy Love, Thy Will be done.

Anonymity  
"Pay Forward" # 175

*I Greet The Indwelling Giver.*

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

Out-loving Our Critics  
"Pay Forward" # 176

*I Greet The Indwelling Promises.*

Today's "Pay Forward" gift is - Out-loving Our Critics. Some critics tell us we cannot know our Father's Love and Will because He is infinite and we are finite. I want to out-love our critics not just out-live them. "The more clearly we can focus our attention on the wonders and realities of the universe about us, the less taste we shall have for destruction" Rachel Carson. It is easier to know what isn't His Love or His Will, often settling for "that." A.A. promises us that, "We will intuitively know how to handle situations which used to baffle us." Our Father's Love and His Will used to baffle me. "We will suddenly realize that God is doing for us what we could not do for ourselves." It's not wise to be critical of something that's works for so many of us. I am devoted, dedicated, committed to do and to be Your Love and Your Will Father, known or unknown. I am receiving whatever it takes, and I accept it with a deep gratitude. Enough love will blind us to our finite limits and cause us to turn within to the indwelling Presence; doing the works we call life. It is not wise or loving to be judgmental of our critics. No matter the disguise our Father is wearing, be reassured He is Omnipresent. Let us first out-love the critic within our own personal "reality" then out-love the other critics. Thy Love, Thy Will be done.

Our Greatest Gift  
"Pay Forward" # 177

*I Greet The Indwelling Giver.*

Today's "Pay Forward" gift is – Our Greatest Gift. Father, I ask You; to be in conscious union with Your Will, Your Love. I pray I'm the individual; You created, fulfilling Your intended purpose 24/7. Our Creator has given each of us a mission, which He intended to be good. A.A. has shown me the path to humility; it's not humiliation or shame, but grace. I'm one among many who have experience mercy for those wrongs I did, and for those I wanted to do, but didn't. Encouraging me to share with others those things I want; I'm unable to accept for myself what I withhold. Our individual purpose, differ widely. However, that does not determine our worth; our Father gives us equal value. Holding myself bound, is another form of selfish and self-centeredness. Out of enlightened self-interest, I forgive us all. The choice is mine the way I use my wrongs and my limited good. Guilt and shame can act as a dam that blocks the flow of love. I ask for the courage to break down the barriers and move on. I honor our Father's Presence within each of His Creators, which includes me. "Don't call me good, it is the Father within doing the good works." I can no longer get by blaming others for my past. I love co-creating the future I desire. Come let us be about our Father's Business, loving one another as He loves us. Thy Love, Thy Will be done.

Blaming Others No More  
"Pay Forward" #178

*I Greet The Indwelling Chooser.*

Today's "Pay Forward" gift is – Blaming Others No More. Many choose to live in darkness with our eyes closed, our ears stuffed, our fists tightly closed grasping nothing. With a closed mind focused on self, our emotions fed with yesterday's self-centered fears. We abused our physical bodies and used others as objects. We looked to people, places and things for our worth, meaning and purpose. We went for spiritual junk food because we were so hungry. We tried to control others and ourselves with guilt and punishment. Being willing to practice A.A.'s simple spiritual principles, we find the individually created self we've longed for. If we are willing to open our eyes, unplug our ears, open our hands to both receiving and giving, letting our emotions flow in its loving energy, and be open channels, we will receive everything we need to awaken. We will find the way and the power to "seek God, clean house, and help others." We do not change the Divine Laws when we plant corn instead of wheat, but we do exercise our power of choice. We can choose once again, reminding ourselves that it's our Father who creates. We leave the results to our Boss. When you found yourself in darkness could you accept the idea that it was your choice? When you found yourself in conscious union with your Higher Power that it was a choice? Thy Love, Thy Will be done.

Blessing  
"Pay Forward" #179

*I Greet The Indwelling Presence.*

Today's "Pay Forward" gift is – Blessing. I am receiving whatever it takes to do and to be our Father's Love and Will. There is harmonious ebb and flow in nature, a divine rhythm at work in our individual lives. This is our Father's Loving Presence in motion. Our Spiritual journey is marked with patterns of beginnings and endings. As we practice spiritual principles we will awaken to these patterns. If we choose to own them and surrender them to our Father for transforming into assets, we are carrying out His Loving Will. We will intuitively know authenticity of these patterns. "...we will intuitively know how to handle situations which used to baffle us." The keynote of life is change; let's call it Omni-change. 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 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. Father, I do love You, Your Son, Your Holy Spirit, and my awakening Prodigal self. I am taught by A.A.'s spiritual principles, your inspired words and my daily events. I want You and I need You and Yours. Each level of spiritual growth, we are awakened to Your Holy Presence by our increasing capacity to be conscious. Thy Love, Thy Will be done.

Angels Show Up  
"Pay Forward" #180

*I Greet The Indwelling Angel.*

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

Beyond Forgiveness  
"Pay Forward" Gift # 181

*I Greet The Indwelling Forgiver.*

Today's "Pay Forward" gift is - Beyond Forgiveness. What is the difference between humans and our Father, when it comes to forgiveness? If we hurt a human once, he or she will forget all the previous good we shared, and focus on the one time we failed them. I've committed a great many willful wrongs. Our Father's not only forgave me, but took my worse defects and transformed into assets. I only needed to own and surrender those defective patterns, holding nothing back, leaving the results to our Loving Father. I have some negative patterns deeply ingrained in my personal "reality," which continually call for forgiveness at different levels. A good example is the use of the "drug" guilt and punishment. This defect pops up in many different shapes and sizes. Anything beyond my pay grade I'm quick to turn it over to our Father. I enjoy Emmet Fox's idea about the search for diamonds in South Africa. First, they found a few diamonds in the yellow-clay. Then, upon digging deeper, they came upon the blue-clay and found as many diamonds in a day as they had found in a year. Spiritual principles differ from the diamond fields. The yellow-clay is the wanting to forgive. Beyond forgiveness clears the clutter, to go beneath the blue clay is a much richer strata; a divine union with our Father's Way, Truth and Light. Thy Love, Thy Will be done.

No Longer In Uncharted Waters  
"Pay Forward" # 182

*I Greet The Indwelling Divine Child.*

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

Beloved Teacher  
"Pay Forward" Gift # 183

*I Greet The Indwelling Beloved Teacher.*

Today's "Pay Forward" gift is - Beloved Teacher. When the student is ready, the teacher will appear. The teacher is waiting under a shade tree for the student show up. Let's see who will be my teacher today? Let's praise some of our Father's handy work. I'm shedding some of my old useless ideas making room for new more effective ones, following the trees' journey. The giant oak tree was hidden in a tiny acorn, wow. We were just a thought to start with, wow. That oak tree has roots that grow 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. Practicing spiritual principles, and letting go of some of my useless, harmful beliefs is nourishing me. Like the tree, my branches are ascending into the heavens as I pray and meditate. The trees sap flows freely nourishing its whole being. As I surrender my life and will I become a clear channel for our Father's nourishment. The 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.

The Indwelling Doer  
"Pay Forward" # 184

*I Greet The Indwelling Doer.*

Today's "Pay Forward" gift is - The Indwelling Doer. I'm building a habit of saying our Father at each beginning. My intention is to invite my consciousness to His Presence. Our human conditions run on habits, known or unknown. All we have to do to build them is to repeat something consistently long enough to set it up. We can shorten the building time by repeating whatever with strong emotions. The same process holds true for the dismantling or disempowering old habits. Our worse habits are deeply embedded in our subconscious, covered up with denial. We cannot let go of anything we don't own. "All things are possible with God." That's who I turn to with complete dependence on divine inspiration. A.A.'s program teaches us to accept what we are powerless over and then, surrender whatever to the Boss. If we do not offer any resistance to His doing for us what we cannot do; the disempowering is stepped up as our denial breaks down. At times, I lack whatever it takes to trust our Father, the Indwelling Doer, as my only Source. I remind myself it is our Father doing the work not me. "The snow goose need not bathe to make it white. Neither need you do anything but be yourself" LAO-TSE. Thy Love, Thy Will be done.

Food For Thought  
"Pay Forward" # 185

*I Greet The Indwelling Thinker.*

Today's "Pay Forward" gift is – Food For Thought – sharing my affirmation. "The letter [of the law] kills, but the Spirit [of the law] gives life..." When I am in harmony with my heart's desire, our Father's Love and Will, what I share comes from the spirit of love. The letter is a job. The spirit of the law is more like a calling and always a purposeful fulfilling life. Metaphysics is the spiritual law before the physical law. Everything we see in this world was an invisible thought or idea in the beginning. The universe was first a thought in our Creator's mind. Heaven is the omnipresence of our Father/Creator, within, around and through all beings. It's the indwelling Presence within you and me. Earth is an outer expression of our Father/Creator's thoughts or ideas. My too limited idea of heaven and earth was in need of an upgrade. My outdated understanding must pass away, to be spiritual, and govern by the spirit of the law, not the letter. In computer terminology, when Jesus forgave or healed someone, He awakened, the Individually Created Divine Design of that person; He rebooted them to their default program, bypassing the old law of cause and effect, as we know it. Thy Love, Thy Will be done.

Ordinary People Doing Extraordinary Acts Of Kindness  
"Pay Forward" # 186

*I Greet The Indwelling Giver.*

Today's "Pay Forward" gift is – Ordinary People Doing Extraordinary Acts Of Kindness. Giving of ourselves is an act of love; there is no greater adventure. "If light is in your heart, you will find your way home" Rumi. A.A. has a great many recovering people, who give of themselves daily. To pay forward is a perfect way for us to give away what we want to keep and expand. There are millions of volunteers all over this country dedicating themselves, quietly, helping others from all walks of life. Any ordinary person can find a way to reach out and act with compassion and generosity, if they choose. We don't have to have some special enlightenment. We could ask our Father to use us, and my experience tells me, He will. "Faith is not just something you have; it's something you do" Barack Obama. We can learn from other "Pay Forward" givers and draw on our own strengths to make the world a kinder place to live? For those A.A. members who are practicing spiritual principle as in a way of life, find that our selfish self-centeredness has been transformed into an enlightened self-interest; it is better for us to give of ourselves to those who still suffer, finding ourselves doing spontaneous random acts of kindness. Our "Pay Forward" gifts become extraordinary acts of kindness. "Failure is impossible" Susan B. Anthony. Thy Love, Thy Will is done.

Dwell On This!  
"Pay Forward" # 187

*I Greet The Indwelling Healer.*

Today's "Pay Forward" gift is – Dwell On This! "Tell me, what is it you plan to do with your one wild and precious life?" (Mary Oliver). If the heavy drinker has passed the invisible line into alcoholism, and he/she just stops drinking or doing drugs, most often they will become a "dry-drunk." For those of us, who have passed through that part of the disease will testify that it's a miserable existence for us and those around us. Plus, if the alcoholic or addict does not get to the cause and conditions of the disease, they are likely to switch to another addiction. A spiritual based recovery program, like Alcoholics Anonymous, which is based on Christian principles, continues to serve millions around the world, daily. These spiritual ways of life have generously shared with the many successful recovery programs. For a long-term solution, it must come from within, and it must be spiritual. Positive thinking is ok as a quick fix, too often it is no more than a tourniquet, stopping the bleeding. It doesn't heal the cause of the wound; returning to our Creator's Individually Divine Design will. "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 many other dis-eases of the human condition] and enable the suffer to become happily and usefully whole" Twelve Steps and Twelve Traditions - Foreword. Thy Love, Thy Will be done.

Abiding Grace  
"Pay Forward" # 188

*I Greet The Indwelling Grace.*

Today's "Pay Forward" gift is – Abiding Grace, is my benefactor for all that is important to me. How else could my defects be transformed into the assets? I want to align my will with our Father's Love and Will. I turn to Him often. My enlightened self-interest reminds me that He is the Source of my abundance. I choose to fill my mind with what's useful. I chose to use my mind to co-create instead of making up useless illusions of separations. My love for our Father is, at times deeper than words. I choose to be kind and understanding, warm and loving. I choose to give freely instead of withholding and withdrawing. I choose not to let my personal limitations block the flow of miracles, of Your infinite abundance, Father. I am willing to surrender all of me for upgrading. I choose to be teachable. I love my mission, my purpose, and choose to share it as I am directed; even when my trust and faith are lacking, it's enough. Now is the time and place where miracles happen and promises are kept. I see the proof of our Father's Presence through His works, everywhere I look. Father I realize Your Love, and Your Will needs to be appreciated more than understood. Alcoholics Anonymous gave me the eyes of faith to envision our Father's grace. I am willing to forgive myself when we fail. Thy Love, Thy Will be done.

Planting Another Affirmation

“Pay Forward” # 189

*I Greet The Indwelling Light.*

Today's “Pay Forward” gift is - Planting Another Affirmation. “Remember we all stumble, every one of us. That's why it's a comfort to go hand in hand” Emily Kimbrough. As the salt of the earth, I must serve others, unconditionally. I can make a good difference. Jesus demonstrated how to be the salt of the earth and the light of the world; the way, the truth and light. Without our Father's grace, I am poor in spirit. With it, mine is the kingdom in heaven. With His indwelling Presence as my Source I practice His spiritual principles in all my affairs, as a preservative of His Divine Wisdom. It's the Father within us doing the good works. When everything is going my way, I love serving others. However, I'm learning to love and serve them at their worst also. Jesus drove home the importance of forgiving ourselves and others. Each time we give of ourselves our light grows brighter; expressing our Father's glory. In the image and likeness my hero, Jesus, I want to be the salt of the earth and a light in this world. I'm passing on what I want to preserve, grow and expand, which enlightens us. When we touch the core of our Being/being, we will light up the world. “The privilege of a lifetime is being who you are” Joseph Campbell. Thy Love, Thy Will be done.

Thanks For Showing Me The Way

“Pay Forward” # 190

*I Greet The Indwelling Answers.*

Today's “Pay Forward” gift is - Thanks For Showing Me The Way. I'm deeply grateful to Jesus for showing us the way, the Truth and the light. He was both pure Spirit and human. We are created in His image and likeness, which means we are both spirit and human. His mission was/is to demonstrate how to seek and find the kingdom of heaven. To be authentic as a human, He had to go through and rise above every human temptation, and condition. I have a burning desire to know how Jesus handled everyone and everything, as it pertains to my individuality. Knowing I will fall short. I have been driven by two or more masters at the same time. Anyone or anything I became obsessed with was my master. At one time alcoholism and sex were my co-masters. Part of Jesus answered to the sex question is Matthew 19:12. “...there be eunuchs, which have made themselves eunuchs for the kingdom of heaven's sake...” We can't go far wrong by, seeking first the kingdom of God, I'm willing. At ninety years old, this is no longer a problem, as it once was. “We know that God lovingly watches over us. We know that when we turn to Him, all will be well with us, here and hereafter” Step Eleven Twelve Steps and Twelve Traditions. Thy Love, Thy Will be done.

Heroes And Heroines

"Pay Forward" # 191

*I Greet The Indwelling Giver.*

Today's "Pay Forward" gift is - Heroes And Heroines. A.A. gives us the opportunity to be a "hero or heroine daily; by making a good difference in someone's life. We can carry the Spiritual healing message to one who still suffers, which could be you and me. No matter how many years we have been sober members of Alcoholics Anonymous. We can extend loving kindness to another silently or openly where we are; that qualify us as a hero or heroine. In other words, being a hero or heroine is simply sharing the gifts we have received, in our ordinary life. Come let us give of ourselves, just as we are; that's enough. Let's not tell ourselves or let another tell us we cannot be a hero or heroine for today, just do it. I have experienced the blessing of generosity, by giving and receiving, simple acts of kindness, and compassion. "The joy of living is the theme of A.A.'s Twelfth Step, and action in its key word...Here we experience the kind of giving that asks no rewards. Here we begin to practice all Twelve Steps of the program in our daily lives so that we and those about us may find emotional sobriety...When the Twelve Step is seen in its full implication, it is really talking about the kind of love that has no price tag on it" Twelve Steps and Twelve Tradition. Thy Love, Thy Will be done.

Listening

"Pay Forward" # 192

*I Greet The Indwelling Listener.*

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

With Authority  
"Pay Forward" # 193

*I Greet The Indwelling Authority.*

Affirmation: I awakened to the realization that I projected onto my Heavenly Father, the characteristics of my earthly dad, and other authorities. I had to forgive our Father for the illusions I had made up. Today, I'm blessed with Spiritual Discernment. It's clear that I've had an invisible means of support all my life. I should be locked up or in a grave, long ago. In my heart, I know that we all are created with a purpose. As long as we are alive in this world, we have not finished our mission. When I experience a peace within, and my heart is overflowing with love, which is deeper than words, for our Father and Jesus, I am in conscious union with our Father's Will for me. I am a man with limited talents. I need not to expect that my purpose in this world to be a great contribution to mankind. However, I do make some good difference to those I am given to share with. For me, to share my experience, strength and hope I've been given by grace, is to speak with authority. When anyone tells his or her life's story from their heart and experience, they are speaking with authority. Much like a parable, their sharing, speaks to the listener's heart, mind and soul. I am speaking with authority, when I pray with an open heart and mind, "Thy Love and Thy Will be done and not mine. I pray that my will is in union with Yours, Father."

The Meeting Place  
"Pay Forward" # 194

*I Greet The Indwelling Meeting Place.*

Today's "Pay Forward" gift is – The Meeting Place. Say not, "I have found the path of the soul." Say rather, "I Have met the soul walking upon my path" (Gibran). I searched for the answer, to the question, who am I? I could never find an answer; I could live with. I used affirmations, claiming Divine guidance. I asked those I believed to be wise, who am I? None of them answer the question for me. Then one day it came to me so simple, like most good ideas do. What I can do is my responsibility and everything else is Our Father. It is my privilege just being myself, excepting my talents and limitations, one day at a time. I'm building a habit of turning my consciousness to our Father at each new beginning. Then I give "whatever" a try, holding nothing back. I stop fighting everyone and everything and surrender "whatever" over to the Boss for my solution. What if I did "whatever" with the same person before, but not now it will not work? What I could do in the past, no longer matters. It's the "whatever" with "whomever" now, that counts. I choose not to waste any more time and energy on what is above my pay grade. I surrender it to our Father without delay. I pray the Boss will do for me what I cannot do alone and unaided, if it's His Will. Thy Love, Thy Will be done.

