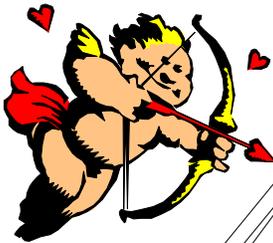


A Pathway To Forgiveness
Al Kohallek Goes On A Forgiveness Frenzy

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A Pathway to Forgiveness

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As I was meditating on this workshop I must have fallen asleep, I was dreaming that I could hear your Higher Self, that which is whole, speaking to your human condition, your personal "reality." It was saying - "Come and let me love you, forgive you, teach you and heal you, and I will. To the degree you let me I will cause you to be a forgiven, forgiver, forgiving - a taught, teacher, teaching a healed, healer, healing and a beloved, lover, loving." If you are willing even for an instant to be still, silent and listen, you too may hear that Voice and remember.



*Neither this workbook nor any of its contents are for sale . They are for sharing.
Pass it on freely to those you love and those you don't.*

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

Doing what's suggested in this workbook may cause you to let go of some parts of your personal "reality." It could cause you to be less limited. You may stop blaming other people, places, and things. You may stop being a user and become an owner of your own stuff.

You may find yourself giving up some of your old resentments, pains and fears. You could even find yourself with a new understanding and/or awakening. Maybe you will find your Self. Neither this workbook nor any of its contents are for sale. They are for sharing. Pass it on freely to those you love and those you don't.

<p>FORGIVEN FORGIVER FORGIVING</p> <p><i>Al Kohallek wants to forgive everyone even himself – Now Lou-is Pazeniton suggested that he do one at a time.</i></p>	<p>If I want the fullness of life – if I want loving, caring relationships with whomever – if I want to be joyous, happy and free, if I want an open heart, mind, and soul then I must be willing to forgive all, even myself, perhaps not able but willing. Then I can look to our Father to do the deed. If the doors of my consciousness were clear of clutter caused by my holding on to old useless or harmful beliefs, judgments of others and myself – realizing my part in all of this is no more nor less than my little personal "reality." Our Program demonstrates that we can, through its process, become; forgiven forgivers forgiving. The following are a group of thoughts and ideas about forgiveness – check them over – take some and leave some. Al Kohallek (Alcoholic) found them very useful. Lou-is Pazenition (Lou is passing it on) is Al's sponsor.</p>
<p>OUR MISSION Al Kohallek has Questions -- What Is It? How Does It Work? What's In It For Me?</p>	<p>Our primary purpose of this workshop is to offer additional tools, which could enable you <i>to practice these principles in all your affairs</i>. We will introduce you to this set of useful tools; however, tools are worthless unless we learn how to use them and then use them. Well that's what this little workbook is about. The main focus of this workshop will be on forgiveness. We will use this process to help chip away all that is not our God-created self, to help us open up and realize our Spiritual Gifts, which is our true nature.</p>
<p>POWER SUPPLY <i>Lou-is Pazeniton tells Al Kohallek about Three Spiritual Gifts</i></p> <p><i>1st Spiritual Gift Awakening – The correct word</i></p>	<p>"Lack of power, that was our dilemma. We had to find a Power by which we could live, and it had to be a <i>Power greater than ourselves</i>. 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." (<u>Alcoholics Anonymous</u> page 45 reprinted with permission) The main object of this workshop is to be in concert with that. Working the first eleven Steps will assure us of having a personality change, a shift in our perception sufficient to cause a spiritual awakening. Step Twelve opens with: <i>"Having had a spiritual awakening as the result of these steps..."</i> This spiritual awakening, this Gift, is the first of our three primary goals of this workshop.</p>
<p>SHARING</p> <p><i>2nd Spiritual Gift Love is the message And the messenger</i></p>	<p>One of the most common human needs is love. The second part of Step Twelve is; <i>"...we tried to carry this message."</i> This is sharing; this is Love. We give but little when we give of our possessions, it is when we give of ourselves that we truly give. In the act of giving, "passing it on", what we have received, we realize that giving and receiving are the same? In fact, the only way we can become a Master Receiver is to share with others everything we want for ourselves. We can love because our deepest nature is love. The messenger is the message.</p>
<p>INDIVIDUAL SELF</p> <p><i>3rd Spiritual Gift Finding our purpose And living it</i></p>	<p>Awakening to the individual self we were created to be with purpose and meaning, in other words, to consciously live our Heart's Desire, God's Will for each individual. The third part of Step Twelve is: <i>"...and to practice these principles in all our affairs."</i> The only way we can fully realize who we are is to share what we currently are as the result of this process. When we are God-centered even for a moment we will have all the power and wisdom we need. In that moment we will be told, shown what to do, say, think and feel in a way we can currently hear, understand and follow.</p>