My Invisible Workshop  
"Pay Forward" Gift # 195

*I Greet The Indwelling Work Shop.*

Today's "Pay Forward" gift is – My Invisible Workshop. It is located in my secret place. I do all my thinking there. I pray and meditate, and I co-create and make things up. For example, I made up my illusions of separation from our Omnipresent Father, and other beings. When I did my inventoried, I had good and useless and bad habits in stock. I own all of it; none of it came from the outside. The useless and harmful I surrender them for dismantling and replacement. I used the spiritual tool kit I found by working Alcoholics Anonymous' program. With radical training, and a lot of overtime, I've built a new world view. I accepted ownership of my defective pattern, **once an alcoholic, always an alcoholic; I** surrendered it to our Father, for transformation. I no longer blamed my alcoholism on other people, places or things. I drank alcohol because I was/I am an alcoholic, sober now. Using my tool kit on my separation defect; **Once a separator, always a separator.** I took full ownership of that defective pattern. I no longer blame anyone or anything outside of me for my illusions of separation. Father, every breath I take is proof of Your omnipresence. Thank You for the purposeful life You gave me, and for renewing it daily. By practicing the spiritual principles in my in all my affairs, I'm becoming more skillful. Thy Love, Thy Will be done.

Once A Guilt And Punisher  
"Pay Forward" Gift # 196

*I Greet The Indwelling Assets.*

Today's "Pay Forward" gift is – Once A Guilt And Punisher, always a guilt and punisher. When I could accept this simple principle, I could see how our Father was using the same wisdom, that He had with some of my other defects; Identifying the pattern instead of the event. It replaces the blaming other people, places and things for my defects. I could accept my responsibility and surrender it for an upgrade It revealed to me that guilt and punishment truly are "drugs." If I made myself or others feel guilt and punished them or me enough surely that would be the end of it, when it was only another quick fix. After my healing spiritual transformation, I still found myself using it; however, it becomes an opportunity to turn it over to our Father for correction. I found myself using the "drug" less, and not as intent, and it didn't last as long; a sure sign of growth. I accepted that I will always be an alcoholic who could not handle alcohol. This healing principle put the responsibility in my court. I drank because I am an alcoholic, not for any other reason. I am a user of the "drug" guilt and punishment, because that's what I am. This gives me a choice. I choose the grace of our Father and His gifts of serving others. This is part of a growing storehouse of assets given me to share. Thy Love, Thy Will be done.

Let Down Your Bucket  
"Pay Forward" Gift # 197

*I Greet The Indwelling Gift Shop.*

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 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, and "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 – [[www.12stepworkbook.org](http://www.12stepworkbook.org)] – The Promises Inventory. We may not know how these miracles keep coming; they just do. At times, we may only watch the process. Maybe the best we can do, sometimes 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.

Extraordinary Love  
"Pay Forward" Gift # 198

*I Greet The Indwelling Extraordinary.*

Today's "Pay Forward" gift is – Extraordinary Love. By the grace of our Father awaken within me as I practice the spiritual principles of Alcoholics Anonymous I have my ordinary life running over with an abundance love. By applying the Traditions daily in all my relationships has taught me to give of myself freely. Sometimes I have to unselfishly do something for the relationship, because it is more important than having my way. My fulfillment, love, joy and forgiveness come through my sharing and joining with others in our common welfare. I need only to give what I already have to experience the joy of life. To think that I must be spectacular in my sharing, caused me withhold my love. I trust in our Father to give me all I need to share the love I am; my fulfillment is a side effect, and that love flows back to me. If I waited until I can share only unconditional love, most likely it would never happen. I need to share what I have because it does have real value. I to give to more instead of a few. I am reminded that I have chosen the road less traveled. Now I am willing to do whatever it takes. Come let us take this loving serendipity journey together, trusting our Father to guide us. I ask our Father to use me; as a beloved lover loving, sharing a little extraordinary love. Thy Love, Thy Will be done.

Ask For More Of Our Father

“Pay Forward” Gift # 199

*I Greet The Indwelling Infinite Presence.*

Today’s “Pay Forward” gift is – Ask For More Of Our Father. I want to rewrite and rewire my personal “reality” to have what it takes, to do and to be our Father’s Love and His Will. I want to see the proof of His Presence in everyone, and everything, with the eyes of faith, willing to love everyone; I don’t have to like them. I agree with Emmet Fox, that we should not try to like someone we don’t spontaneously like. I love them by wanting them to find their purpose and to have then they need live it, and do so. To do this, I need to seek our Father’s Presence at every beginning and with each shift in my conscious attention. After each action or non-action, I choose to give thanks, confirming my True Source, our Father within is doing the works. I do not have to feel it, but I need to practice it. I’m no longer alone and unaided. I am willing to do our Father’s Love and His Will consciously consistently. I am willing to prayer and meditate often. I’m seeing with the Spiritual vision given me by grace. I am willing to do loving acts, feeling like it or not. I am willing to forgive myself when I fall far short. I made a promise to myself years ago to ask for more of our Father, more of Alcoholics Anonymous and more of myself. Thy Love, Thy Will be done.

Distributor

“Pay Forward” Gift # 200

*I Greet The Indwelling Distributor.*

Today’s “Pay Forward” gift is – Distributor. We are an A.A. a distributor, not its creator. As an A.A. distributor, we pass on freely A.A.’s product, which is given us. Millions worldwide are using A.A.’s program, for every human condition known to mankind. They are not done in A.A.’s name. For every one alcoholic working our 12-Step program, an estimated seven use it for other issues, we may call “outside issues.” As members of A.A., we have individual opinions about these; Alcoholics Anonymous does not. To practice our Program’s principles in all our affairs is not an “outside issue.” That’s just fine, as long as we do not state them to be A.A. approved. When the power of our loving service overcomes our selfishness, we have awakened to a new depth. We intuitively know that our Creator is love. Just look around and within, and we can see proof of His Presence; Omni-love. We were created as sharing beings. “It is well to give when asked, but it is better to give unasked, through understanding” Kahlil Gibran. We have to share with others to live. We may be blind to that for a time, but the wakening will come. Many of us feel A.A. sharing is our calling, not a job. A job is an activity performed in exchange for payment. We are demonstrating how important it is to give of ourselves, to those who still suffer. The Love, Thy Will be done.

If Our Eye is Single  
"Pay Forward" Gift # 201

*I Greet The Indwelling Intention.*

Today's "Pay Forward" gift is – If Our Eye [Consciousness] is Single. Our whole life would be filled with light and love. When we look for the good with someone, for that moment, our eye is in union with our created self, the indwelling Presence of love. When we are sharing spiritual principles with someone who really wants it, it's easier to stay on purpose. When we are focused on living our heart's desire, our eye is single. We are given the power to turn just about any situation that is not our heart's desire into an act of loving service. We may not feel loving, but we can do loving things, out of enlightened self-interest, causing our eye to be single. Focusing on those who still suffer, at some point on our spiritual path we all suffer. We can choose to keep our eye single as we are seeking to do and to be our Father's Love and Will. Living spiritual principles chips away what is not our Father's individual Divine design. Let us choose this day to be miracle-minded; trading selfishness for enlightened self-interest, trading guilt and punishment, the most commonly abused drug, for forgiveness. Trading not love for service. Trading our withdrawing and withholding for grace to give of ourselves. Choose the inner light, instead of darkness. Choose the power of our Father over the weakness of our personal "reality," freeing our mind to be single once again. Thy Love, Thy Will be done.

The Problem Solver  
"Pay Forward" # 202

*I Greet The Indwelling Problem Solver.*

Today's "Pay Forward" gift is – The Problem Solver. I'm no stranger to powerlessness. "Lack of power that was our dilemma. We had to find a power by which we could live, and it had to be a Power greater than ourselves. Obviously. But, where and how were we to find this Power" Alcoholics Anonymous. Much of our fear is based on illusions we made up or went along with. To motivate people to take care of themselves with fear, compounds the problem. What if we focused on the benefits of taking care ourselves, that would be real self-love. We need some faith-muscle building. Jesus suggested that we love our enemies. Fear is our greatest enemy. If we embrace our fear instead of denying or stuffing it – it will change its nature, to one of two things. 1) It is a real problem that calls for a solution. Or, 2) it's another one of the illusions we made up or went along with. Concerning COVID-19; it's a real problem which calls for a solution. It's a wonderful experience when our Creator transforms one of our defects into an asset. That infinite intelligence is in each of us, 24/7, transforming what we eat and drink into flesh and bones, in other words life. Humans cannot do that. It's time we get really serious about surrendering our dilemma over to Him, and follow His guidance and grace. His Love, and our service will cast out all fear. Thy Love, Thy Will be done.

The Messenger Speaks  
"Pay Forward" Gift # 203

*I Greet The Indwelling Messenger.*

Today's "Pay Forward" gift is - The Messenger Speaks, and I hear with the ears of faith. Father I listen to Your Holy Spirit of Truth, directing me in a way; I can currently understand and follow. By grace, we are given the ability to apprehend what's needed to carry our given purpose. This understanding reveals that love, and wisdom should work together. At first, our understanding may be "head knowledge." I choose, to listen for our Father's Holy Voice within, "head knowledge" turns to heart knowledge. As our understanding within unites with the indwelling Presence, we will know what to do or to be, for the present moment. Let us turn from the problem to the solution, our Father. When the solution takes place, by grace, our understanding awakens to a deep sense of gratitude. Let us stop our useless chatter for a few moments and accept the wisdom within. Let us look and see through the eyes of faith proof of our Father's good works through us. Listen to His Holy Voice of Truth, speaking through us, as we share the love, we are. Let us ask for and accept our heart's desire and do and be our created Self. We do not ask for too much, when our Father is our only Source. It has to be our Father's good pleasure for us to express His Will, His Love through us. Affirming this makes me feel good. Thy Love, Thy Will be done.

Promises To Remember  
"Pay Forward" # 204

*I Greet The Indwelling Giver.*

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

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

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

Being  
"Pay Forward" Gift # 205  
*I Greet The Indwelling Presence.*

Today's "Pay Forward" gift is – Being. "We are called upon not to be successful, but to be faithful" [to our Higher Power] Mother Teresa. It's to be the individual we are created to be; honoring our Individually Divine Design. Let's be ourselves, and be faithful to our Father, living the spiritual principles we are given. Doing that, we affect all of humanity in a loving way, by living a purposeful life. We do not have to be a great leader; we need only to take care of what's in front of us. Come let us love one another and do our Father's Will. Let us stop giving to other people, and circumstance the right to determine our happiness, joy and freedom, or the lack of it. A.A. gives us the tools to seek and find our Higher Power and our true created Higher Self. That same loving guidance is omnipresent; available to all who will ask our Father for it, with all our heart, mind and soul. By making someone or something our Source instead of our Higher Power blocks the way, the truth. To limit the spiritual principles we are freely given for problem fixing only, is like judging the abundance of the ocean by a few empty shells, or standing on the back of a whale, fishing for minnows. Our Father has guided me into a more purposeful life of love and service. "Faith without works is dead." Thy Love Thy Will be done.

Loving Awakening And Learning  
"Pay Forward" Gift # 206  
*I Greet The Indwelling Student.*

Today's "Pay Forward" gift is – Loving Awakening And Learning. I love having something to do, that can make a good difference. Here it is another day, and I am still in radical training. Clearly, my need for an upgrade in the art of living is ongoing; my loving and serving leaves a lot to be desired. At some level I want learning to be done; I love the adventure and discovery. "When everything seems to be going against you, remember that the airplane takes off against the wind, not with it" Henry Ford. Any rise in my consciousness increases my capacity and ability to experience our Father's Love, His Will, His Way, and His Truth. I can worship, Him here and now, and see proof of His Presence and Action everywhere in everyone. I can see His good works through the eyes of faith in His mercy, grace, and I love it. Today I am willing to be patient with my failings and the failings of others. Alcoholic Anonymous gives us lots of opportunities to uncover, discover and share an ever awakening way of loving life. It is clear; as long as I am alive my work is not done. "There is as much greatness of mind in acknowledging a good turn, as in doing it" Seneca. Thy Love, Thy Will be done.

Our Intended Self  
“Pay Forward” Gift # 207

*I Greet The Indwelling Awakener.*

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

The Elephant’s Way  
“Pay Forward” Gift # 208

*I Greet The Indwelling Trainer.*

Today’s “Pay Forward” gift is – The Elephant’s Way. The baby elephant’s leg is tied to a chain staked to the ground, keeping the baby elephant from moving beyond the chain’s length. As the elephant grows, it becomes strong enough to either break the chain or rip the stake out of the ground. It doesn’t however, because it became so conditioned to the distance it could travel that it never tested the chain. That’s a great metaphor for the way we stay bound to limitations. I’ve made a decision to turn my will and my life over to the care of our Father. Sometimes I do things the rest of my personal “reality” disapproves of. That’s a sure sign that it is time to do another set of A.A.’s Steps, not just an inventory. I want all levels of my consciousness to be trusted servants; with a common purpose, however, they do not govern. A conflict like this, tells me I have to accept my experience, not my conscious mind to be my real belief. When I gain ownership of my personal “reality’s” patterns, I surrender them to our Father, for an upgrade, and possibly transformation into an asset. I choose Him to be my one ultimate authority. Let my eye [consciousness] be single, and full of light. After all – our common welfare should come first. The point is we are not elephants or saints. Thy Love, Thy Will be done.

Awakening  
"Pay Forward" Gift # 209  
*I Greet The Indwelling Awakener.*

Today's "Pay Forward" gift is – Awakening - to the Infinite Intelligence within. There is an infinite intelligence within you and I that knows the answer to our questions before we ask. It's the same intelligence that created each of us as individual expressions of His loving grace. It's the One that turns the food we eat into flesh, bones, thoughts and feelings that we call life. Let's accept our part of His Presence, serving and loving one another. Let's seek and find His omnipresence within every cell in our bodies. Let's honor who we are, asking for a conscious union with the individual divine design, we are. Be still and cease fighting anything and anyone as our Big Book suggest. We are likely to see the expressions of our Father's Presence, as life, and love. "But ask now the beast, and they shall teach you, and the fowls of the air, and they shall tell you: Or speak to the earth, and it shall teach you: and the fishes of the sea shall declare unto you...that the hand of the Lord hath wrought this" Job 12:7-9. Let's open our hearts and minds to His Infinite possibilities. Our joyous, happy and free sobriety is proof that it works for millions of us around the world. "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.

One Will - His  
"Pay Forward" Gift # 210  
*I Greet The Indwelling Lover.*

Today's "Pay Forward" gift is - One Will – His. Father, I see Your Presence with my eyes of faith. I am as you created me, Your son and a loving brother to all. That means I am to practice 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 to do, to be our Father's Will; joining my will with His Will, as one. Our personal "reality" is the directive power, determining our character. When we will our Father's Will to be done we are building a loving Spiritual character, and awakening our true self; loves awakening. Desiring our Father's Will to be done is a good beginning, however, we need to take the action shown us and express His Will in this body, and in this world. Come let us link our will with our Father's Will, in order to express the love we are. Let us practice A.A.'s Spiritual Principles in all our affairs; clearly our Father's Will. Let's 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." At each beginning, ask "What would Love do?" "Always do right. This will gratify some people and astonish the rest" (Mark Twain). Thy Love, Thy Will be done.

The Right To Expect  
"Pay Forward" Gift # 211

*I Greet The Indwelling Father Doing the Works.*

Today's "Pay Forward" gift is – The right to expect from one who active member of A.A.'s way of life, sense February 6, 1957? Sobriety is as important as breathing to this 90 year old? Sobriety comes into focus when I am sharing our 12<sup>th</sup> Step. The part of sobriety and the program I'm focused on depends on the person or meeting I'm sharing with. A.A.'s gifts are far more than just not drinking. Perhaps you expect someone with 63 ½ years of living sobriety should be free from all defects and short-comings. I've been assured that will be a reality when I'm 100 years young and 73 ½ years, active in Alcoholics Anonymous. I've been thinking about writing a workbook on the Sermon on the Mount. As soon as I made the decision to do it; I became totally obsessed with the idea, and for a while I couldn't think about of anything else. Thinking and talking about a good deed only delays it. At times, I'm unable to do my daily meditation and other prep-work, due to the useless chatter; a sure sign of the alcoholism "ism." Once an alcoholic always an alcoholic; having a drink is not a problem, but the "ism" is. Our Father has transformed five of my major defects, to some degree, into assets. When, they popup in any form, it's an opportunity to grow and awaken, giving me a more purposeful gifts to share. Thy Love, Thy Will be done.

Love  
"Pay Forward" Gift # 212

*I Greet The Indwelling Lover.*

Today's "Pay Forward" gift is – Love. Alcoholics Anonymous when practiced whole-heartedly has much in common with unconditional love, which is spiritual in its nature. "A.A.'s Twelve Steps are a group of principles, spiritual in their nature, which, if practiced as a way of life...enable the sufferer to become happily and usefully whole" Twelve Steps And Twelve Traditions. "The only requirement ...is a desire." Neither requires formal introduction or education, has no entrance examination, no condition whatever. Neither love, nor A.A. calls for a laboratory, or special place or equipment, or professional training. A willingness to do what it takes will do as a beginning to be followed by a faithful daily practice. The love-conscious and spiritual development will follow, in its many forms. Where love is, our Father/Creator is, for He is Love. Love will heal us, guide us, enlighten us, will fulfill us, and transform us. Unconditional love is beyond personal love, friendship, or service; giving of ourselves, is self-love, it can include all expressions of love. We cannot earn this love, but we most likely want to try to, at least expand on it. There are no words that can fully describe pure unconditional love; words can only point toward it. "You'll find, my friend, that what you love will take you places you never dreamed you'd go" Tony Kushner. Thy Love, Thy Will be done.

Self Betrayal  
"Pay Forward" # 213

*I Greet The Indwelling Healer.*

Today's "Pay Forward" gift is – Self Betrayal. "Keep thy heart with all diligence; for out of it are the issues of life." Anything I mentally entertain carries my soul's consent, and this soul-consent is the malice of sin, which is missing the mark. Out of enlightened self-interest, I turn away from lust, ASAP. In the Old Testament, these two words, adultery and idolatry are interchangeable. The worship of false gods was described as adultery. The adulterous soul, who is unfaithful by turning to some other god to worship; lusting after anyone or anything. DISTORTION OF ATTENTION - Preoccupied with the object of our addiction or attachment, we cannot think of anything else but what's connected with the addiction or the person or thing we are attached to. The distortion becomes our ULTIMATE CONCERN. Another word for it is "idolatry." The addiction or attachment becomes our god. I commit adultery with my personal "reality"– lower self by betraying my higher self, that which our Father created me as. I affirm; I love and worship you Father with all my heart, mind, soul and strength, and I choose to love all of your creatures, as myself. We are all created to do and to be, Your Love and Your Will Father, as one life. When I fall in a ditch again, I get out ASAP. I dust myself, and get back on the path.

Affirming Ten Attributes  
"Pay Forward" # 214

*I Greet The Indwelling Holy Attributes.*

Today's "Pay Forward" gift is – Affirming Ten Attributes. At the center of each human is the individually Divine Design, our Father created. He communicates with us in His first language, intuitive silence. Each given a spiritual purpose, with ten attributes; one or more as part of our heart's desire.

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

Spirit Of The Law  
"Pay Forward" Gift # 215

*I Greet The Indwelling Presence Of Truth.*

Today's "Pay Forward" gift is – Spirit Of The Law. The letter of the law demands that we follow a set of man-made rules and experienced facts believed to be truth or reality. The Scribes and Pharisees at one time had something like six hundred rules, as if God demanded them to live by daily. Of course it was impossible, so they were in a state of guilt. I guess that's where the "drug" guilt and punishment come from. As a "drug" it far exceeds all other drug users. I made up a lot of rules, mostly others should live by. I never counted them but when I add the ones my family made up, the number is way up there. The spirit of the law is Truth/Reality; a spiritual principle. Facts are outer expressions of the world we made up. An alcoholic may be completely dry, free from alcohol, but not applying the spiritual principles to the ism of their alcoholism. They are demanding, fearful, resentful and negative; no fun to be around a dry alcoholic, I've been there. A sober alcoholic living A.A.'s spiritual principles in all their affairs is joyous, happy and free, in the spirit of the law. After living A.A.'s way of life for a while we are likely to strive earnestly to keep the spirit of the Divine Law, beyond the letter of the law. "Ye shall know the truth, and the truth shall make you." Thy Love, Thy Will be done.

Gratitude – Beyond Words  
"Pay Forward" Gift # 216

*I Greet The Indwelling Gratifier.*

Today's "Pay Forward" gift is – Gratitude – Beyond Words. I cannot make myself experience the real depth of love it comes by grace only, although I do acts of love daily; I don't always feel loving. I am blessed with all I need to pass on the gifts I have been freely given, and the people to share with, daily. I can make a long list of all I am grateful for, but, I cannot experience a deep gratitude. Like love at its deepest level I only have it by grace. This miracle of grace is for all who are breathing, no matter what. I shall try the impossible today; I shall try to share the depth of my love and gratitude for these sixty-three and a half years as an active A.A. member. I have witnessed thousands of miraculous awakenings including my own; being released from our self-imposed hell. Only by grace can an undeserving alcoholic such as me have a life of abundance, beyond anything I could have ever dreamed of. Emmet Fox suggested that we ask for guidance and then open the Bible at random. I opened it at the 21<sup>st</sup> chapter of Luke; I understood it was an explanation for the transformation journey I was on. Luke 21:14-15 show me how to prepare to share - "Settle it therefore in your hearts not to meditate before what you shall answer: For I will give you a mouth and wisdom..." Thy Love, Thy Will be done.

Spiritual Re-Birth  
"Pay Forward" Gift # 217  
*I Greet The Indwelling Presence.*

Today's "Pay Forward" gift is – Spiritual Re-Birth. All over the world two billion Christians are celebrating the Divine Mission of Jesus, the greatest Being ever, as far as I concern. All over the world millions will celebrate the awakening, the re-birthing of those newly transformed alcoholics and those using A.A.'s program for other addictions. We have been given this powerful program, based on the Spiritual principles given to us by the One who came into the world to show us how to do it. We freely give our A.A. program to anyone who chooses to use it. It is difficult to understand that it is ok for members of A.A. to use Christian Spiritual Principles, and yet, not give credit to Christianity or the Christian leaders who A.A. receive so much from. Bill Wilson, A.A.'s co-founder was asked why he didn't give credit in the book Alcoholics Anonymous to them. He replied he did not want people to think our program was another branch of religion. Many alcoholics had been turned off by some unforgiving, judgmental people who called themselves Christians, but were not living it. We have some A.A. Pharisee and Scribes, much like my computer, having lots of rules and no mercy. By the grace of our loving Father I was awakened to the reality that there is only One life, that Life is perfect, that Life is our Father's Life, my life and your life. Thy Love, Thy Will be done.

Our Unique Tool Kit  
"Pay Forward" Gift # 218  
*I Greet The Indwelling Builder.*

Today's "Pay Forward" gift is – Our unique Tool Kit has ten characteristics, not found in other creatures. By Your grace, Father we are loved, healed, taught, forgiven, empowered, enlightened, enriched, communicated to, co-created with and awakened. These ten gifts are a unique set of tools, given to each of us. Before they are ours we must personally experience them. Once we have gained some skills we are to pass them on to others. A.A. offers us a great training ground, and everyone and thing we need to practice, and improve our sharing skills. Awareness of how A.A. works, will increase with use. Remember it is our Father within doing the works, not us alone and unaided. Expect the most wonderful things to happen. Each of us was given a purpose when our Father created us, unique and unrepeatable; we have no one to compete with. Practicing A.A.'s Spiritual principles in all our affairs, chips away all that is not the being we are. Life is a series of changes; let us embrace them. As we learn to love our changes, our love changes. Accepting our own uniqueness we will not need to dominate others, nor cringe before them. When someone does a wrong, let us be quick to forgive. Forgiveness is letting go, detaching from our judgment. Remember, Love is the answer, because our Father is love, and we were created in His image and likeness. Thy Love, Thy Will be done.

Spiritual Discernment  
"Pay Forward" Gift # 219

*I Greet The Indwelling Knower*

Today's "Pay Forward" gift is – Spiritual Discernment. I am coming to understand and experiencing a deep sense of gratitude for the wonderful gift of spiritual discernment. My heart's desire for a long time has been the improving my alinement with my conscious mind and a spiritual union with our Father and His Son. Spiritual discernment always places wisdom or direct knowing above the other faculties of mind. I get flashes of spiritual discernment and or an intuitive knowing, but not consistently. Even a brief experience with these two faculties causes a love and gratitude deeper than words, but also leaves me with an increased hunger and thirst for a love and gratitude I do not consistently experience. The living process I found in A.A. with every new spiritual realization makes finer and stronger and more beautiful the texture of my being. It engenders the power to draw from the invisible the fulfillment. 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, and finding myself filled with a loving purpose, and 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 it's just for me, and cannot wait to share it. Then I know it's real, not another of my unfulfilled dreams. Thy Love, Thy Will be done.

Open The Door  
"Pay Forward" Gift # 220

*I Greet The Indwelling Presence Standing At Our Door.*

Today's "Pay Forward" gift is - Open The Door. Openly or silently I say, come, let me encourage you to love more, to heal, to teach, to forgive, to accept your empowerment, your enlightenment and your enrichment. Let us communicate, co-create and expand our awakening to the Infinite Power and Divine Love within, supplying us all we need to do His will. I will; I have, and I am. For this moment, I only need to surrender myself, and let our Father have His Way. I see the unity of our Father's Presence instead of the fragmentation of fear. I am reminded me how important and enjoyable warmth is both within and without. Let us experience compassion for those who are struggling. We need not wait, for winter or times of emotional darkness to turn within to the invincible warmth and express the love we are. All seasons are the best time to turn within to our Father for our warmth and love we seek and come together with our fellows to share our experience, strength and hope. "Here I stand at the door and knock. If you hear me calling and open the door, I will come in, and we will share a meal as friends" (Revelation 3:20). Let us not wait any longer to open the door. Thy Love, Thy Will be done.

Oops  
"Pay Forward" Gift # 221

*I Greet The Indwelling Pathfinder.*

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

Be Authentic - Be Ourselves  
"Pay Forward" Gift # 222

*I Greet The Indwelling Authentic Self.*

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

Travel Guide  
"Pay Forward" Gift # 223  
*I Greet The Indwelling Guide.*

Today's "Pay Forward" gift is – Travel Guide. Taking a Spiritual road that is less traveled at first was difficult but it is worth the effort. It turns out that my Travel Guide was the indwelling Presence, the Holy Spirit of Truth. Practicing Alcoholics Anonymous' Spiritual path at first was a road less traveled, at some point it becomes a way of life. Sober choices, turned out to be the easier softer way. Following Alcoholics Anonymous' Spiritual principles as a way of life opened my eyes. Only our Father's grace can transform our alcoholic chaos into a joyful, happy and free life, I'm truly grateful. When we run into difficulties we can use the "Golden Key"; stop thinking about the problem and think about our Father and get out of ourselves, by helping another. One of my shortcuts is saying the word Father, which shifts my consciousness from the problem to the solution. "The road leading to God does not entail a multiplicity of considerations ... but demands only the one thing necessary: surrender of self" John of the Cross. Thank You, Father, for two of your Travel Guides: Intuitive Wisdom, and Spiritual Discernment. My life is made up of your Gifts of grace, which I am truly grateful. Let us share the love we are, with those we meet on our serendipity journey. Thy Love, Thy Will be done.

Who Am I Depending On?  
"Pay Forward" Gift # 224  
*I Greet The Indwelling Presence.*

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

A Vital Thing To Do  
"Pay Forward" Gift # 225

*I Greet The Indwelling Spirit Of Truth.*

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

I'm A Trainee  
"Pay Forward" Gift # 226

*I Greet The Indwelling Mentor.*

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

Ever Turning Magnet  
"Pay Forward" Gift # 227  
*I Greet The Indwelling Presence.*

Today's "Pay Forward" gift is - Ever Turning Magnet. What I really believe is like a magnet; turned in one direction and it will draw to it, turned around, and it will repeal. Sometimes my magnet seems to turn in the right direction, and I draw the love and good I desire with little or no effort. My storehouse of magnet-habits; my subconscious mind, turns my magnets around without my conscious decision, and I repeal what I believe consciously I want and expresses what I don't want. As an active alcoholic I must have had an insane, rebellious storehouse of magnet-habits. On the other hand maybe my subconscious mind was showing me what I had on hand. Alcoholics Anonymous' program gave me the tools to inventory my supply of my sane and insane magnets, and what to do with them. I'm ready to let go of those on my endangered species list, by surrender them to our Father for replacement, or upgrading. Trusting Him, I no longer need to protect them. Some of my magnet-habits which were defects were transformed into working assets by our Father's grace, giving me a new set of tools. Unused tools are of no value. "Don't be too quick to draw conclusions from what happen, to you, simply let it happen" Rainer Maria Rilke. Now is the time for me to let our Father do the picking and choosing. Thy Love, Thy Will be done.

The Only Thing I Needed To Change Was Everything  
"Pay Forward" Gift # 228  
*I Greet The Indwelling Rebirth.*

Today's "Pay Forward" gift is – The Only Thing I Needed To Change Was Everything. Any change, no matter the size was always a problem. It was my powerless, which was blocking me. My sponsor suggested that I seek and find a Higher Power that could do for me what I could not, including the changes, [see page 45 Alcoholics Anonymous]. What matters, are not people, things or conditions in themselves, but the thoughts and beliefs that I held concerning them. It's not their conduct, but my thoughts that make or mar me. I was writing my own experience by the thoughts that I entertained. I mold my own destiny day by day, by the manner in which I reacted to an experience. Right reaction is the supreme art of life. My greatest teacher compressed the secret of that art, when he said: Resist not evil. I must live in the present in the Presence within me, in day tight compartments. Suggestions: Don't take the first drink, work the Steps ASAP. For a while, I should stay away from slipper places, which drew me toward that first drink. Let the past, pass. Use the "F word" [forgiveness] as needed when resentment or any other unhealthy stuff popped up. Go to lots of A.A. meetings and hang out with people practicing A.As' spiritual principles in their daily life, inside and outside A.As' walls, and share with others the gifts I received. Thy Love, Thy Will be done.

Our Boss Is Omnipresent  
"Pay Forward" # 229  
*I Greet The Indwelling Doer.*

Today's "Pay Forward" gift is – Our Boss Is Omnipresent. "The world is not going to the dogs. The human race is not doomed. Civilization is not going to crash. The Captain is on the bridge. Humanity is going through a difficult time, but humanity has gone through difficulties many times before in its long history, and has always come through, strengthened and purified. The Captain is on the bridge. God is still in business. All that you have to do is to realize the Presence of God where trouble seems to be, to do your nearest duty to the best of your ability, and keep an even mind until the storm is over." I thought this reading from *Around The Year with Emmet Fox* is very insightful for our present on going difficulties. Out of *Twenty-Four Hours a Day* (Hazelden), came this useful idea. "Spiritual progress is the law of your being. Try to see around you more and more of beauty and truth, knowledge and power. Today try to be stronger, braver, more loving...This law of spiritual progress gives meaning and purpose to your life. Always expect better things ahead. You can accomplish much good through the strength of God's spirit in you. Never be too discouraged. The world is sure to get better, in spite of setbacks of war, [Covid-19], hate, and greed. Be part of the cure of the world's ills, rather than part of the disease." Thy Love, Thy Will be done.

Regeneration  
"Pay Forward" Gift # 230  
*I Greet The Indwelling Rebirth.*

Today's "Pay Forward" gift is – Regeneration. The law of regeneration is undoubtedly the mystery of mysteries. Who can say when or if a regeneration or transformation happens? It comes to us only by grace. I have experienced a spiritual transformation for four of my major defects: alcoholism, violence, jealousy and the most common used "drug" guilt and punishment. These transformed defects were regenerated into workable assets. Because I experienced some level of healing for each of these defects, I am able to empathize with someone passing through the dark night of their defect and or disease. I've witnessed countless others living spiritual principles, who experienced a regeneration. A sincere desire of our heart, to be guided by our Father, as our only true Source, for His Love and Will be done, is always fulfilled by grace. There was a great temptation when I experienced a spiritual transformation to shout it from the rooftop, but I feared that would draw a lot of unwanted attention. I realize that we draw to us and experience what we believe, often hidden within our subconscious storehouse, and we are unaware of them until they show up, sometimes in the form of another or as an event. Here we can take part in our regeneration by owning them and surrendering them to our Spiritual Doctor, letting go of the useless or the harmful makes room for us to be, and do who we are. Thy Love, Thy Will be done.

Understanding Our Father's Business

"Pay Forward" Gift # 231

*I greet The Indwelling Leader.*

Today's "Pay Forward" gift is – Understanding Our Father's Business. To be joyous, happy and free I must be about our Father's Business, to do that, I need understanding, reminding myself daily who's the Boss. I've craved for an understanding heart. I prayed to be led out of the darkness and the wilderness of the five-sense. I struggled with my spiritually bankrupted business partner; myself. I didn't consciously have a relationship with the Boss until I came into Alcoholics Anonymous. I realize today that I was praying and seeking a way out without knowing or understanding Who to go to or where to go, yet my cry, within my not-knowing darkness was being heard by our merciful Father. Spiritual understanding is the ability of the mind to apprehend the power of our thoughts and actions. A.A. gave me the ability to clean the windows of my mind; I began to see a little more clearly; Who the Boss is. Divine discernment is an awakening in my opening heart, mind and soul. Spiritual understanding tells me to follow the sunflower; who keeps its face toward the sun. Let me keep turning toward our Father's Divine Light, His Love and His Will, as we share our experience, strength and hope. My growing pains seem severe, but I am willing to keep on seeking the spiritual understanding I need to practice sharing our Father's gifts; His attributes in the daily ebb and flow of life. Thy Love, Thy Will be done.

The Faith That Works

"Pay Forward" Gift # 232

*I greet The Indwelling Presence Doing The Works.*

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

We Are Beloved Lovers Loving  
"Pay Forward" Gift # 233  
*I greet The Indwelling Beloved.*

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

"Let there be..."  
"Pay Forward" Gift # 234  
*I greet The Indwelling Co-Creator.*

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

Awakening Thoughts  
"Pay Forward" Gift # 235

*I greet The Indwelling Will of Our Father.*

Today's "Pay Forward" gift is – Awakening Thoughts. I am grateful to You and Your Team, Father for all I am and have. I know it comes to me by Your grace, not my works. I am thankful for all those who able me to carry out, Your Loving Will for me. I cannot express enough gratitude to my wife who allows me all the time and space; I need to practice A.As' spiritual principles, with those I am given to share our serendipity journey. There is a Kingdom of abundance within us and it is found by those who seek it and are willing to comply with a simple way of life; given to us. Let us plant the love seeds we are given, in the Spiritual ground prepared for us, and faithfully watch over those love seeds as they germinate and grow, bearing fruit to nourish us and to share. The results depend on our Father and never by my effort alone. However, our little works are important as proof of our willingness to do and to be our Father's Will; we become co-creators. In order to attract more of the blessing already given, we need to share what we have, freely; which is proof that we now realize our Source. Let us plant more love seeds and tend to them. Thy Love, Thy Will be done.

Listen To The Silence  
"Pay Forward" Gift # 236

*I greet The Indwelling Holy Voice.*

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

The Want-A-Be-Hero's Journey

"Pay Forward" Gift # 237

*I greet The Indwelling Purposeful Life.*

Today's "Pay Forward" gift is - The Want-A-Be-Hero's Journey. At six years old, I wanted to be a hero like Batman. My sister made me a cape, and I jumped off the garage; I did not fly. At seventeen, I forged my mom and dad's signatures and joined the Marines. I soon found I was not a hero, just a kid wanting to make a difference as a hero. Being and doing are not the same. So what, if I'm a workaholic; activity and productivity did not match up. I've run across a great many heroes and heroines in Alcoholics Anonymous. Yet, I've been a maverick, as long as I can remember. "Do small things with great love" Mother Teresa. After I practiced Alcoholics Anonymous' spiritual principles, for a few years, my understanding on the nature of a hero changed. I no longer want to punish wrongdoers. I was drawn to a loving, peaceful, forgiving way of life. The more I learned from Spiritual Leaders, the more I want to be their kind of hero. We are diamonds in the rough. "The diamond cannot be polished without friction, nor the man perfected without trials." Chinese Proverb. The friction and our suffering are our resistance to our Father's grace. As I turn the diamond over within, I chanted to my hidden "want-a-be-hero," "I know you are within me, reveal Yourself." Thy Love, Thy Will Be done.

Love's Coming Out Of Hiding

"Pay Forward" # 238

*I greet The Indwelling Presence of Love.*

Today's "Pay Forward" gift is - Love's Coming Out Of Hiding. God is the only subject that more songs, stories, books and poems are written and talked about than love. Love like our Creator, has a great many agents, channels, and forms, ever expanding. I like to offer some useful tools, for the next few days, to deal with love. Love has been and still is the second most important and fulfilling thing in my life, yet I cannot get enough receiving or giving of it. Love has many types, shapes and sizes. Agape (Spiritual Love – God is Love), Storge (Affection – Nurturing), Philia (Friendship), Eros (Being in Love – Romance), Primal-love (all-inclusive expressions), and Self-love (the least understood). And, characteristics we commonly use in our daily lives: Patience, kindness, generosity, humility, courtesy, unselfishness, good temper, good sense of humor, innocence, and sincerity. Most of us have tried to generalize love as though one love fits all. Perhaps the most harmful misunderstanding is that self-love. All relationships are expressions of love, but often we need the Eyes to see beyond the appearance, and this vision comes to us by grace. These little affirmations could help us, to be open to grace. Let us remember even for an instant, to realize that we were/are created by Love, for love, to express love, the appropriate love with whomever we are drawn to. I pray our affirmations for the next few days, prove to be useful. Thy Love, Thy Will be done.