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<p><i>Al Kohallek finds out that the most commonly used drugs in a dry world are: Guilt & Punishment</i></p>	<p>The most commonly used drugs in our little world are: guilt, punishment, resentment, and fear. These drugs give us the illusion that we are doing something about the problem. Like our use of other drugs we get a quick “fix.” And nothing is really changed. For most of us these drugs are so much a part of our life that they have become an automatic response. An automatic response is a habit and a habit can be changed to a large degree or transformed into a useful asset, much like our alcoholic drinking has, by the grace of our Higher Power. We are learning, in our A.A. Program, when the thought of drinking alcohol comes to mind we turn to our Program Tools for a real solution, instead of a “fix.”</p>
<p><i>Al Kohallek was reminded of the times when there were no need for forgiveness</i></p>	<p>Is there a time when forgiveness is not need even when some “wrong” was done? Yes. “We will not regret the past nor wish to shut the door on it.” (Alcoholics Anonymous – p83) In those areas we have experienced some degree of awakening, healing and/or transformation we have no need for guilt, punishment, resentment or fear. This area being healed has become an asset, which we may share with others. We have let go of our harmful judgments to some degree of others and ourselves. Without these judgments we have no need of forgiveness. This is the very best kind of forgiveness – none needed.</p>
<p><i>“One cannot teach an Old dog new tricks.” Our Program Is A Spiritual Awakening, And A Mental, Physical, Emotional, Social Training</i></p>	<p>The good news is this: We are not old dogs, nor is our Program a bag of tricks. We can learn “to practice these principles in all our affairs.” Our Program is a spiritual awakening and mind, physical, emotional, and social training process. To the degree that we experience a healing or transformation, our harmful judgments in a given area will fall away and this defect will become another asset to share.</p>
<p><i>“We are not saints”</i></p>	<p>“We are not saints. The point is, that we are willing to grow along spiritual lines.” (Alcoholics Anonymous – p60). We have a lifetime of judgments to be healed or transformed; however one transformation will not heal everything. By the grace of our Higher Power we can experience a degree of healing. This comes about when one of our patterns – a habit of thought or feeling is realized, owed as ours, not other people, places or things and surrendered to our Higher Power, Higher Self. To the degree that we can completely own and surrender these, the more complete the healing or transformation.</p>
<p><i>Willingness Is The Key To: An Open Mind Spiritual Growth Self-forgiveness Relationships Healing Loving</i></p> <p><i>No capital crimes please How these forgive: A naïve person? A stupid person? A wise person?</i></p> <p><i>Who’s Responsibility God’s or mine</i></p>	<p>The willingness to forgive is the key to all healing in all types of relationships. The key to an open mind is the willingness to forgive. The key to self-forgiveness is the willingness to forgive others. The key to our spiritual growth and awakening is the willingness to forgive. We may not be able to forgive for one “reason” or another but we can be willing even if our only motive is purely selfish, like “I just don’t want to feel this way or I’m tired of being negative, fearful and resentful.” The ability to realize the importance of forgiveness is often dismissed with little or no thought. One possible reason may be as simple as not knowing how to forgive. Often we are just unable to forgive or let go. More often it is from the core belief that when someone does something “wrong”, even if that someone is ourselves, they must be found guilty and punished. Yet when we are wrong most of us would love to be forgiven quickly. Not only that, we don’t want to see our “crime” made into a capital crime. If I want this kind of forgiveness, I must be willing to extend it to others. A naïve person both forgives and forgets; a stupid person nether forgives or forgets; a wise person forgives but does not forget. The wise person can use this experience of love to share even more than ever. Remember this: What I can do is my responsibility; all else is God’s responsibility. So all I can do at any given time is to be willing; that’s enough. Let our Higher Power do the rest.</p>
<p><i>Termites</i></p>	<p>Watch out for the termites. Termites destroy more property that all floods, wind storms, fire etc and so it is with relationships. If we don’t attend to the little angers, fears, resentments, one day when enough of these have been stuffed an explosions will happen. In other words if we don’t deal with these little guys (the Tenth Step would be useful), then one day they will deal with us.</p>