What The World Needs Now Is Love

“Pay Forward” # 239

*I greet The Indwelling Solution - Love.*

Today's “Pay Forward” gift is - What The World Needs Now Is Love. Dwell on our true created nature; the image and likeness of our Father – Love. Let's reawaken to the individually Divine Design we are; sharing the purposeful life was created as. Restart now, with a little random act of kindness, and compassion, silently or openly. Forgiving someone today is a great starting point, in fact, beginning with ourselves, would be a good choice. Discrediting the fearful, negative stuff by replacing it with what we all need; love, more love. Be still, and listen to the indwelling Presence, and you will hear, come and let me love you, heal you, awaken you, to what you are intended to be. If you are only willing, that's enough. Remember, it is our Father within us doing the works; transforming what we eat into flesh and bones, energy and healing, in other words, life. Most likely, we made up the illusions of separation or have gone along with the lie. We are of one life, because that is all there is. Now, is the only time we can experience life and love, trying to put it off is contrary to who you really are. Take responsibility for your decisions and actions, and you will be given all you need at that moment of choice, no matter the appearance. We are never alone and unaided, but our thinking makes it seem so. Thy Love, Thy Will be done.

Love – The Solution

“Pay Forward” # 240

*I greet The Indwelling Solution.*

Today's “Pay Forward” gift is – Love – The Solution. THE GOLDEN GATE - (From Power Through Constructive Thinking – by Emmet Fox). He that dwelleth in love dwelleth in God and God in him. Love is by far the most important thing of all. It is the Golden Gate of Paradise. Prey for the understanding of love, and meditate upon it daily. It cast out all fear. It is the fulfilling of the law. It covers a multitude of sins. Love is absolutely invincible. 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; no gulf that enough love will not bridge; no wall that enough love will throw down; no sin that enough love will not redeem. It makes no difference how deeply seated may be the trouble, how hopeless the outlook, how muddled the tangle, how great the mistake; a sufficient realization of love will dissolve it all. If only you could love enough you would be the happiest and most powerful being in the world. Life is a reflex of mental states. *Bless a thing and it will bless you. Curse it and it will curse you, and it will hit back at you and hurt you.* If you bless any situation, it has no power to hurt you – if you sincerely bless it. Thy Love Thy Will Be done.

Love Part One

“Pay Forward” Gift # 241

*I greet The Indwelling Beloved Lover.*

Today’s “Pay Forward” gift is – All About Love - Part One. God, our Higher Power is the only subject that more songs, stories, books and poems are written and talked about than love. You would think everything that can be said has been, however, the infinite can never be exhausted. As an attribute of God, love is infinite with a great many agents, channels, and forms. These will not or cannot add up to the infinite whole. At the human level, we could be ever expanding. Love has been and still is the second most important and fulfilling thing in my life, yet I cannot get enough receiving or giving of it. The primary purpose for these affirmations is to share a little information that could make a difference in your experience of love. Let us remember even for an instant, this moment, to realize that we were/are created by Love, for love, to express love, the appropriate love with whomever we are drawn to. To learn more about the appropriate love to express is the purpose of this little posting. If we want the fullness of life, if we want loving, caring relationships, if we want to be joyous, happy and free, if we want an open heart, mind, and soul, then we must be willing to give all the love we can and forgive all we can. Then we can look to our Higher Power to do the deed. Thy Love, Thy Will be done.

Love Part Two

“Pay Forward” Gift # 242

*I greet The Indwelling Lover.*

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

Love Part Three  
"Pay Forward" Gift # 243

*I greet The Indwelling Father Expressing Love.*

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

Love Part Four  
"Pay Forward" Gift # 244

*I greet The Indwelling Beloved Lover Loving.*

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

Love Part Five  
"Pay Forward" Gift # 245

*I greet The Indwelling Beloved Lover Loving.*

Today's "Pay Forward" gift is – Love Part Five. "Let us love, since that is all our hearts were made for" St Therese De Lisieux. Let's take a look at another group of loves examples. Agape (Spiritual Love – God is Love), Storge (Affection – Nurturing), Philia (Friendship), Eros (Being in Love – Romance), Primal-love (all-inclusive expressions of love), and Self-love (the least understood). The division of love may be endless. Most of us have from time to time tried to generalize love as though one love fits all. For example: a woman and a man may be the best of friends (Philia) and they decide to add romance to the relationship (Eros), perhaps a little sex is included. Before long, all kinds of problems come up, the fun flows out; the demands change in. Another example: Primal-love is a manifestation of love from the simplest form of creation to the most complex, an expression of Omnipresence and seems to be Agape (Spiritual Love – God is Love), the First Cause where Primal-love is an effect, an expression. Another example: Perhaps the most limiting and harmful misunderstanding is that of self-love, believing it is the same as selfish, ego-driven self-centeredness. All relationships are expressions of love, but often we need the Eyes to see beyond the appearance. Ask your Higher Power for guidance for your serendipity journey to love. Perhaps these "Pay Forward" affirmations will help broaden and deepen our understanding of love, our true nature, and its Loving Source. Thy Love, Thy Will be done.

Love Part Six - Agape  
"Pay Forward" Gift # 246

*I greet The Indwelling Beloved Lover Loving.*

Today's "Pay Forward" gift is – Love Part Six – Agape; unconditional love. Affirming love's characteristics. The Spiritual Love which goes out from us to God came first from Him. Where Agape is, the Presence of God Is, for God Is Love. When we have cleaned house, new useless illusions rush in, but when God arrives, Agape fills our consciousness and the half gods are transformed into His service. The need for the beloved is not love. The desire to be loved is not love. The delight in being loved is not love. When Agape enters our natural loves, Philia, Storge, Eros, Primal-love and Self-love are transformed into God's loving service. **Agape is a Gift-Love.** Each of the natural loves is a reflection of Agape, but all fall short. **Natural loves are need-loves** where Agape has no need. God's Love works both ways. He gives us His Love, and He causes us to be able to receive His Love. With this come the ability to love others, and also the ability to receive love from others. It enables us to love Him back. With Agape we need humans less but delight in loving more. With Storge, Philia, Eros and Self-love we have a problem receiving the unconditional Love of God because we are so conditional. Humans want to be loved and special in the eyes of God or others. We are created in our Father's image and likeness, which is love and so are we. Thy Love, Thy Will Be done.

Love Part Seven - Storge  
"Pay Forward" Gift # 247

*I greet The Indwelling Lover.*

Today's "Pay Forward" gift is – Love Part Seven – Storge; a few of its characteristics are - it has a driving need to be needed; an example is a mother giving all to her baby. It is the most homely, comfortable, the least demanding of others, and it's humble, can serve love to anyone. It is the most common and peaceful of the loves. It often appears to be Agape because it gives so much, but its affection, nurturing can turn into hate. It is a need-love not a Give-Love. Too often people think that it's their "right" by birth or for the type of relationship or rules we make up, freeing them from any form of responsibility. Storge is seen all throughout nature, like a dog wagging its tail at those they know and barking at those they don't know. Storge may get jealous when a loved one finds a new way of life that seems to exclude them. Some experienced this when they joined A.A. from their family and friends. Storge is based on dependence, the need for others, and it often turns sick with over-dependency, then fear, anger and resentments. Motherly love is often a love for the helpless. The A.A. member has a need to share their experience, strength and hope with others. A sponsor, even as a mother, has a need for bring their sponsor-ee to the point where the sponsor is no longer needed. Holding on after that time can cause problems. Thy Love, Thy Will be done.

Love Part Eight - Philia  
"Pay Forward" Gift # 248

*I greet The Indwelling Friendship.*

Today's "Pay Forward" gift is – Love Part Eight – Philia; a few of its characteristics are - it may be the most spiritual and the most evil. A group of friends is at some level a resistance movement. The approval of our friends is what matters, not what outsiders think or believe. So a great deal of good and bad stuff may come out of a strong group of friends. Philia is the most misunderstood and neglected love. It's the least biological of the loves. It is the least jealous, selfish, or threatening and the least, natural or necessary. Friends walk side-by-side, little talk about their relationship, or about themselves but more about what they have in common; it can change by grace. Unlike Eros, more than two are better, in fact, the bigger the group of friends one has, the more powerful and fulfilling. Philia can be totally opposed to what we believe to be the Nature of God. Friends may join together to do some of the most selfish, hideous, dreadful, unfair, appalling, cowardly things known to mankind in the name of their group, often caring nothing for the well-being of any outsider. A group of friends makes those who are brave braver, a kind person kinder, and a cruel person crueler. In other words, it underlines, endorses and sanctions its members. Alcoholics Anonymous is an easy place to make friends, because we have so much in common, both the recovery and the dis-ease. Thy Love, Thy Will be done.

Love Part Nine – Eros  
“Pay Forward” Gift # 249

*I greet The Indwelling Beloved Lovers Loving.*

Today’s “Pay Forward” gift is – Love Part Nine – Eros, a few of its characteristics - Falling in love is something that happens. It comes by grace. Being in love is something we do. Eros is like a garden, which must be cared for. Sexual desires without Eros wants “it”, gratification and then loses interest. When Eros is present, one wants and needs “this” person and no other. With Eros lovers are face to face; they talk a lot about their relationship, each other and how they affect each other. Even if the lovers are bad for each other and the relationship is really sick, they would rather be with their lover than anyone else. If your innermost self does not tell you this, it is not Eros. When we make a god of our love, it will fall short. Eros is a need-love. Eros calls on all past and present lovers to join in an understanding of “this” love as a universal union. Lovers have their own individual “laws” that give the illusion of overriding God’s universal principles, but these “laws” will fail. Eros may suffer long, with unending toils for the beloved, giving up family, friends, career, health, wealth, power and honor yet counts it as nothing to win their beloved. To be in love one promises and intends eternal constancy, “I shall ever be true”, without being asked. Thy Love, Thy Will be done.

Love Part Nine – Primal-Love  
“Pay Forward” Gift # 250

*I greet The Indwelling Universal Lover.*

Today’s “Pay Forward” gift is – Love Part Ten - Primal love The most basic of all loves and the second most inclusive. Without primal love we could not have what we call life. It is the sharing of itself, from the simplest expression to the most complex has meaning and purpose. No matter what the motive may be, sharing is a form of love. To the degree we can realize our Higher Power’s Divine Design, Blue Print, found in His expressions of love, we know His Will. To realize this gives us a better opportunity to choose His Will. His universal love is truly all-inclusive even for you and me. All things are conscious by their capacity to be conscious. “Go to your fields and your gardens, and you shall learn that it is the pleasure of the bee to gather honey of the flower, but it is also the pleasure of the flower to yield its honey to the bee. For to the bee a flower is a fountain of life, And to the flower a bee is a messenger of love, And to both bee and flower, the giving and the receiving of pleasure is a need and an ecstasy. People of Orphalese, be in your pleasures like the flowers and the bees” (The Prophet by Kahlil Gibran). “Who knows not in all these that the hand of the Lord hath brought this?” (Job 12:7-10, 13). Thy Love, Thy Will be done.

Love Part 11 – Self-Love  
“Pay Forward” Gift # 251

*I greet The Indwelling Presence doing the works.*

Today’s “Pay Forward” gift is – Love Part 11 – Self-Love - “To thine own self be true and like the night follows the day thou canst not be false to any man.” What we receive by Grace, from our Creator, we become, and we must pass it on, to fulfill, express, demonstrate and experience it. “You cannot lose that which belongs to you by right of consciousness.” What you see is your own concept. Each of us was created as an individual, which means that we each have a purpose. We cannot be happy, and fulfilled being anything else. We need to give away some of whatever we have received and become by our Father’s grace, otherwise our assets will not expand and grow. To be a master receiver, we must become a master giver, that is giving all of our self, to whomever we are drawn to. “Master, which is the great commandment in the law? Jesus said unto him, Thou shalt love the Lord thy God with all of your heart, and with all thy soul, and all thy mind. This is the first and great commandment. And the second in like unto it, Thou shalt love thy neighbor as thyself. On these two commandments hang all the laws and the prophets” (Matthew 23). We must forgive and love ourselves, or else we will have to say poor neighbor. Thy Love, Thy Will be done.

Our Creator Is Love – Then So Are We  
“Pay Forward” # 252

*I greet The Indwelling Presence doing the works.*

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

The Kingdom Of Heaven Within

“Pay Forward” # 253

*I greet The Indwelling Omnipresence.*

Today’s “Pay Forward” gift is – The Kingdom Of Heaven Within. I did not create myself, nor do I maintain myself, alone and unaided, by transforming what I eat into flesh, bones, energy, in other words, everything we call life. There is an infinite intelligence, and indwelling Presence within each of us doing that. The kingdom of Heaven is within you and me. Heaven means the Omnipresence of our Creator. It is by His grace that you, and I are expressing some tiny part of His Will and His Love. I am consciously and consistently seeking to practice the Presence of our Father. I fall far short of my goal. When I fail, I am quick to forgive myself, dust myself off, and get back on the path. There is only one of each of our Father’s individually divinely designed beings. You and I are one of those. If you took just one cell from an individual, the DNA of that cell would identify an individual. The indwelling Presence is within each living cell. The Kingdom of Heaven is present within every living cell. We are never separate from our Father, which art in Heaven; His Holy Spirit. Every separation is only an illusion we made up or went along with – the big lie. If you want to experience the omnipresence of the Kingdom of Heaven, take a serendipity journey within yourself, via prayer and meditation, starting at the invisible silence gateway of your heart. Thy Love, Thy Will be done.

The Coming Of The Kingdom

“Pay Forward” # 254

*I greet The Indwelling Awakening Prodigy.*

Today’s “Pay Forward” gift is – The Coming Of The Kingdom. A child prodigy is defined in psychology research literature as a person under the age of ten who produces meaningful output in some domain to the level of any adult expert. They come from many walks-of-life. The widely perpetuated myth that most humans only use 10 percent of their brain’s capacity seems to have some validity, when comparing the average human being to a child prodigy. Before I began to practice spiritual principles as a way of life, 10 percent was a generous guesstimate. When I was meditating on child prodigies, it came to me that our Father is giving us a preview as how humans will be when His Kingdom has come in earth as it is heaven. We will have the wisdom to know that His Will and Love is being done. By practicing the spiritual principles we find in the Sermon on the Mount, in all our affairs, we have found much of our Father’s Kingdom in our daily life here and now. “Your children are your children. They are the sons and daughters of Life’s longing for itself. You may give them your love but not your thoughts, for they have their own thoughts. You may house their bodies but not their souls. For Life goes not backward nor tarries with yesterday. A little while, a moment of rest upon the wind, and another woman shall bear me” Kahlil Gibran. Thy Love, Thy Will be done.

Seek And Find Our Created Self

“Pay Forward” Gift # 255

*I greet The Indwelling Divine Locator.*

Today’s “Pay Forward” gift is – Seek And Find Our Created Self. “It’s quite simple: It is only with the heart that one can see rightly; what is essential is invisible to the eyes” Antoine De Saint-Exupery. What I call divine discontent is that part of our guidance system that is telling us we are acting, feeling or thinking in a way that is contrary to our created Self. It is always present, but too often our conscious mind is dwelling on a useless side track. I am reminded that we did not create, nor do we maintain ourselves; that is beyond humans’ pay grade. It’s an infinite intelligence within each of us doing the works. Alcoholics Anonymous got its beginning in the Oxford Group. Some of our A.A. members had/have a problem accepting the Oxford Group’s Four Absolutes – Love – Unselfishness – Purity – Honesty. At best I can only handle a few short moments at a time. I am ok living A.As’ three essentials – honesty – willingness – open-mindedness. “We are not saints. The point is that we are willing to grow along spiritual lines. We claim spiritual progress rather than spiritual perfection.” To live A.As’ spiritual principles as a way of life, and receiving the promises, involves a real commitment, with our heart, mind, strength and soul; in other words it is seeking, and awakening to our Higher Power and our created Self; it’s a very good investment. I soon found that, “Half measures availed us nothing.” Thy Love, Thy Will be done.

Discipline

“Pay Forward” Gift # 256

*I greet The Indwelling Divine Teacher.*

Today’s “Pay Forward” gift is – Discipline - is one of those words that turn some people off. I served in the Marine Corps for a few years, where discipline was a way of life. It built a sense of responsibility and character, which I lacked. Some A.A.’s thought it was too controlling. In Latin, the root word for discipline is discipulus = may be used as a trainee or a disciple. In Boot Camp, I became a trainee with a new way of life; based on submission to rules and authority. I was a student under the direct supervision of a teacher, called a D.I. (Drill Instructor). At first, I felt like the D.I. was punishing me. The training molded me into a Marine. I learned a great deal about discipline in Boot Camp. I learned a lot about sober discipline in Alcoholics Anonymous. I am grateful for the discipline I learned in A.A. and the Marines. It helps me practice the A.As’ spiritual principles, when I want to and when I don’t. I learned not to drink alcohol no matter what. A disciple is one who embraces and assists in spreading the teachings of another. As I became part of Twelve Stepping I was like a disciple. I embraced A.A., and I carried the good news about sobriety’s way of life. (OK don't take the word disciple so serious) Thy Love, Thy Will be done.

Change!  
"Pay Forward" Gift # 257  
*I greet The Indwelling Changer.*

Today's "Pay Forward" gift is – Change! "You have to be where you are to get where you needed to go" Amy Poehler. What can we change? 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, badness to a disease, this can transform into an asset. Can we change 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; experience wise. Can we change the future? Once I realize what my heart's desire is I can choose to live the present in a way that will move me toward my heart's desire instead of a way from it. For example, I may have to have a skill that I don't presently have. I can choose this moment to put myself in the place to learn that skill and take the action I need, here and now. I can choose to focus my attention on what I believe is my Higher Power's purpose for me and take the next step toward it. "Truth is by nature self-evident. As soon as you remove the cobwebs of ignorance that surround it, it shines clear" Mohandas Gandhi. Thy Love, Thy Will be done.

Just A Ripple  
"Pay Forward" Gift # 258  
*I greet The Indwelling Doer Doing The Works.*

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

The Periodic Alcoholics  
"Pay Forward" Gift # 259

*I greet The Indwelling Omnipresence.*

Today's "Pay Forward" gift is – The Alcoholic. From time-to-time I find myself recalling my experience with two periodic alcoholics. They seem to be able drink alcohol with impunity free from self-guilt and punishment for extended intervals of time. Until the alcoholic or drug addict crosses that invisible line, where they lose control, they seem to doing what they are doing, without hitting a bottom. All addictions are progressive, meaning in the periodic alcoholic's situation; the intervals between binges get shorter. When the obsession returns to drinking they are likely to go on a binge, often disastrous. I have other "addictions" or "defects" that are periodic, they just popup. The first few moments after their arrival are golden. Knowing it for what it is, I can choose to own it and surrender it to our Father. I replace the thoughts and feelings with a little Step Twelve work or go to a meeting, and I don't have to experience an emotional hangover. Let's remember Alcoholics Anonymous' Solution is also progressive. Realizing I've fallen in a harmful ditch, I get out AS SOON AS POSSIBLE. I starve the addiction or defect with the lack of attention, by letting our Father do for me what I cannot do. "If you to be respected by others, the great thing is to respect yourself. Only by self-respect will you compel others to respect you" Fyodor Dostoyevsky. Thy Love Thy Will be done.

Your God Is Too Small  
"Pay Forward" # 260

*I greet The Indwelling Purposeful Life.*

Today's "Pay Forward" gift is – Your God Is Too Small. This is the title of a book by J.B. Phillips. I've had a copy of this book for over 60 years, and never read it. I keep it above my computer, so I can see the title. The title said it all; the contents would only be a commentary. I was seeking through other channels for an understanding of the attributes of God; I choose to call, our Father. Due to the sick relationship I had with my dad growing up I had to forgive our Father and my dad. I've been able to accept some of my habits of thoughts and feelings that were of no value or harmful as defects. When I understood the word sin's root meaning was missing the mark. I had done and still do too many "mark misses." I realize we can never have too big a conception of our Father. Equally important is a "shelf" on which the unsolved perplexities may be left with confidence. Our Father is Love, and I've wrongly directed the power of love. It has either been turned in upon itself or given to the wrong things. The "awakening" called for practicing A.A.'s spiritual principles is a reversal of the wrong self-centered attitude, and so is passing its fruit on. I'm committed to read this little book, and to share its wisdom, one day. Thy Love, Thy Will be done.

Secrets Get In My Way, Why?  
"Pay Forward" # 261

*I greet The Indwelling Guide.*

Today's "Pay Forward" gift is – Secrets Get In MY Way. Why? I tell myself I am no longer grossly violent, lustful, bathed in selfishness, as I was. Those kinds of secrets block the sun light of a spiritual way of life. It's difficult to pray and meditate with our mind is running wild, with lustful and vengeful Thoughts and feelings, at any level. Alcoholics Anonymous has given me, the ability to take full ownership for my defects, and to set them up to be transformed into assets. I need to set aside my half-truths and grasp the wholeness (the Holiness), of the spiritual solution. I must own them as a pattern and surrender them to our Father for an upgrade. Often I've lacked true sincerity; saying I am willing to let go and let God take over. What will I do without my lustful "entertainment and protection from my "enemies? " I have been a user of, people, creatures and things all my life; however, not as gross as it has been. The secrets, that concern me are very old, but still alive in my sub-conscious storehouse, and keep me from addressing them as needed. I'm seeking a spiritual solution. My personal "reality" way of handle these secrets are at best a fix. In fact, I think I have secrets; actually, they have me. How I justify and rationalize these secrets is exactly how I've trapped myself into the person I'm not living up to. Thy Love, Thy Will be done.

Divine Discontent  
"Pay Forward" Gift # 262

*I greet The Indwelling Presence Doing The Works.*

Today's "Pay Forward" gift is – Divine Discontent; It's an important part of our guidance system. It is that voice within us, telling us we are acting, feeling or thinking in a way that is contrary to our created Higher Self. It is always present, but often our conscious mind is dwelling on something else. It is that infinite intelligence within us reminding us, that it is the Father within us doing the works; we call life. "Half measures availed us nothing." Who can claim they can transform food into life's energy? Humans alone and unaided cannot do that. We have so much to be grateful for that we take for granted. Let our breath be blocked for a moment and our powerlessness and inability to manage and control life become a conscious reality. The good news is, as long as we are alive that indwelling Presence is present, expressing Its Self as our Higher Created Self. "We are not saints. The point is that we are willing to grow along spiritual lines. We claim spiritual progress rather than spiritual perfection." To practice A.A.'s spiritual principles as a way of life, receiving the promises, involves loving it with our heart, mind, strength and soul; in other words, it is seeking, and awakening to our Higher Power and our created Self; it's a very good investment. "Don't worry about it. The right thing will come at the right time" Danielle Steel. Thy Love, Thy Will be done.

The Pros And Cons Of Secrets

“Pay Forward” # 263

*I greet The Indwelling Presence Doing The Works.*

Today’s “pay Forward” gift is – The Pros And Cons Of Secrets. Hidden lies can be useful; the loving thing to do. “Our common welfare should come first; personal recovery depends upon A.A. unity” Twelve Steps and Twelve Traditions. “Nothing pays off like restraint of tongue and pen” - for a loving, peaceful relationship. Sometimes my negative thoughts and feelings pop up, and I find fault in those I love; I blame them for my unhappy mood. When my love one asks me what’s wrong, I lie. I tell them I’m not feeling good, and I need to take a time-out. Most often, in a short time, I realize my problem had nothing to do with them. What if I had shared my unfounded inventory of them, with them? I tell myself, I don’t have to like what my love one is doing or saying, however, I can delay my comments and surrender it to our Father. If I need to address the conflict later, I ask our Father to set it up. I can’t remember when He had to set up a “come to Jesus” meeting. What about my heavy secrets, the ones, I’m going to the grave with? Our Father has given me the way, to unlock my stuffing it any longer; by my sharing the nature of my secret. “Admitted to God, to ourselves, and to another human being ***the exact nature [not the details]*** of our wrongs” Step Five – Alcoholics Anonymous. Thy Love, Thy Will be done.

- Ladybug Zombies

“Pay Forward” Gift # 264

*I greet The Indwelling Divine Designer.*

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

“Be still, and know that I am God.”

“Pay Forward” # 265

*I greet The Indwelling Knower.*

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

Difficult Acts Of Love

“Pay Forward” # 266

*I greet The Indwelling Lover Loving.*

Today’s “Pay Forward” gift is – Difficult Acts Of Love. “Those who are free of resentful thoughts surely find peace” Buddha. Could you extend an act of love to an unlovable person? Would you forgive the unforgivable, undeserving person? How about praying for the one who doesn’t want your prayers, and for the one who has the greatest need for our prayers? Would you give a welcoming smile to the person that really turns you off? How about asking for some important personal advice from the one you least respect or that we resent? Would you give something that is really of value to you, unconditionally? Will you take a risk and have faith in the unbelievable? For just for an hour would you have trust in the untrustworthy? Will you let yourself have hope in the hopeless? Are you merciful to the person who is most likely to do the wrong again? What if we start by offering these outrageous acts of love to ourselves? Will you give to yourself whom you have for a longtime withheld? After doing these things, the next question is: “What shall I add to this list?” “We cannot tell the precise moment when friendship is formed. As in filling a vessel drop by drop, there is at last a drop which makes it run over; so in a series of kindnesses there is at least one which makes the heart run over” Ray Bradbury. Thy Love, Thy Will be done.

So This Is My Mission!

“Pay Forward” # 267

*I greet The Indwelling Presence.*

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

Back To The Basics

“Pay Forward” # 268

*I greet The Indwelling Omnipotence.*

Today’s “Pay Forward” gift is – Back To The Basics. As an alcoholic, I cannot take a drink of alcohol no matter what, or the drink will take me. Back to another of the basics: “Lack of power, that was our dilemma. We had to find a Power by which we could live, and it had to be a Power greater than ourselves. Obviously. But where and how were we to find this Power? Well, that's exactly what this book is about. **Its main object is to enable you to find a Power greater than yourself, which will solve your problem**” (Alcoholics Anonymous page 45). Our “Pay Forward” gifts each day give us another tool to live the basics. Working the first eleven Steps will assure us of having a personality change, a shift in our perception sufficient to cause a spiritual awakening, basics. Step Twelve offers us three Spiritual Gifts, vital for the quality of sobriety. 1. “Having had a spiritual awakening as the result of these steps...” This awakening, an important basic. 2. “... we tried to carry this message.” This is sharing; this is Love, the most common basic human need. Share everything you want to keep. The messenger is the message. 3. “and to practice these principles in all our affairs.” Every time we practice A.A. basics, we discover more of whom we are and our Father’s Love and Will, our heart’s desire. We’re given everything we need. Thy Love, Thy Will be done.

Service - A Path To Happiness

"Pay Forward" # 269

*I greet The Indwelling Omnipotence.*

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

Imagination

"Pay Forward" # 270

*I greet The Indwelling Co-Creator.*

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

Daily Reprieve  
"Pay Forward" # 271

*I greet The Indwelling Reprieve.*

Today's "Pay Forward" gift is - Daily Reprieve. "What we really have is a daily reprieve contingent on the maintenance of our spiritual condition" (Alcoholics Anonymous page 85). This maintenance is to change our choices, actions and character to conform to a way of life that works, in other words, to "practice these principles in all our affairs." Alcoholics Anonymous has given us the tools needed to follow a Spiritual journey, to do and to be our Father's Love and Will. It is an overstatement to say, "Practice makes perfect," but to seek through prayer and meditation daily to improve our conscious contact with our Father is a very good idea; a great investment. Each day is a new beginning. We can rethink our past and look with great expectations for things to come, if we choose. A new day reminds us that we have a chance to start anew. Let us "Pay Forward" by practicing the Spiritual Principles we already have, encouraging others by our example. Daily living Spiritual Principles develops our Spiritual Condition, affecting our whole being. There is nothing like a peaceful, compassionate love-filled heart and mind to turn others on. "Any good thing I can do, or any kindness that I can show, to any human being, let me do it now. Let me not defer it, or neglect it, for I shall not pass this way again" The Prophet by Kahlil Gibran. Thy Love, Thy Will be done.

Sensitivity  
"Pay Forward" # 272

*I greet The Indwelling Presence.*

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

Preparing Ourselves Spiritually  
"Pay Forward" # 273

*I greet The Indwelling Guide.*

Today's "Pay Forward" gift is - Preparing Ourselves Spiritually. Let us exercise our spiritual muscles, preparing ourselves for our next awaking. I'll practice some prayers, meditations, affirmations and or a little contemplation workout? We may choose to be still for a few minutes, stopping our chatter, listen for a little guidance and look at the proof of our Father's Presence within all of His creatures. Talk at least one of our Alcoholics Anonymous members into joining daily Spiritual workout. After all, we are part of our Father's Handy-work. The life force within us connects us to one another; in fact, this life force connects us with every other living being. As part of our Spiritual workout, let us practice asking our Father for our heart's desire, and follow His guidance. Let our Father take us on a great adventure within. Let's let our private, self-made world be still for a few moments giving ourselves an opportunity to experience the impossible. Of course, my judgment of others, is not always loving or fruitful. I need to learn how to be merciful, so I can believe others will do the same for me. If I'm jealous or envious of others, I am not being grateful for all I have been given. Not only that, I withhold mercy from others, and therefore, myself. When I sincerely, holding nothing back, asked our Father to correct that defect, He transformed it into an asset. Thy Love, Thy Will be done.

Failure A Pathway To Attainment  
"Pay Forward" Gift # 274

*I greet The Indwelling Presence Doing The Works.*

Today's "Pay Forward" gift is – Failure A Pathway To Attainment. There is always a purpose for everything, and everyone. I don't know why I question some of my "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. Practicing A.A.s' spiritual principles, I am building a habit of looking for the solution often hidden in a problem, and that's difficult at times. 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. "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.

An Affirmation  
"Pay Forward" # 275

*I greet The Indwelling Healer.*

Today's "Pay Forward" gift is – A Timely Message; I have borrowed from Guide For Spiritual Living Science of Mind – Sunday, October 25, 2020 Spiritual mind healing has long since passed the experimental stage. We now know that we cannot tell where the body begins and the mind leaves off, and many of us believe the organs, and functions of the physical body are activities of infinite Intelligence within us. To come to realize, then, that there is one body, which at the same time is our own body, is to accept a greater influx of the one Life.

Daily affirm:

- There is one life, that life is perfect. That Life is God's Life, that Life is our life, that Life is my Life now. Every organ, function of my physical body is in harmony with Our Father's divine design. There is perfect circulation, perfect assimilation and perfect elimination.
- If there is anything in me that does not belong, it is removed. If there is anything my physical being needs, it is supplied. My body is daily renewed after the image which is held in the mind of God.
- I affirm, that my body is the body of God; the life of the Spirit circulate through it, the law of the spirit govern it, the love of the Spirit sustain it. My whole life is God's expression in this world.

Thy Love, Thy Will be done.

Do You Work For A Living?

"Pay Forward" # 276

*I greet The Indwelling Calling.*

Today's "Pay Forward" gift is – "Do You Work For A Living? It is a mistake to work for a living. To work this way is to be a slave under dominion to the laws of slavery. How can you gain a life? Life is! You cannot pay for it. You have no price to give in exchange for life, for your breath and your being. You are here under the blessing of God to live a life of wholesome, loving kindness, of success and good will towards each other and the bringing out of your nature, the *divine self*. God lives you every moment. If you are conscious that God is your very life and being you will not work to express it in terms of mortal consciousness, in dollars and cents and salary. You will no longer serve the old world conception of prosperity. What you do you will do with your might in the service of Principle, like Brother Lawrence – he did not work for a living, he worked to express God by living in such an attractive way as to draw other men to the Divine Life. The kitchen of that monastery where he cooked was more magnetic than any other part of the whole concern. He was rich towards God and man, not like an ox driven by the duties demanded of him. He was a man serving a great Principle, and he lived in security" H.H. Rix, *The Rich Mentality*, 1916. Thy Love, Thy Will be done.

A Mystical Union  
"Pay Forward" Gift # 277

*I greet The Indwelling Lover.*

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

Transformed Selfishness  
"Pay Forward" # 278

*I greet The Indwelling Knower.*

Today's "Pay Forward" gift is - Transformed Selfishness. "Is it selfish to pray for ourselves? I bought into that illusion, now; I know how important it is to pray to my only Source. Praying for ourselves is the reverse of selfishness. For many who are practicing spiritual principles, as a way of life, have experienced our self-centeredness transformed into an enlightened selfish-interest. It is better for me to be loving, forgiving, sober, and sharing what I have been so freely given. There is only one way to experience a true purposeful life and that is to be and to do our Father's intended Will we were individually created to be; that gives us a deep sense satisfaction. We are supplied with everything we need to complete our mission in this world. I pray that I will not let my misguided personal "reality" block the way. "It is written that no man has seen God at any time, only the Son has revealed the Father." We do not see the invisible cause; what we see is the visible effect. We are created in the image and likeness of our Creator's children, which means we are both spiritual and human. That which is spiritual within us can intuitively know and have a working relationship with our Father/Creator. We will know by our fruit when we are on His Path. When we stop all our arguments, we can know even as we are known. Thy Love, Thy Will be done.

I am  
"Pay Forward" # 279

*I greet The Indwelling Knower.*

Today's "Pay Forward" gift is – I Am. If our Father wanted us to be someone or something else we would be. "Every blade of grass has its angel who bends over it and whispers, "Grow, grow" (Talmud). Although we are far more important than a blade of grass, if we listen in the silence of our soul our angel is shouting, "Awaken." "He has given His angels charge over us (me); they lift us (me) up in their arms, lest at any time we (I) may dash our (my) foot against a stone." We don't have to be one of the great leaders; we need only to take care of whom or what is in front of us. Let us be faithful to our authentic-self. How many ways have we heard the same thing said? "What we have to be - is what we are" (Thomas Merton). We have only one real dis-ease; our illusion of separation from our Father and His Holy Team. A human without a conscious contact with our Father, has not fully awakened. We have an indwelling Presence within us that will introduce us to our I Am - Higher-Self, if we ask with all of our heart, mind and soul, and practice a few simple spiritual principles A. A. has given us. We have come a long way on our Spiritual recovery when we plant the Alcoholics Anonymous' seed which we know we may never see it grow. Thy Love, Thy Will be done

Spiritual? Or Religion?  
"Pay Forward" # 280

*I greet The Indwelling Awakener.*

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

Proof Of Infinite Presence Within

“Pay Forward” # 281

*I greet The Indwelling Confirm-er.*

Today’s “Pay Forward” gift is - Proof Of Infinite Presence Within. We can prove God’s existence within each of us. The simple fact is this – the food we eat is transformed into the energies we call life. Humans cannot do that alone and unaided. This means there is an infinite Presence within every living human. Which also means that it is at our disposal; the greatest transforming energies of which life in this world is capable. We have found a place where miracles happen and promises are kept; it’s within us all. Find this individually Divine Design within, and then our life is transformed in the image and likeness of our Creator; both as spirit and human. I have shared A.As’ spiritual principles, as a way of life with a great many people since February 6, 1957. I have witnessed, and experienced so many miracles in others and myself. By choosing to practice a way of life that works, for a user and abuser, and powerless to change. So many have received the tender mercy of the Creator, who has transformed our worse defect into workable assets, to share with those who still suffer. Being an active sponsor for many years, I’ve seen a common pattern; we don’t know how to express the loving individual our Father intended us to do and to be, even though we have an indwelling Presence, who does. Ask and you will receive. Thy Love, Thy Will be done.

Fruits From A.A.’s Orchard

“Pay Forward” 282

*I greet The Indwelling Harvest.*

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

Our Father's Handy-Work

"Pay Forward" 283

*I greet The Indwelling Service Center.*

Today's "Pay Forward" gift is - Our Father's Handy-Work. I am reminded that our Father has a need for our physical body and world. Our world is our workplace, our school and our playground. Our physical body is the vehicle in which our Father expresses His Will, His Love, which He has individualized His Divine Design. "Made in Heaven" is stamped on our heart with intuitive information about our Maker. These earthy vehicles come in every conceivable type, shape and size, with a wide range of power trains, and a generous color selection, and yet we are all unique. Although this physical body is self-perpetuating, self-renewing organism, it is still subject to our "Makers Recall." Using the correct fuel and keeping our vehicle serviced and clean is our responsibility. We suggest that you use only authorized parts and service [Spiritual Principles] as often as possible. For our parts and service needs call the Alcoholics Anonymous Hot line for directions to an Alcoholics Anonymous Spiritual Service Center. When the intended purpose for our Divine Designed physical vehicle is done it will be taken to the Heavenly Recycle Center. "Courage is not something that you already have that makes you brave when the tough times start. Courage is what you earn when you've been through the tough time and you discover they aren't so tough after all" Malcolm Gladwell. Thy Love, Thy Will be done.