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<p><i>“Number One” Offender.</i></p> <p><i>Lou-is: I remind you Al that it is so very important that we find a solution for our resentments</i></p> <p><i>Poor me, poor me, Pour me a drink.</i></p>	<p>“Resentment is the “number one” offender. It destroys more alcoholics than anything else.” (Alcoholics Anonymous p64)</p> <p>Anger is not resentment until we re-feel it – over and over, again and again. Much like the instant replay in sports. When the pain, fear, negative stuff weakens a little we will add something more to our resentment to make it grow. We may even get the poor me’s – poor me, poor me, pour me a drink. We are likely to let the one person, place or thing own us, preoccupy our thoughts, feelings, time and energy, which we dislike or disapprove of the most. They seem to have moved into our very heart, mind, and soul. When a thought of this one comes into our consciousness we hand over our live to that one, so that one can dictate how we are to think, act and feel for a while – sometimes a long while.</p> <p>If this is so, and it is, what can we do about it? Well our A.A. Program has a solution, and that solution is what this little workshop is about.</p>
<p><i>Al: What is the “source” of resentments?</i></p> <p><i>Lou-is: It is the violation or lack of fulfillment of two of our Spiritual Gifts Love and/or Individual Created Self</i></p>	<p>Our A.A. Program is indeed a channel of Grace, offering us lots of loving, useful tools. If we are willing to use these tools to the best of our ability we are rewarded abundantly. We are awakened to the Presence of a Higher Power, the Solution, to the love we are and to the individual, with purpose each were created as.</p> <p>When we find ourselves angry, resentful and fearful know this; we have given the power to some person, place or thing to determine our human experience, instead of our Higher Power. The main “source” of our anger, resentment and fear is just that. Take any resentment you may have and ask these questions: “Are there any violations or lack of fulfillment of my love, giving or receiving? Am I being honored, respected and/or valued as the individual I am, my God created self? Have I made someone or something my “Source” other than My Higher Power?</p>
<p><i>Let’s Use Some Our Program Tools</i></p> <p><i>Always start with Step One</i></p> <p><i>Generalizing: “Now that I’ve stop drinking everyone will love me and respect me.”</i></p> <p><i>“I did not do this or that perfectly so everyone will know I’m a failure.”</i></p>	<p>If we have had previous success working our Twelve-Step Program in one area, perhaps our primary problem, we may now realize its time to reapply the program to another area of our life. One is tempted to jump over the first three Steps and start on another inventory. If we jump over the first three Steps, there is a strong likelihood that we will not have near the success with the rest of the program. We strongly suggest that when one has made a decision to work this process on a “new” area, always start at Step One. It is important that we come to the realization that we are unable with our present understanding, alone and unaided, to truly experience any real change. We need to realize that we are powerless and we cannot consistently manage our life very well with our present mindset. The mind that made us sick or limited cannot make us whole or well (Step One). We must have something other than us, higher than us, different than us if we are going to have any real long-term change (Step Two). And if we are going to be open-minded and open to a new understanding, we must be willing to let go, surrender our old personal “reality” to make room for the new (Step Three.)</p> <p>Al: Once I have admitted that I am powerless and that I cannot manage my life, then why do it again?</p> <p>Lou-is: Our mind plays tricks on us. This is a good example; where we worked the Steps on one area, and then we generalize that experience to cover all areas of our life. It would be like; we had experienced some success at our job and then think that we should automatically be successful in every area of our life. A person new in the program will often experience a lot of highs and lows, directly or indirectly, due to generalizing.</p>
<p><i>Applying The Steps to Forgiveness</i></p>	<p>We will work with brief excerpts from both - A Twelve Step Workbook – Al Kohallek Goes Stepping – Book One and Book Of Inventories Workbook – Al Kohallek Goes High Stepping – Book Two.</p> <p style="text-align: center;">For information on free Workbooks – Web Downloading - Workshops – CD Go To Page 12</p>

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STEP ONE - (Honesty) We admitted we were powerless over alcohol – That our lives had become unmanageable.