Walk In The Light

"Pay Forward" # 284

*I greet The Indwelling Divine Light.*

Today's "Pay Forward" gift is - Walk In The Light. I went on a walk before daylight, the street was dimly lit; it's hard to see the sidewalk's uneven in places or bumps. I feared I would trip over one of these sidewalk hazards. I was walking in the bicycle-lane, along came a biker. I had to step onto the sidewalk, and sure enough I tripped, and hit the ground. You would think by now I would have learned, that telling me not to think about tripping is thinking about tripping. Most likely, I would have a tripping experience. I think I will think about what I want to experience. I am responsibility for my decision, thoughts and actions and I choose to look to our Father for the results. I choose to start each beginning or shift in my attention to centering my consciousness in our Father, by saying, "our Father," I am more likely to think of Him as my Source. After all, He gave each of us a purpose when He created us, so I look to Him for everything we need to carry out His Divine Design. When I'm stuck in an old habit, I change it back in to the belief, which I had bought into or make up. I replace it with what I want, and I repeat it until it becomes my new habit. Father, "I love you more today than yesterday and less than tomorrow." Thy Love, Thy Will be done.

We Are Thinking Thinkers

“Pay Forward” # 285

*I greet The Indwelling Thinker.*

Today’s “Pay Forward” gift is - We Are Thinking Thinkers. Every thought we have matters, constructive, useless or harmful. It is our choice; it will be done as far as our thinking experience. We may use our free will to co-create or to make up illusions. We may choose the path we will travel, or drift along with the tumbling tumbleweeds. There are no neutral thoughts, however. I played the boss for too many years. I am enjoying being a trusted servant. Being a workaholic is helpful, because nobody likes a servant who avoids extra work, and even complains about the little they do. Nobody like lazy thinker, who blames other for their lack and limitations. I have a very active mind, maybe it's a thinkaholic mind. Let us remember the thinking that made us sick will not make us well. 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. We are more likely to experience freedom when we stop thinking about ourselves and our self-importance. Too much thinking, actions or feelings are not good for me; neither is lazy thinking, action nor feelings. “Muddy water is best cleared by leaving it alone” Alan Watt. And, so it is with thinking. See “Pay Forward” # 101 – Something to think about. In this 5<sup>th</sup> addition. A questionnaire to determine if one may be a Thinkaholic. Thy Love, Thy Will be done.

A Holy Indwelling Place

“Pay Forward” # 286

*I greet The Indwelling Presence.*

Today’s “Pay Forward” gift is – A Holy Indwelling Place. “Don’t call me good, it is the Father within doing the works.” Our Father is omnipresent; meaning He is Present in every atom, every cell of our physical body, that’s an awesome realization. If we could only remember that Truth, we would surely treat my body as a holy temple. No one can deny that an infinite intelligence, created each of us as an individual, with a purpose for being. This invisible Source takes the food we eat and transform it into flesh and bone, energy, thoughts and feelings, in other words, what we call life. Why not treat our physical body as a love one? I believe Our Father forgives us when we don’t love our body, if we let Him. Let us silently and or openly be a living example of a healthy way, and share this good news with those we love and perhaps with those we don’t love. Focusing on those things we want will improve our disposition and health; while dwelling on disagreeable things are both useless and harmful, to others and ourselves. We would do well daily, to remind ourselves that we have within us 24/7 an infinite Power which we can call on, any time after all it is already living us. We do have power over our mind, not events or other people; unless we tell ourselves they do control you, with or without our say so. Thy Love, The Will be done.

Another Mistake  
"Pay Forward" # 287

*I greet The Indwelling Lover.*

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

The Wisdom Of Giving  
"Pay Forward" # 288

*I greet The Indwelling Giver.*

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

The 13<sup>th</sup> Hour  
"Pay Forward" # 289

*I greet The Indwelling Presence Doing The Works.*

Today's "Pay Forward" gift is - The 13<sup>th</sup> Hour. With all the uncertainty in our world, I borrowed this out-of-time message of hope, from Around the Year with Emmet Fox. Each of us has an individualized Divine Design purpose to express; it may not come until the thirteenth hour, but it will come, hang in there.

Some wonderful demonstrations come at the eleventh hour. Others come at the twelfth hour. 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.

Many people are aware of this, and they work in the way – for a while. If, however, the demonstration has not arrived a little before the eleventh hour, they give up in despair, and naturally their prayer is not answered. But, this can only mean that they do not really believe.

If the 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. Hold to it even after twelve o'clock has struck, and you will be surprised at the wonderful good that can come to you at the thirteenth hour. The Lord's hand is not shortened, that it cannot save, neither his ear heavy, that it cannot hear (Isaiah 59.1).

Thy Love, Thy Will be done.

The Choice Is Mine  
"Pay Forward" # 290

*I greet The Indwelling Decision Maker.*

Today's "Pay Forward" gift is – The Choice Is Mine. "This is my simple religion. There is no need for temples; no need for complicated philosophy. Our own brain, our own heart is our temple; the philosophy is kindness" Dalai Lama. I have a choice, although my personal "reality" does not always agree. I choose to feast on the things I want; love, healing, teaching, serving others, forgiving and trusting our Father for all I need. I choose to fast from everything I believe is contrary to what I want. I choose to start this day by turning to our Father within; prayer, meditation and affirmations for all I need to carry out my choices. I pray that my conscious choices are in alignment with His Love and His Will. Last night, I gave up on my chosen plan too soon. I found myself feasting on what I told myself I didn't want and fasting from what I told myself I did. I am willing to forgive myself and begin my feast on my "our Daily Bread." Step Eleven is a good choice for now, "Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out." For today's chosen nourishment, I will feast on pay forwarding the gifts and talents I am given. Thy Love, Thy Will be done.

Wasp In A Cup  
"Pay Forward" # 291

*I greet The Indwelling Communicator.*

Today's "Pay Forward" gift is - Wasp In A Cup. A wasp got trapped in my office, it landed on my computer at one end of my office. On the other end, about 40 feet away, was a closet where I kept a supply of cups. I walked backward toward, keeping my eyes on the wasp. It landed on the glass window, seeking freedom, no doubt, that make it easy to put a cup over the wasp and then take outside. I no longer kill anything unless I'm going to eat it; I don't eat wasp. I was holding the cup in my hand when the wasp flew into that cup. I felt a rush of love and gratitude, which I experience every time I share the event. I felt an at-one-ment with all of nature, with the universe and most important, a loving union with our Father and His Team. There was then, and also now a healing, and forgiveness deeper than words. I took the wasp outside to freedom. I went to my A.A. meeting, knowing the topic was going to be "Wasp flying into a cup." I was waiting for the right time to bring up my miracle. A person was taking another members inventory. The longer he shared, the more anger I got. I said something like – "We don't take other's inventory; like I'm doing now, taking yours." Where did my great love and gratitude go? Thy Love, Thy Will be done.

Emotions Guidance  
"Pay Forward" # 292

*I greet The Indwelling Warning Signal.*

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

A Case For Exercise  
"Pay Forward" # 293

*I greet The Indwelling Omnipotent Doer.*

Today's "Pay Forward" gift is - A Case For Exercise – it improves quality of life; it adds to our life and adds life to our years. Physical activity boosts mental and emotional wellness, even my meditations and prayers flow better. Daily exercise can relieve tension, anxiety, depression and anger. Unattended anger can turn into a resentment; our number-one offender. I am in the habit of meditating in the morning and evening. I can tell the difference when I miss my meditation, even one day. On the really stressful days, I would meditate at noon. However, when I went back to work the negativity returned. I heard a physical therapist tell about the importance of exercise when we are having a stressful day. We pump the fight or flight stuff throughout our body; it only burns off with physical activity. It was suggested that we go for a walk before we sat down to meditate. When I took even a twenty-minute walk before my meditation, I was peaceful afterward, and the negative stuff was gone. What if we treat our body as if it were one we loved and respected? For sure, we want it to serve us well. Do unto others as we want them (our bodies) to do unto us. After all, our Father created our bodies and dwells in each of His creatures, how about loving His handy-work? Thy Love, Thy Will be done.

One-Thing-At-A-Time  
"Pay Forward" # 294

*I greet The Indwelling Omniscience.*

Today's "Pay Forward" gift is – One-Thing At-A-Time. Yesterday I started two new projects. I had a good deal of success with the most important one, and I failed with the other. I should be more grateful, but I am not. I reminded myself that I can only focus on one-thing-at-a-time. I decided on positive, loving ideas to pass on, but I could not stop the negative chatter. Maybe a gratitude list would work; it cannot make me grateful, but it's nice to have one. Gratitude always comes by grace. I realize once again that our Father is my only True Source. I turned to our Father in prayer and meditation, but I couldn't stop the useless noise, running around in my head. Like the Prodigal Son, I will keep returning to our Father. Today I have been acting like the Elder self-righteous brother. I think I will go for a little physical exercise that will help me realign my thoughts. I am committed to keep turning to our Father, even if I cannot feel His Presence; I intuitively know He is. However, if none of the above works, I will go to my A.A. meeting; letting me get out of myself, by helping another. I will most likely see our Father Good Works - in action. We can be discouraged by failure, or we can learn from it. Today I choose to be a student and a teacher. Thy Love, Thy Will be done.

“Moodiness Detector”

“Pay Forward” # 295

*I greet The Indwelling Warning System.*

Today’s “Pay forward” gift is – “Moodiness Detector.” “Dogs are angelic conspirators who know no boundaries and will stop at nothing to bring you abundant love and happiness” (Joann Donahue). I was feeling great one morning on my walk, when a neighbor’s dog, that is most often friendly, suddenly aggressive growled at me. I did not do anything to provoke him. As it turned out, he was my “moodiness detector” forewarning me of the experience I was headed for. I felt just fine when I got growled at, and still was when I got to my office. It was soon brought to my attention that I had a bad attitude, not the optimistic one I planned on. That insightful dog picked up on my oncoming mood, before I did. Feelings of gratitude and negative feelings seem to pop up uninvited. A.A. has given me an indwelling “Moodiness Detector.” I am learning that these events are showing me what I really believe, no matter what my head has to say. The question is this - what am I going to do when one or the other of these has arrived on the scene? I am inspired to be of service, which is filled with gratitude and love. Sometimes I feel inferior and jealous and react by doing nothing. Here’s my “Pay Forward” plan-of-the-day; I will follow the angelic dog, no matter what form it comes in. I am reminded that God spelled backward is dog, Thy Love, Thy Will be done.

Take It Easy

“Pay Forward” # 296

*I greet The Indwelling Comforter.*

Today’s “Pay Forward” gift is - Take It Easy. “A man cannot be comfortable without his own approval” (Mark Twain). I’m sure I’ll be really cool when I have seventy years of sobriety – I have another six years to go. My life has its moments of being carefree and being uncomfortable. I believe it’s healthy to want more. However, I had to redefine what I want, and what is of real value. I am comfortable with having an abundance of material things, as long as I keep them in the right picking order. I am grateful for all the loving grace given me, allowing me to carry out my purpose, my mission, without anything being called into question. I don’t like it when I am overly concerned about other’s opinion is of me, that makes me uncomfortable. Now-a-days I am comfortable when I believe others love me and find me useful. I am unbound by anxiety when I when I can love and accept myself and the world as it is. Loving myself enables me to love others, as they are. I’m learning how to practice Alcoholics Anonymous’ spiritual principles as a way of life, and owning my defects, and my limited good. I encourage myself to serve others, asking nothing in return. I’m cutting back on myself-centeredness, while practicing the gift of grace – enlighten self-interest, it is well worth whatever it takes. The awakening and growing I prize; a Divine intended process. Thy Love, Thy Will be done.

Live it 24/7!  
"Pay Forward" # 297

*I greet The Indwelling Doer.*

Today's "Pay Forward" gift is – Live it 24/7! What would you say about the character of one who says they believed, even intuitively knew Alcoholics Anonymous is a Spiritual way of life, however, they don't act the part 24/7? I have heard that same person quote from the Foreword of the 12 and 12. "A.A.'s Twelve Steps are a group of principles, spiritual in their nature, which if practiced as a way of life, can expel the obsession to drink and enable the sufferer to become happily and usefully whole." I believed him when he said he did not have the obsession to drink, but he sure was having a hard time last night and was not clearly whole. Shouldn't we judge that person as dishonest or insane or both? This morning I believe we should be kind, loving, compassionate, understanding and forgiving, since that someone was me. Let's look at a Spiritual experience as a daily awakening, not a fixed state we enjoy 24/7. Our choice, we can be discouraged by our failures, or we can learn from them. Mistakes and failures can be a valuable part of life's curriculum. I don't have to seek out failures and mistakes; they are frequent enough as it is. I am grateful for a Spiritual way of life that gives me the courage to take risks, which may be successful, and other times not so. Thy Love, Thy Will be done.

Grieving Part Of Recovery  
"Pay Forward" # 298

*I greet The Indwelling Healer.*

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

Blessed Social Skills  
"Pay Forward" # 299

*I greet The Indwelling Greeter.*

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

Healing Waters  
"Pay Forward" # 300

*I greet The Indwelling Healer.*

Today's "Pay Forward" gift is – Healing Waters. In the early days of my A.A. sobriety, I was failing in almost every area of my life. I was filled with desperation and paralyzed with fear. I wanted to end my life. I just sat on the beach, watching and listening to the ebb and flow of the tide for hours. At some point, my emotional disaster broke, and a peace came over me. I later realize this was the beginning of a great many Spiritual Awakenings. Sometimes, when I'm feeling troubled, I can go, in my vivid imagination; I close my eyes in meditation and visit the beach in my mind, and find peace. At low tide, I write all my concerns in the sand. When the high tide comes, the grace of our Father washes away my writings and my concerns. Even as the tide never stops coming and going, by our Father's grace, we have the tools to continue to cleanse and heal us. Water is a physical source of life, and often holds the answers we seek. Alcoholics Anonymous builds a bridge over our troubled rivers; let us keep on, until we are Home. "Come on down to the river and pray..." (O Brother). My spiritual hero tells us of the "living water" that satisfies every thirst; it's available to all; who will ask the Boss for it; believing. Thy Love, Thy Will be done.

Anyway  
"Pay Forward" # 301

*I greet The Indwelling Omnipresence.*

Today's "Pay Forward" gift is – Anyway.  
People are unreasonable, illogical, and self-centered.

Love Them Anyway

If you do good, people will accuse you of selfish,  
Ulterior motives.

Do It Anyway

If you are successful,

You will win false friends and true enemies.

Succeed Anyway

The good you do will be forgotten tomorrow.

Do Good Anyway

Honesty and frankness make you vulnerable.

Be Honest and Frank Anyway

What you spent years building may be destroyed overnight.

Build Anyway

People really need help but may attack you if you help them.

Help People Anyway

Give the world the best you have and

You'll get kicked in the teeth.

Give The World The Best You've Got Anyway.

For those who are awakening to the infinite gift of a loving  
grace heartless knowledge is not enough. Let's call on our  
hearts, minds and souls to "Look Up" today for the solution no  
matter what, and receive the promises.

"Sorrow looks back, worry looks around, faith looks up."

(Anonymous) Thy Love, Thy Will be done.

Mercy And Compassion  
"Pay Forward" # 302

*I greet The Indwelling Forgiver Forgiving.*

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

Giving of Ourselves  
"Pay Forward" # 303

*I greet The Indwelling Giver.*

Today's "Pay Forward" gift is – Giving of Ourselves. "All you have shall someday be given; Therefore, give now, that the season of giving may be yours and not your inheritors" The Prophet by Kahlil Gibran. Openly or silently I say, come let me encourage you to love more, to heal, to teach, to forgive, to accept your empowerment, your enlightenment and your enrichment. Let us communicate, co-create and expand our awakening to the Infinite Power and Divine Loving Presence within, supplying us all we need to do and to be His Love, His Will. I choose to share this affirmation the most difficult time, silently. There are those who would resist this gift openly if they knew of it. If we choose we can turn to our Father's silent, invisible Presence within and extend our gifts of love. "My Bounty is as boundless as the sea, my love as deep; the more I give to thee, the more I have, for both are infinite" William Shakespeare. Sharing is most enjoyable and easy for me when I am sharing my mission openly with one who wants it. It is fulfilling to give our gifts when asked, perhaps it is more important to give when unasked. I believe our mission is to share our Father's Love and His Will. Alcoholics Anonymous affirms the same mission. Thy Love, Thy Will be done.

The Spiritual Gift Of Intuition  
"Pay Forward" # 304

*I greet The Indwelling Knower.*

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

Accepting Our Hunger And Thirst  
"Pay Forward" # 305

*I greet The Indwelling Solution.*

Today's "Pay Forward" gift is - Accepting Our Hunger And Thirst - as part of a Spiritual way-of-life, however, we must live it. Once upon a time alcohol was called spirits; most likely by an alcoholic. Using alcohol to satisfy a deep hunger and thirst for a Spiritual experience, and failing to do so, brought me to Alcoholics Anonymous; my solution, and for millions others. Our healing message is a vital way of life. We need to satisfy our deep hunger and thirst for a Spiritual solution. Let us love and worship our Father, and share our experience, strength and hope, with our Spiritual solution, with one another. "You cannot do a kindness too soon, for you never know how soon it will be too late" (Ralph Waldo Emerson). We will not run out of someone who needs our help; Let us reach out and share our gifts of grace. In prayer and meditation we can rise above our problems to the silent invisible solution. Let us ask for help believing and we get it; maybe not in the form we thought it would come, however, in a better way than we could have thought of. Remember it is the indwelling Presence doing the works. Being the individual we are created as is enough. "I don't see how you can respect yourself if you must look into the hearts and minds of others for your happiness" Hunter Thompson. Thy Love, Thy Will be done.

From Darkness To The Light  
"Pay Forward" # 306

*I greet The Indwelling Divine Light.*

Today's "Pay Forward" gift is – From Darkness To The Light. "Put to death...your old self with its practices and...put on the new self, which is being renewed in knowledge in the image of its Creator...Clothe yourselves with compassion, kindness, humility, gentleness and patience" (Colossians 3:5, 9-10, 12). The first dark night of sense I am aware of came when alcohol stopped working for me. I could not stop feeling the great desperation, and I could not pass out. Dismantling my personal "reality" was in full force. I was powerless over its death; I hit my bottom. On February 6, 1957, what I believed was the end of life was the new beginning. I have witnessed countless Alcoholics Anonymous members pass through the dark night of the sense and of the soul. Those who could not accept the death of their false-selves did not stay sober; some took their lives. Alcoholics Anonymous offers us the tools to make it through the night and awaken in the morning of our new life. This transformed life is far more fulfilling than we could dream of. A.A. introduces us to our Higher Power and to our Higher Self, with purpose and meaning. I am so deeply grateful that I did take my life, without ever really knowing the individual our Father created. I am thankful that I've been given so many gifts to share. Thanksgiving, [Gratitude] is a Daily Celebration. Thy Love, Thy Will be done.

Choose Once Again  
"Pay Forward" # 307

*I greet The Indwelling Choice Giver.*

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

YOUR CHOICE - Many of us 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. We were living an illusion of separation.

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

What If I Can't?  
"Pay Forward" # 308

*I greet The Indwelling Presence.*

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

Co-creating  
"Pay Forward" # 309

*I greet The Indwelling Creator.*

Today's "Pay Forward" gift is - Co-creating. "One of the most important things to remember is that we are always causing something to be created for us. And that whatever cause we have set in motion must produce some kind of effect" (The Science of Mind, page 194). Every thought is co-creating or making up our world view. When my thoughts are in alignment with our Father's Will, I am co-creating. When my thoughts are in the image and likeness of my personal "reality" they express my defective, too limited world view. I am practicing Alcoholics Anonymous' Spiritual principles, and rewriting and rewiring my storehouse of old useless and harmful ideas, and beliefs.

Accepting my powerlessness and my defects, I was able to surrender them to our Father, to be transformed into assets. By accepting our Father's grace my whole being is brought into alignment with His Will, His Love. "The Law of Detachment says that in order to acquire anything in the physical universe, you have to relinquish your attachment to it" (Deepak Chopra). Letting go of my way, opens me up to our Father's Will. Out of enlighten self-interest I detach from what is no longer useful or it's harmful. "You must be the change you wish to see in the world" (Mohandas Gandhi). Gandhi was one of my greatest heroes. He understood the true meaning of co-creating, and demonstrated it in the way he lived, changed the way I view the world. Thy Love, Thy Will be done.

Accepting Everyday Miracles  
"Pay Forward" # 310

*I greet The Indwelling Miracle Worker.*

Today's "Pay Forward" gift is - Accepting Everyday Miracles. Do you believe in miracles? Miracles are only miracles because we don't think they can happen. In Alcoholics Anonymous' fellowship, miracles are everyday events. Having had a Spiritual awakening, I experienced a shift in my world view. The impossible became possibility, likelihood, and then a miracle. My early Spiritual innocence told me, everything was a "God-thing"- in that heightened faith I believed in as many as a dozen out-of-the-question things becoming possible before noon. I became a Higher Power seeker. In seeking, I found our Father, myself and my awakening heart. It was a miracle for me to believe that anyone could love me. Now – I believe I am loved by our Father, and many others and me. We can learn to love all others, we don't have to like them, by a simple act of praying that they seek and find our Father's Will. I am willing to love all, and that's a miracle. "Authenticity is a collection of choices that we have to make every day. It's about the choice to show up and be real. The choice to be honest. The choice to let our true selves be seen" Brene Brown. "Be brave. Be authentic. Practice saying the word "love" to the people you love so when it matters the most to say it, you will" Cheryl Strayed. Thy Love, Thy Will be done.

Altering My Consciousness

"Pay Forward" # 311

*I greet The Indwelling Presence.*

Today's "Pay Forward" gift is - Altering My Consciousness. When I was around 8 or 9 years old, I was already trying to alter the way I experience life. I would whirl until I was too dizzy to stand. Later, I heard about the Whirling Dervish, whirling rapidly to bring about a mystical state. They were taught to love everyone. I tried to copy then, but couldn't. Another game we played – facing a person, we would take turns choking the other until passed out. By standing the choker would not be strong enough to keep the other up, which would end the choking. That game stopped, when my mom found out. Smoking, drinking and sex altered state of consciousness for a while. A person took the backseat out of their car and installed a tank of laughing gas. That gave a whole new mean to joyful driving. If we don't get to the condition and causes – the root of our alcoholism was seeking a different way to alter our consciousness. How and when did you alter your consciousness, or did you? Practicing A.As' principles I had a Spiritual awakening, which altered my consciousness at a much deeper level. Now, I know to travel within for that desired shift in my consciousness. I want a Spiritual union with our Father within to continue, join me on that serendipity journey Home. Thy Love, Thy Will be done.

Invisible Means Of Support

"Pay Forward" # 312

*I greet The Indwelling Warehouse Keeper.*

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

Show Me The Road  
"Pay Forward" # 313

*I greet The Indwelling Fellow Traveler.*

Today's "Pay Forward" gift is – Show Me The Road – to carry out my mission, Father. My effectiveness depends on You, as my only True Source. "Let dawn bring news of Your faithful love, for I place my trust in You; show me the road I must travel." Inspire me to do Your bidding; bring love into this world. Father, whatever You choose to reveal through me; let me be a clear channel. My service does not have to be spectacular; it is the love I put into each act of service that matters the most. There are no illusions of separation when I act out of love. My mission becomes my way to bring our Father's Love to the world. "We are our Father with skin on." We are the channels through which the love current flows; let it be clutter free. If we are not connected to our Source, we cannot make our True journey. Negativity poisons us, but love heals us, restores us to be whole once again. Blaming others makes it impossible to forgive myself, or to accept our Father's forgiveness; waiting for others to change. Come let me love you; I was wrong to blame you, or anyone else, Father. My mission is to express Your Love that You created us to do, and to be; in your image and likeness. Alcoholics Anonymous has given us a wonderful roadmap; furnishing us with everything we need for our journey. Thy Love, Thy Will be done.

A Work Of Art  
"Pay Forward" # 314

*I greet The Indwelling Divine Designer.*

Today's "Pay Forward" gift is - A Work Of Art. "Most human beings have an almost infinite capacity for taking things for granted" Aldous Huxley. A work of art greeted me at my office today, a squirrel. Michelangelo was a great artist, but he could not create the likes of a squirrel. This squirrel opened my heart. We caught a number of squirrels in our backyard at home; I relocated some of the squirrels at my office. We have lots of oak trees for them to make a home. These trees share an abundance of acorns to nourish on. At first, some of these little guys were unhappy, and they fussed at me. They did not approve of the relocation, no more than I would. When I was relocated to a sober life, I did a little fussing. Today, the squirrels and I are joyful, happy and free; the tone of our chatter is friendly. Both the squirrels and I love our dwelling place. Everything we need is abundantly supplied by our Father. One of these friendly guys greets me often that is when the cat is not present. We are all works of art, so why not act like it and stop fussing. "Showing gratitude is one of the simplest yet most powerful things humans can do for each other" Randy Pausch. Thy Love, Thy Will be done.

Mirror, Mirror On The Wall

“Pay Forward” # 315

*I greet The Indwelling Presence.*

Today’s “Pay Forward” gift is - Mirror, Mirror On The Wall, Who’s That Looking Back At Me? My bathroom mirror lets me see my personal “reality” mask, hiding my True identity. Step Eleven suggest we pray and meditate to improve our conscious contact with God as we understand Him. Practicing that will give us a better chance to see ourselves. Out of enlightened self-interest, Father I want an alignment with Your Love, and Your Will, 24/7. We are created in Your image and likeness, Father, so let me act like it. Turning within to the silent invisible Presence, we experience our created individuality. Mirror, mirror within us all who is the fairest me of all? For sure, that is my created Higher-Self, and not my personal “reality” made-up self. With the eyes of faith, I see beyond the outer appearance; proof of Your good work’s Father, as You express Yourself as each of Your creations. Freely extending my love lets me believe others love me. Out of enlightened self-interest, I forgive, all for all, of real or illusionary wrongs, so I believe I’m forgiven. As I turn within to the silence of my soul, I ask; mirror, mirror on the infinite interior wall-less wall, am I the fairest me of all? With the eyes of faith, I look beyond my self-made distortion; I wait in the invisible silence for Your divine guidance, Father. Thy Love, Thy Will be done.

Judgment

“Pay Forward” # 316

*I greet The Indwelling Lover Loving.*

Today’s “Pay Forward” gift is judgment. In 1513, Niccolò Machiavelli wrote the book, The Prince. He has been called the founder of modern political science. The reason I am writing about him has to do with his concept about controlling problems of unrest within his own country, Italy. He wrote, as I recall, when a ruler has problems of unrest at home, will start a war abroad. Focusing on the war takes the heat off the ruler failings. I was having problems with unrest within my own skin, failing to find a solution. By night fall I awakened to the realization; I was negatively judging others for doing “wrongs” or not doing “right.” I choose to restrain from projecting negative stuff on to others, and start a “war.” I let go of the idea that I knew what was best. I called for an internal truce, and turn the conflict over to the Boss. “The untouched child does not thrive well; the touched child fed the same amount as an untouched one gains weight fifty percent faster”(Dr. Bernie Siegel). Those of us in recovery who felt like we were being loved and accepted did at least fifty percent better than those who were motivated by fear. Let’s reach out and touch someone’s heart today and judge them no more. Alcoholics Anonymous offers us a little tender love and care, let’s enjoy it. Choose now, to return to love; our Father. Thy Love, Thy Will be done.

The Gift Of Poetry  
"Pay Forward" # 317

*I greet The Indwelling Silent Lover.*

Today's "Pay Forward" gift is –The Gift Of Poetry. "Poetry is language at its most distilled and most powerful" (Rita Dove). I don't read or write well enough to express my deepest realities, but that does not have to deprive me of that joy of trying. Thanks to those who can write and read poetry are willing to share. For me, sharing my deepest love has always been a problem. My wife and I have shared 57 years loving and living together. She has the intuitive ability to express her unconditional love. Here's simple example – she said, "I noticed you needed some underwear. I went to the Mall and bought you some see if you like them." Instead of being grateful, my response was; I wanted to have a little weight loss before I bought anything. She was not upset at my stupid, self-centered, unthinking reply. If the same lack of gratitude was shown me, look out. Her response was – "OK; I will take them back." Alcoholics Anonymous took away my gross selfish, self-centered denial. I cannot get by acting like a jerk. I told her I was wrong, and that I was sorry I reacted ungrateful. She didn't make a capital crime of it. Her loving thoughtfulness is teaching me "how to" express a more self-giving, even if I don't have the skills of a poet. "You can accomplish by kindness what you cannot by force" Publilius Syrus. Thy Love, Thy Will be done.

Windsurfing  
"Pay Forward" # 318

*I greet The Indwelling Prevailing Presence.*

Today's "Pay Forward" gift is - Windsurfing. When I turn to our Father within, I pray that my thoughts and feelings are like a gentle wind moving me toward my heart's desire. Trying to remove the useless chatter to my silence is an obstacle. I only need the willingness to return to love; of course, an open mind, heart and flexibility will surely help. A tree will bend in a strong wind. I envision the trees on the coastline, how they are shaped by the prevailing wind. I am learning to be flexible even during the storms of life. Sometime I have to board up the windows to my heart and mind, until the perceived danger passes, real or illusionary. "Don't be too quick to draw conclusions from what happens to you; simply let it happen" Rainer Maria Rilke. I was watching an experienced windsurfer gracefully gliding across the water. A crosswind flicked him over. He was up and surfing within seconds as if nothing had ever happened. That's the way I want to react when I am caught in life's crosswind. I am learning how to let go, and let God, whatever the conditions. I am grateful and humble remembering it's the Father within doing the works we call life. His love is a healing power touching everything into wholeness. My/our love is an extension of His love. Thy Love, Thy Will be done.

Walking Our Talk Beyond A.As' Walls

"Pay Forward" # 319

*I greet The Indwelling Guidance System.*

Today's "Pay Forward" gift is – Walking Our Talk Beyond A.As' Walls. "You don't develop courage by being happy in your relationships every day. You develop it by surviving difficult times and challenging adversity" (Barbara De Angelis). In my case, I am blessed with a generous helping of tender mercy, love and grace. I was being considered as a possible sponsor by an A.A newcomer. That person called my wife and asked if I practiced A.A.'s principles at home. The question - was I walking my talk by living A.A.'s principles beyond A.A.'s meeting rooms? I was grateful for the good report my wife gave. My wife accepted early in our relationship that Alcoholics Anonymous would always come first, without it, she would not like what she would be getting, and she has honored it. She told the inquiring person that A.A.'s Spiritual principles were the foundation for our relationship. Learning how to live a loving long-term relationship, (so far this one has worked for 57 years) - difficult and challenging at times, but well worth whatever it takes. I am so grateful for my wife's unselfish love; allowing me to serve others. "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.

Eyes To See

"Pay Forward" # 320

*I greet The Indwelling Vision.*

Today's "Pay Forward" gift is – Eyes To See. The Spiritual awakening I am, blessed with, has taken me on a serendipity journey. With the eyes of faith, I can see a tiny bit of the mystery of our Father's Reality. I've gained an inner strength I could only have dreamed of. Walking my personal "reality's" road can be a fearful journey. Living Alcoholics Anonymous' spiritual principles has changed my direction, and the nature of my journey. Only the grace of our Father can transform my defects into assets. I believe that our Father is Love, and so are we. Alcoholics Anonymous is for sure an expression of His love. When I first awakened, I was on fire that took me on a wild path spreading my too limited understanding of the A.A. message, to anyone who would listen. Today I look beyond the illusionary world; finding a purpose, I believe is our Fathers Will for me. If I am able to awaken to our Fathers Will, anyone can? This serendipity journey is full of surprises, whatever I expect to happen may not, but something better often does. We do not have to go anywhere to find our Father; He is always Presence within us. Alcoholics Anonymous gives us a simple set of spiritual tools, which if lived the best we can, will awaken us to a Divine Action already happening within us. Thy Love, Thy Will be done.

Finding What Is Not Lost

"Pay Forward" # 321

*I greet The Indwelling Lost And Found.*

Today' "Pay Forward" gift is - Finding What Is Not Lost. I spent years looking in all the wrong places trying to find my created self, to no avail. When I stop my internal chatter and listen, I am reminded of the wisdom found in Alcoholics Anonymous. "...we beg of you to be fearless and thorough..." "Half measures availed us nothing." "How It Works" is read at most A.A. meetings, it's a good idea to stop, look and listen. "The only reason man is limited is that he has not allowed the Divine within him to more completely express" Ernest Holmes. Alcohol got me ready to do whatever it was to take. By the grace of our Father, I found my way to Alcoholics Anonymous. When I sought sobriety with all my whole heart, mind and soul, I found A.A., which wasn't lost. I am seeking through prayer and meditation to deepen my relationship with our Father, Who has never been lost. Alcoholics Anonymous gives me the tools; I need to get out-of-the-way and to be still, to learn, and to awaken. "You shall seek the Lord, your God, and you shall indeed find Him when you search after Him with all your heart and with all your soul" (Deuteronomy 4:29). I am inspired by angels running around A.A. in disguise as sober alcoholics. Alcoholics Anonymous is my lost and found Location. Thy Love, Thy Will be done.

Computer Operating System

"Pay Forward" # 322

*I greet The Indwelling Operating System.*

Today's "Pay Forward" gift is - Computer Operating System. I hate to admit I still overreact to "termites" with a little drama. I bought a new computer. I had it built with my older operating system. The newer operating system did not allow some of my old software to work. However, I still had to learn some new programs, and I made a number of mistaken. It reminded me of my joining A.A. February 6, 1957. My personal "reality" operating system crashed; this alcoholic way of dealing with life stopped working. I hit my bottom in every area; To me, all of them seem to be major problems. My human operating system was beyond upgrading. My equipment; my body and world crashed. None of my old programs worked. A.A. gave me a whole new operating system, which included the Spiritual, mental, emotional and social software, and fostered the repairs and upgrades to my body, mind and world. Alcoholic Anonymous has so many levels and depths that we can spend a lifetime learning how to use and share. I use to hate change and having to learn new software, (a new way-of-life). My first reaction to change is resistance, which does not last long anymore; all I have to do is remind myself, it always has a good purpose. Today, I love change, and my love is changing. Thy Love, Thy Will be done.

Honoring The Worker

"Pay Forward" # 323

*I greet The Indwelling Invisible Worker.*

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

Choose – Prison Or Playground

"Pay Forward" # 324

*I greet The Indwelling Freedom.*

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

Restoring  
"Pay Forward" # 325

*I greet The Indwelling Restorer.*

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

Breaks  
"Pay Forward" # 326

*I greet The Indwelling Wisdom.*

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

Denial  
"Pay Forward" # 327

*I greet The Indwelling Gift Of Knowing.*

Today's "Pay Forward" gift is – Denial. Out of our Father's infinite storehouse comes some of the most unexpected gifts, denial is one of them. Denial is a special gift of grace. Denial does not ask us to address anything until we have the tools. When denial breaks down it is a sign that we have everything we need to handle whatever shows up. If we try to avoid working on the solution when that mini-awakening happens, denial turns to dishonesty, which demands our attention. Like some of our other defects, denial at times kept us from doing more harm to others and or ourselves. When I became ready and willing to own and surrender all of me to our Father, for His upgrading, I realize the constructive side of denial, and then its breakdown happened. Fear will change its nature when we embrace it, so it is with denial. Perhaps denial is another form of fear. Alcoholic Anonymous offers us a great set of tools to deal with denial and dishonesty. "Of the good in you I can speak, but not of the evil. For what is evil but good tortured by its own hunger and thirst? Verily when good is hungry it seeks food even in dark caves, and when it thirsts it drinks even of dead waters. In your longing for your giant self lies your goodness: and that longing is in all of you" The Prophet – Kahlil Gibran. Thy Love, Thy Will be done.

Making A Difference  
"Pay Forward" # 328

*I greet The Indwelling Presence.*

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

Love Is No Stranger  
"Pay Forward" # 329

*I greet The Indwelling Lover.*

Today's "Pay Forward" is – Love Is No Stranger. Love is the force that dissolves all opposes and can smooth every obstacle that gets in its way. Hate is not love's opposition, apathy is. Selfishness, self-centeredness is the breeding ground for apathy; having no concern or interest in the well-being of others. Alcoholics Anonymous is the perfect solution for apathy. As we awaken to our true Self, love; we give it away to keep it [service], and we watch it grow. Most of us realize when we awaken out of our lonely, loveless sleep, how little we know about receiving and giving the love we are. My ideas about love were limited; I believed one love fits all. The dissatisfaction from that limitation inspired me to write the Six Love's workshop. [www.12stepworkbook.org/workshops](http://www.12stepworkbook.org/workshops) My older brother was known for his gift of never meeting a stranger. Some things he did were not spiritual, but his love was. All love is grounded in Agape; Spiritual Love. Whenever and wherever, just as we are, we only need to turn within to love and worship our Father. "For even as love crowns you so shall he crucify you. Even as he is for your growth so is he for your pruning. Even as he ascends to your height and caresses your tenderest branches that quiver in the sun, so shall he descend to your roots and shake them in their clinging to the earth" The Prophet – Kahlil Gibran. Thy Love, Thy Will be done.