We admitted we were powerless over our limited personal “reality” - that our lives had become unmanageable. For most of us this personal “reality” has a lot of limiting, useless, even harmful habits of thoughts and feelings. These often give us the illusion that our Higher Power is not always present, that we cannot experience the fullness of love, and that we really don’t have any real individual purpose or meaning.

This program is designed to remove obstructions and create an environment where the natural healing, wholeness, and awakening can take place. The principles that cause the healing are found in the process of doing and living these suggestions. Action is the magic word.

This process of healing begins the same way in any area of our life to which we may choose to apply it. It begins with the realization that we are powerless to

Change, alone and unaided. The mind set that made us sick will not, cannot make us well. We must want a change in our life, not just need it, or we will not go to any length to get it. Many of us that have been around the program for some time and at the first sign of a problem, we want to jump into an inventory. We are suggesting that anytime we realize we are falling short of the way of life we really want to live in any area, we start at Step One and take the first nine Steps in order. A dentist had a sign in his office, “Only floss those teeth you want to keep”. We are saying: only practice this program in the areas of your life that you want to be joyous, happy and free in. We suggest that you keep your response to the questions or statements on one forgiveness or lack of it at a time. Questions for Step One:

1. List those who you most need to forgive. Choose one.
2. What pain or fear do you associate with forgiving the one you have chosen?
3. What pleasure are you getting out of not forgiving?
4. What will it cost you if there is no real forgiveness?
5. What are the benefits you could gain by having this forgiveness?
6. How has this lack of forgiveness placed your important relationships in jeopardy? (Example)
7. Have you lost self-respect and/or reputation due to this lack of forgiveness?
8. Has this lack of forgiveness made your home life unhappy?
9. Has this lack of forgiveness caused any type of illness? (Example)
10. Do you turn to the type of person that enables you to be unforgiving?
11. What part of this un-forgiveness does your loved ones, friends, family or business associates object to the most?
12. What type of abuse has happened to you and/or others due to this lack of forgiveness? (Example)
13. List examples of what you have done in the past to fix, control or change this lack of forgiveness?
14. What are the feelings, emotions, and conditions you have tried to alter or control with this unforgiveness?
15. At this time ask yourself, “If this is such an important area in my life, why haven’t I forgiven?”
16. Am I now willing to do whatever it takes to experience a complete forgiveness?
17. If your answer to number 16 is YES write out the First Step: I admit I am powerless over my inability to forgive, that my life in this area is unmanageable. I cannot, with my unaided will and present understanding, consistently manage this lack of forgiveness.

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STEP TWO (HOPE) Came to believe that a Power Greater than ourselves could restore us to sanity.

Step One shows us our problem - we are powerless over our little personal "reality". That is, we are without the ability to change our habits of thoughts and feelings alone and unaided. When we fall back into one of our ruts, habits, we are unable to consistently manage our thoughts, feelings, or actions.

Step Two tells us what the solution is. We need to find, to awaken to a Power Greater than ourselves.

So how do we do this, how do we get from Step One, the problem, to Step Two, the Solution? Well that's what our other ten Steps, the fellowship, and the rest of our program can do for us, if we are willing.

Step Two is the result of the process found by living and practicing this Program. The following two suggestions will help us get a feel for what's to come.

a). Would it be possible for you to recall the times when you experienced that a Power Greater than yourself did for you what you could not do for yourself, be precise. If you cannot recall an experience related to the area, (forgiveness) you are presently working on. Any experience with your invisible means of support will do.

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b). List as many ways as you can of anything that you are grateful for, from the least important to the most important. We want to begin to build a new habit of gratitude in our everyday life. We are suggesting that you keep this running list of "I am grateful for:" at least 40 days. I AM GRATEFUL FOR:

STEP THREE (FAITH) MADE A DECISION TO TURN OUR WILL AND LIVES OVER TO THE CARE OF GOD, AS WE UNDERSTOOD HIM.

Making a decision may run to the extremes, from a total commitment to a meaningless gesture. Even if we are totally committed to change but we have the same old personal "reality," then nothing has really changed yet. This means that we are likely to fall back into one of our old ruts, habits. If we say to ourselves, "I'm going to do this thing come hell or high water," and fail to live up to our promise, which is very likely because our old habits are still running on automatic, we will even feel worse about ourselves.