Why?  
"Pay Forward" # 330

*I greet The Indwelling Lover.*

Today's "Pay Forward" gift is – Why? Now days we have so much information to deal with that a simple reply to a question is difficult to come by. I have a busy day today. Will I do what I want to do? Or, will I find myself doing what I didn't want to do? I'm singing the international theme song of the alcoholic – "Now that I know it's bad I will never do it again, or even think about it." Within a few hours, I will be doing it. I heard in a meeting – "If 90 percent in my life is going great and 10 percent wasn't; I will spend 90 percent of my time and energy on the 10 percent." If I haven't uncovered the harmful stuff buried within me, alive, at some point, it will deal with me. That is one of the "whys" I'd better do a searching and fearless inventory. However, I need to do the first three Steps. Trying to keep it simple before it is, helps keep one in denial. I love sharing the healing I experience. "Great opportunities to help others seldom come, but small ones surround us daily" (Sally Koch). Mother Teresa suggested that we do small things with great love. That's a good reason why I need to show up today. I pray that I am loving, wise and useful, and to share with others whatever I receive. Thy Love, Thy Will be done.

Let's Set The Record Straight

"Pay Forward" # 331

*I greet The Indwelling Knower.*

Today's my "Pay Forward" gift is – Let's Set The Record Straight. We have been foolish, but we are not fools. We have failed many times, but we are not failures. We have done many bad things, but we are not evil. Punished many times and made to feel guilty and have done the same to others, but now we seek correction for others and ourselves. We have withheld and withdrawn our love and our Spiritual Gifts, and this caused us to believe that others, even God were doing the same to us. We do not have to rely on ourselves alone and unaided; we have a way of life that really works. It's our A.A. Program, come, join us. For every alcoholic using, our Twelve Step Program for alcoholism or a drinking problem seven are using it for something other than alcoholism. "It is when your spirit goes wandering upon the wind, that you, alone and unguarded, commit a wrong unto others and therefore unto yourself... Oftentimes have I heard you speak of one who commits a wrong as though he were not one of you, but a stranger unto you and an intruder upon your world. But I say that even as the holy and the righteous cannot rise beyond the highest which is in each one of you. So the wicked and the weak cannot fall lower than the lowest which is in you also" The Prophet – Kahlil Gibran. Thy Love, Thy Will be done.

Chipping Away All That Is Not

"Pay Forward" # 332

*I greet The Indwelling Chipper.*

Today's my "Pay Forward" gift is – Chipping Away All That Is Not. Working the A.A. Program aids the process of letting go of what is not like our Father's vision of the individual, He created. When I took possession of what I found in my inventory, I could own the rough patterns I found. I was more than willing to surrender them to our Father for their transformation into assets. Our Father began clearing out the useless, harmful stuff as soon as I got out of His way. That chipping away revealed my heart's desire; His Divine Design He created as me. I love the way our Father does business. I recommend Him highly for all your chipping-away needs. Knowing how this works you would think that I live this process 24/7, but I don't. I have to remind myself often daily to return within for our Father's Love and His Will. The rewriting and rewiring our habits of thoughts and feelings are a lifetime job, under the guidance of our Father. "Say not, "I have found the truth," but rather, "I have found a truth." Say not, "I have found the path to the soul." Say rather, "I have met the soul walking upon my path." For the soul walks upon all paths. The soul walks not upon a line, neither does it grow like a reed. The soul unfolds itself, like a lotus of countless petals" The Prophet – Kahlil Gibran. Thy Love, Thy Will be done.

I Know You're There  
"Pay Forward" # 333

*I greet The Indwelling Presence.*

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

Divine Shopping Center  
"Pay Forward" # 334

*I greet The Indwelling Presence.*

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

Built In Thermostat  
"Pay Forward" # 335

*I greet The Indwelling Healer.*

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

Busy Doing  
"Pay Forward" # 336

*I greet The Indwelling Lover.*

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

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

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

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

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

Winners And Losers  
"Pay Forward" # 337

*I greet The Indwelling Spirit.*

Today's "Pay Forward" gift is – Winners And Losers. Who are these winners and losers? We hear in meetings "stick with the winners," who are these winners? The winners are those who are living the solution. Who are the losers? The losers are those that are still getting ready for the program (practicing their illness). Therefore, we could say that winners and losers were the same person at different points in recovery. A sad fact is that most of those losers never make the cut. Since you are here, I would suggest that you stay and forgo any added sick prep work. I am so grateful that I stayed active in the program until the miracle of being transformed into a winner. By the time I reached the doors of Alcoholics Anonymous, I was a real loser. I did not have an inferiority complex; I was incompetent in every area of my life. By our Father's grace and mercy, I can make a good difference daily, and I have an abundance of everything I need to carry it out. When I fail these days, I accept it as a learning opportunity. "Much of your pain is self-chosen. It is the bitter potion by which the physician within you heals your sick self. Therefore, trust the physician, and drink his remedy in silence and tranquility: For his hand, though heavy and hard, is guided by the tender hand of the Unseen" The Prophet – Kahlil Gibran. Thy Love, Thy Will be done.

Unbinding Thoughts And Liberating Dreams  
"Pay Forward" # 338

*I greet The Indwelling Knower.*

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

Rule 62

“Pay Forward” # 339

*I greet The Indwelling Presence.*

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

Conviction

“Pay Forward” # 340

*I greet The Indwelling Presence.*

Today’s “Pay Forward” gift is – Conviction. I have confidence in myself as I have confidence in our Father. “Except the Lord builds the house; they labor in vain that build it” Psalm 1:27. I’ve learned to rework the Twelve Steps when I am experiencing an ongoing problem, if the problem is dealing with my relationships, I rework the Twelve Traditions. These accounts for the reason I have written twenty workbooks and workshops, to aid in my fulfillment. These works are always free, [www.12stepworkbook.org](http://www.12stepworkbook.org). These are based on the Big Book and or the Twelve Steps and Twelve Traditions publish by Alcoholics Anonymous. Bill Wilson wrote that we were problem people, no kidding. Each time I rework the program on any area of my life, my confidence in A.A. and I grow. I am reassured that my mission is the right road for me. I do take a radical approach in sharing the program; a road-less-traveled, which works for me, and I choose to keep on. I am convinced that Alcoholics Anonymous is a divine service without ceremony or creed, an illumined walk by grace. Each of us has a unique part to play in the healing of the world, only we can fulfill. “What is really hard, and amazing, is giving up on being perfect and beginning the work of becoming yourself” Anna Quindlen. Thy Love, Thy Will be done.

Transcending Our Limits

“Pay Forward” # 341

*I greet The Indwelling Presence.*

Today’s “Pay Forward” gift is – Transcending Our Limits. Transcendence becomes a reality by living the Alcoholics Anonymous’ way. A Spiritual awakening is the fruit from practicing Alcoholics Anonymous’ program. We witness our life going beyond the limits we have bound ourselves with. Our capacity for transcendence; a gift of grace distinguishes us from other creatures. Alcoholics Anonymous teaches us how to be human and Spiritual at the same time; a gift of grace. Let us claim our transcendence, and our transformation, and leave the results to our Father. This gift can transform our defects into useful, loving assets. Sharing these assets is proof of our transcending our old way of life. Action is the magic word. Great ideas, and good intentions, without works are useless; faith without works is dead. Ten black birds were setting on a limb one decided to fly, how many were left? Ten, one decided but did not fly. The best way to receive more of those things we want is to pass on what we already have, that increases our capacity to receive. Let us share how our world view has transcended our preprogram world view. “When you love you should not say, “God is in my heart,” but rather, “I am in the heart of God.” And think not you can direct the course of love, for love, if it finds you worthy, directs your course” The Prophet – Kahlil Gibran. Thy Will, Thy Love be done.

As We Choose

“Pay Forward” # 342

*I greet The Indwelling Wisdom.*

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

The Road Less Traveled  
"Pay Forward" # 343

*I greet The Indwelling Omniscience.*

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

Love - The Greatest Thing In The World  
"Pay Forward" # 344

*I greet The Indwelling Lover.*

Today's "Pay Forward" gift is – Love - The Greatest Thing In The World. Our Father, Creator is Love, which means you, and I are expressions of Love. He Created life in a manner that all must share with other forms of life. No living creature can stand alone. Sharing is love; I call that Primal love. In 1884, Henry Drummond wrote The Greatest Thing In The World, a tiny little book with a very large message. It's commentary on 1 Corinthians 13. Most of us have asked, "What is the supreme good?" Is it Faith? Is it Hope? Is it Love? The greatest of these is love. Drummond listed nine elements of love. They have common names; things we can practice daily. The nine ingredients are: Patience, Kindness, Generosity, Humility, Courtesy, Unselfishness, Good Temper, Innocence and Sincerity; these make up the supreme gift. You'll observe that these are into the known today and the near tomorrow, and not to the unknown eternity. Having a burning desire to better understanding and to share love inspired me to write the workshop on The Six Loves. You may download it free - [www.12stepworkbook.org/workshops/sixloves](http://www.12stepworkbook.org/workshops/sixloves). "When love beckons to you, follow him, Though his ways are hard and steep... for even as love crowns you so shall he crucify you. Even as he is for your growth as is he for your pruning" The Prophet – Kahlil Gibran. All forms of love make the greatest "Pay Forward" gift both to give and receive. Thy Love, Thy Will be done.

The Seven-Day Mental Diet

“Pay Forward” 345

*I greet The Indwelling Thinker.*

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

Fool’s Gold Or Pure Gold?

“Pay Forward” 346

*I greet The Indwelling Abundance.*

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

Me And My Shadow

“Pay Forward” 347

*I greet The Indwelling Reality.*

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

Love And Tolerance

“Pay Forward” # 348

*I greet The Indwelling Presence.*

Today’s “Pay Forward” gift is – Love And Tolerance. “Death is not a period, but a comma, in the story of life” (Anonymous). I believe our Father designed us to practice experiencing dying each night and reborn each morning; telling us, death is only a comma. I am disappointed about the way I handled some of my personal “reality” thinking, feeling and acting. Alcoholics Anonymous’ code; love and tolerance, has taught me not to hate myself. I am learning to detach from the undesirable and forgive myself. I am learning how to bend or become strong enough to resist breaking. “The trees in the storm don’t try to stand up straight and tall and erect. They allow themselves to bend and be blown with the wind. They understand the power of letting go. Those trees and those branches that try too hard to stand up strong and straight are the ones that break” (J.B. Hill). Fractured bones are stronger at the healed fracture site than normal bones, and so it is with Alcoholics Anonymous. A sober member who is practicing its spiritual principles is given a set of healing tools the average person does not have. Our A.A. way of life is a daily “exercise program” for the whole human condition. We become flexible during life’s storms and joyful times of every season. “The place to improve the world is first in one’s own heart and head and hands, and then work outward from there” Robert M Pirsig. Thy Love, Thy Will be done.

Must Be Present To Win

“Pay Forward” # 349

*I greet The Indwelling Presence.*

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

A Fluent Communicator

“Pay Forward” # 350

*I greet The Indwelling Knower.*

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

“Who Am I?”

“Pay Forward” # 351

*I greet The Indwelling Presence.*

Today’s “Pay Forward” gift is – “Who am I?” I have asked myself that question many times. It is as if I am a big secret to myself. My search for myself goes back as far as I can remember and continues daily. If it didn’t it would be a sign that my growing has stopped, God forbids. I have gone about searching for clues, none of which helped for long. My curiosity about who I am and what’s my purpose grows more intense, realizing our Father has a Divine Design for each of us. When I decided that Alcoholics Anonymous was the life for me, I grabbed hold of it with all my heart, mind and soul, obsessed with my identity as an A.A. member. Alcoholics Anonymous stops working; I thought the problem was A.A.; it was my understanding of the program that stopped working. Our Father takes our used up ways out of our hands. I was in the first stage of a Spiritual Transformation. Our True Self is the hidden treasure we are searching for. “Sell” everything and buy the “pearl of great price” (Matthew 13:46). (Alcoholics Anonymous page 58) “...we beg of you to be fearless and thorough from the very start.” No matter what, I must keep on with A.A. and this too will pass. Our program will help chip away all that is not that “pearl of great price,” our intended True Self. Thy Love, Thy Will be done. For free workbooks - [www.12stepworkbook.org/workshops](http://www.12stepworkbook.org/workshops)

Polarity?

“Pay Forward” # 352

*I greet The Indwelling Miracle.*

Today’s “Pay Forward” gift is – Polarity? It calls on our free will to choose, who or what will I serve? Which path shall I travel - a common path or a Road-Less-Traveled? Shall I choose a quick fix or a long-term solution? Shall I follow what I currently believe is our Father's Will or “mine”? Is it going to be in the beginning me, or in the beginning our Father? Shall I labor in His fields or stay-at-home? I love my mission; I believe it is my purpose and our Father's will for me. My choice is already made, but will I live it consciously and consistently? "God reveals Himself to us, but only through us." I want to continue to develop each element of my mission; this action alone brings me joy and fulfillment, sharing it is a bonus. There is something marvelous and mysterious about my heart’s desire; when I awakened to it - my free will and our Father’s Will were one. Opportunities to help others come to us in Alcoholics Anonymous. If we choose they can be daily offerings, the size doesn’t matter. “There are on order of difficulties in miracles. One is not harder or bigger than another. They are all the same. All expressions of love are maximal” A Course in Miracles. Come, let us love one another. “Two works of mercy set a man free; forgive and you will be forgiven and give, and you will receive” (Augustine). Thy Love, Thy Will be done.

Long-Timers At Risk  
"Pay Forward" # 353

*I greet The Indwelling Miracle Worked.*

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

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

Bankrupted Idealist  
"Pay Forward" # 354

*I greet The Indwelling Miracle Worked.*

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

What's Hidden?  
"Pay Forward" # 355

*I greet The Indwelling Teacher.*

Today's "Pay Forward" gift is – What's Hidden? Father, I can accept that You hid the giant oak tree inside an acorn. Why is it so difficult for me to accept that You hide Your Presence and our Higher Selves within each of us? Or, are You? Some part of all of Your creations must be in Your image and likeness; You are Love, so why don't we act like it 24/7? On a finite level, we are spirit, self-conscious beings in our Father's image and likeness; we have to be like His Spirit hidden within. We also deal with the law of cause and effect, which is valuable, useful; it took us to the moon. It has enriched our lives and destroyed our lives, our choice. The Spiritual Principle we deal with can transform our defects into assets. Unlike the law of cause and effect, we do not have to earn it or payback all our wrongs. By grace, Alcoholics Anonymous' way of life has transformed a great many defects into loving, useful assets. Prayer and meditation will show us the hidden connection between our head and our heart, if we choose to see through the eyes of faith. Let us be still and listen to the voice of Creation within. "I cannot teach you how to pray in words. God listens not to your words save when He Himself utters them through your lips" The Prophet – Kahlil Gibran. Thy Love, Thy Will be done.

Fearless And Thorough  
"Pay Forward" # 356

*I greet The Indwelling Treasure.*

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

The Torchbearer  
"Pay Forward" # 357

*I greet The Indwelling Torchbearer.*

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

I'm Filled With Wonder  
"Pay Forward" # 358

*I greet The Indwelling Transformer.*

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

Time Management  
"Pay Forward" # 359

*I greet The Indwelling Intuitive Knower.*

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

Laughing All The Way!  
"Pay Forward" # 360

*I greet The Indwelling Joy.*

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

In His Name, Love  
"Pay Forward" # 361

*I greet The Indwelling Lover.*

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

Inspired Reading  
"Pay Forward" # 362

*I greet The Indwelling Reality.*

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

Labor Pains  
"Pay Forward" # 363

*I greet The Indwelling Doer.*

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

Intuitive Sled Dog  
"Pay Forward" # 364

*I greet The Indwelling Guidance.*

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

Infinite Possibilities  
"Pay Forward" # 365  
*I greet The Indwelling Omnipotence.*

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

*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  
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**Workbooks**

Pay Forward 1<sup>st</sup> ed – Pay Forward A Sequel 2<sup>nd</sup> ed – Pay Forward 3<sup>rd</sup> ed – Pay Forward 4<sup>th</sup> ed – Pay Forward 5<sup>th</sup> ed  
Six Loves  
Al Kohallek Goes Stepping – 5<sup>th</sup> edition  
Now – 12 Step Workbook  
Al Kohallek 12 Tradition Study  
Al Kohallek Taking Another 12 & 12 Journey  
Al Kohallek Learning To Communicate Using The Traditions  
The Green Eyed Monster – Jealousy  
Finding A Moody Person  
The Hero/Heroine Journey  
Three Spiritual Gifts On Five Pathways w/10 Mission Elements  
Where Do You Stand  
Based on Emmet Fox's Book –The Sermon on the Mount  
A Saint Francis Prayer Expanded Meditation

**Workshops Papers**

Sex & Love Addition	Spiritual Transformation
The 125 Promises Inventory	Forgiveness
164 pages of the Big Book	Finding And Claiming Your Heart's Desire
Emotional Recovery	

*Brief were my days among you, and briefer still the words I have spoken.*

*But should my voice fade in your ears, and my love vanish in your memory, then I will come again, And with a richer heart and lips more yielding to the spirit will I speak.*

*Yea, I shall return with the tide, And though death may hide me, and the greater silence enfold me, yet again will I seek your understanding.*

*And not in vain will I seek. If aught I have said is truth, that truth shall reveal itself in a clearer voice, and in words more kin to your thoughts.*

*And if this day is not a fulfilment of your needs and my love, then let it be a promise till another day.*

*Man's need change, but not his love, not his desire that his love should satisfy his needs. Know therefore, that from the greatest silence I shall return. The Prophet – Kahlil Gibran*



**Pay Forward  
5th Edition  
February 6, 2021**

*Abandon yourself to God as you understand God. Admit your faults to Him and to your fellows. Clear away the wreckage of you past. Give freely of what you find and join us. We shall be with you in the fellowship of the Spirit, and you will surely meet some of us as you trudge the Road of Happy Destiny.*

*May God bless you and keep you – until then.  
Alcoholics Anonymous  
page 164*

## ***Out Of The Darkness Into The Light***

*Lord, Make Me A Channel Of  
Your Will and Your Love -  
Use Me As An Instrument  
And Agent Of Your Love And  
Peace*