This, by the way, is one of the main characteristics of addictions, the loss of willpower. Each time our willpower fails, with our best intentions, we feel even more hopeless, useless, powerless, and worthless. The greatest damage to our self-esteem comes from repeated failures at trying to change addictive, habitual

behavior alone and unaided. It does not hurt much until we really try our best to stop, to change and cannot. This really **trying alone and unaided with the same old personal "reality," is one of the main causes of our hitting our personal bottom.** It gets us ready for this Program and for sure a Higher Power.

"There is only one key, and it is called willingness. Once unlocked by willingness, the door opens almost of itself. Looking through it, we shall see a pathway with an inscription. It reads: This is the way to a faith that works." (Twelve Steps and Twelve Traditions, Step Three reprinted with permission)

There were ten black birds on a wire. One decided to fly. How many were left? Ten. One decided but none flew. That was a meaningless gesture.

1. State what it means to you when you make an important decision.
2. State what is this "will" and "life" you are asked to turn over.
3. State what it means to you "to the care of God."
4. State what it means to you "as you understood Him."

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(A) A QUESTION OR STATEMENT:	<i>List examples where your selfish or self-centeredness got in the way of unity, love or "our common welfare."</i>
(B) RESPONSE:	<i>My wife found out about my mistress when I went by the office drunk</i>

(C) I AM RESENTFUL AT:	(D) WHAT WAS THE CAUSE OF THIS RESENTMENT?
<i>Mr. Brown</i>	<i>His attention to my wife – told my wife about my mistress – He's after my job</i>

(E) ASSET(S):	(F) HOW WAS THIS ASSET EXPRESSED – OR -- VIOLATED?
<i>Trust and love</i>	<i>My wife does not love or trust me – Brown told my boss about my drinking</i>

(G) RECEIVING AND GIVING LOVE:	(H) VALUED AS THE INDIVIDUAL I AM:
<i>I must have someone to love & I must be loved</i>	<i>I am of more value than I am demonstrating</i>

(I) WHAT WAS MY PART AT THE TIME?	(J) HOW WAS I AFFECTED AT THE TIME?
<i>I shouldn't have gone by the office drunk</i>	<i>I was really stressed out so I drank more</i>

(K) HOW DO I SEE MY PART TODAY?	(L) HOW AM I AFFECTED TODAY?
<i>I was so selfish, lustful and I drank too much</i>	<i>I was caught and my denial came down</i>

(R) RATIONAL (I) IRRATIONAL

(M) I AM FEARFUL OF:	(N) WHAT WAS THE CAUSE OF THIS FEAR?	R	I
<i>Brown/My Wife</i>	<i>I fear Brown will get my wife and my job</i>		<i>x</i>

(P) I HARMED:	(Q) WHAT I DID OR DID NOT DO TO CAUSE THE HARM:	(R) HOW DID I HARM MYSELF?
<i>Wife/Brown/Mistress</i>	<i>I was unfaithful to my wife – I burned Brown – I used my mistress</i>	<i>I cut myself off from the love I needed – drank too much</i>

(S) AM I WILLING AND ABLE TO FORGIVE THIS PERSON?	(T) AM I WILLING AND ABLE TO FORGIVE MYSELF?
<i>Yes – I am willing and able</i>	<i>Yes – I am willing but I am not able</i>

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(A) A QUESTION OR STATEMENT:	
(B) RESPONSE:	

(C) I AM RESENTFUL AT:	(D) WHAT WAS THE CAUSE OF THIS RESENTMENT?

(E) ASSET(S):	(F) HOW WAS THIS ASSET EXPRESSED -- OR -- VIOLATED?

(G) RECEIVING AND GIVING LOVE:	(H) VALUED AS THE INDIVIDUAL I AM:

(I) WHAT WAS MY PART AT THE TIME?	(J) HOW WAS I AFFECTED AT THE TIME?

(K) HOW DO I SEE MY PART TODAY?	(L) HOW AM I AFFECTED TODAY?

(R) RATIONAL (I) IRRATIONAL

(M) I AM FEARFUL OF:	(N) WHAT WAS THE CAUSE OF THIS FEAR?	R	I

(P) I HARMED:	(Q) WHAT I DID OR DID NOT DO TO CAUSE THE HARM:	(R) HOW DID I HARM MYSELF?

(S) AM I WILLING AND ABLE TO FORGIVE THIS PERSON?	(T) AM I WILLING AND ABLE TO FORGIVE MYSELF?

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<i>Forgiving Long-Term Resentments</i>	Al: Why can't we experience forgiveness in some important long-term relationship? Lou-is: That's what our next project is for. Respond to the following.
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FORGIVENESS is the key to all happy and loving relationships. Sometimes the hurt seems to be too much for us to forgive. In this case willingness to forgive is the key. However, we may be unable or unwilling to forgive (check out the Forgiveness List Boxes). For those whom we have a difficult time forgiving it is suggested that you pray for the willingness to forgive. Put these people on a prayer "hit list." Pray for this person five times a day (upon awakening, mid morning, noon, mid afternoon and before you go to sleep), for two weeks or whatever time it takes for you to experience that you have forgiven.

Perhaps the most difficult is the forgiving of ourselves. There are a number of reasons for this, one being the fact that we have too much inside information, which includes an abundance of our falling short. We hear a lot of talk about this program and life in general being a process, going from limited to less limited ad infinitum.

However, most of us believe some day we will graduate, once we get "it" right or when we earn "it." Instead of seeing each experience as a stepping-stone, we often view it as stumbling block, a cause for disappointment and this calls for guilt and punishment. The beatings will continue until we become perfect. We would be far ahead of the game if we would be willing to forgive quickly and seek correction, leaving the results to our Higher Power.

One of the most common problems with forgiveness is the forgiveness of those we have had long-term relationships with. We believe the primary reason is our changing the "crime" as the years roll by. We have forgotten what we were upset about when the "crime" happens and we read in today's understanding. The following format will help you let go of the past. God can and will do for us what we cannot do for ourselves, if we trust Him.

1. Name of the one who harmed you.

2. What did they do or not do to harm you?

3. How did you react at the time the harm was done?

4. How did you feel and/or think at the time the harm was done?

5. What about now? How do you feel and/or think about the harm done?

6. How do you react when you think of, hear of, or see the one that harmed you?

7. Go to the right hand column of the Forgiveness List Boxes. Which of those items stand out?

8. Are you now willing to forgive so you can be free?

9. Now ask your Higher Power to bring about this forgiveness at all levels, even for this one moment. You can always take it back if you don't care for the freedom. It is important to seek the healing for the way you thought and felt at the time of the "crime" as well as the present.

10. As a rule it is useful to follow up after the forgiveness with a visit or a call to make sure the wall is down, unless it would cause the other person harm. When the thought of this person comes to mind, bless them and turn again to your Higher Power.

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<p><i>Lou-is: Here is a way we can experience a true forgiveness in this present moment. This is the only Real Time we have.</i></p> <p><i>We may read a thousand menus and cook books and starve to death but if we have just one bite our nourishment begins</i></p> <p><i>Our personal power comes with our choices</i></p> <p><i>Do we choose to have our Higher Power as our Source Or????</i></p>	<p>Yes, we can experience an instant forgiveness, even here and now, one moment at a time. If you do not get anything else out of this workshop but this simple process of Instant Forgiveness, if you are anything like me, then count this workshop a great success.</p> <ol style="list-style-type: none"> 1. Pick out one of your worse resentments, one you have held on to – far too long. 2. Just be sure you are willing to let it go – not able but willing. 3. Find a motive, with in your self, no matter how selfish it may be, one that your head and your heart can agree on. For example; <i>Al was so tired of being negative, fearful and anger at Sam M. that he no longer cared who did what, to whom, he just wanted to be free, so he no longer felt, thought, and acted as he did when he thought or heard Sam's name.</i> Al's sponsor, Lou-is Pazeniton had told him, "<i>God answers the prayers of the heart because He put them there.</i>" 4. When you truly realize that you want even a few minutes of freedom – say something like this: God I am so tied of thinking and feeling this way – I am so willing just for this moment to forgive myself and (name of the person, place or thing) for any wrongs, real or illusion that I did or did not do or they did or did not do. 5. God I am willing but not able at this time to forgive – so I entrust this to you. 6. Thank you, 7. Now let it go – one moment at a time – <u>this one</u>. Repeat this any time a thought of this one comes back. Bless both of you and turn it back to your Higher Power. 8. We have the power to choose in this moment – this present one – it is the only one there is. 9. Leave the results to your Higher Power – He will do for us what we cannot do alone and unaided.
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<p><i>A Simple Technique</i></p> <p><i>Brief excerpts form: The Sermon On The Mount – By Emmet Fox The Chapter Forgive Us Our Trespasses, As We Forgive Them That Trespass Against Us</i></p> <p>-----THE METHOD</p>	<p>The technique of forgiveness is simple enough, and not very difficult to manage when you understand how. The only thing that is essential is willingness to forgive. Provided you desire to forgive the offender, the greater part of the work is already done. People have always made such a bogey of forgiveness because they have been under to erroneous impression that to forgive a person means that you have to compel yourself to like him. Happily this is by no means the case – we are not called upon to like anyone whom we do not find ourselves liking spontaneously, and, indeed, it is quite impossible to like people to order. You can no more like to order than you can hold the winds in your fist, and if you endeavor to coerce yourself into doing so, you will finish by disliking or hating the offender more than ever. We are not obliged to like anyone; but we are under a binding obligation to love everyone, love, meaning a vivid sense of impersonal good will. This has nothing directly to do with the feelings; through it is always followed, sooner or later, by a wonderful feeling of peace and happiness.</p> <p>The method of forgiving is this: Get by yourself and become quiet. Repeat any prayer or treatment that appeals to you, or read a chapter of the Bible. Then quietly say. "I fully and freely forgive X (mentioning the name of the offender); I loose him and let him go. I completely forgive the whole business in question. As far as I am concerned, it is finished forever. I cast the burden of resentment upon the Christ within me. He is free now, and I am free too. I wish him well in every phase of his life. That incident is finished. The Christ Truth has set us both free. I'd thank God." Then get up and go about you business. On no account repeat the act of forgiveness, because you have done it once and for all, and to do it a second time would be tacitly to repudiate you own work. Afterward, whenever the memory of the offender or the offense happens to come into your mind, bless the delinquent briefly and dismiss the thought. Do this, however many times the thought may come back. After a few days it will return less and less often, until you forget it altogether. Then, perhaps after an interval, shorter or longer, the old trouble may come back to memory once more, but you will find that now all bitterness and resentment have disappeared, and you are both free with the perfect freedom of the children of God. Your forgiveness is complete. You will experience a wonderful joy in the realization of the demonstration.</p>
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A Pathway To Forgiveness
Al Kohallek Goes On A Forgiveness Frenzy

<p><i>The Sermon On The Mount – By Emmet Fox Continued</i></p> <p><i>Practice general Forgiveness every day</i></p>	<p>Everyone should practice general forgiveness every day as a matter of course. When you say your daily prayers, issue a general amnesty, forgiving everyone who may have injured you in any way, and on no account particularize. Simply say: “I freely forgive everyone.” Then in the course of the day, should the thought of grievance or resentment come up, bless the offender briefly and dismiss the thought.</p> <p>The result of this policy will be that very soon you will find yourself cleared of all resentment and condemnation, and the effect upon your happiness, your bodily health, and your general life will be nothing less than revolutionary.</p>
<p><i>Brief excerpts from: Winning Through Enlightenment Ron Smothermon</i></p>	<p style="text-align: center;">Chapter Ten: Forgiving</p> <p style="text-align: center;">Forgiving someone is solid proof of your intent to live your life now, while you have it, and be dead later, when you are,</p>
<p><i>Somebody Did Me Wrong Song</i></p>	<p>From time to time in life people will do things to you, which definitely will not promote aliveness or satisfaction in your life. They may do these things over a period of years, without your cooperation. While it is true that you create the experience of having something “done” to you, it is also true that <u>people are doing things to you.</u></p>
<p><i>Hold everyone accountable including yourself</i></p> <p><i>If we don’t we are asking for it</i></p> <p><i>What does it mean to hold someone accountable?</i></p>	<p>Now, while I don’t want you to make people wrong for their actions, I definitely want you to hold them accountable for their actions, chances are that things will never get to the point that you will have something done to you important enough to require “forgiving.” If you don’t hold people accountable for their actions, you are asking for it and you have probably noticed that you are getting it. What it means to hold someone accountable for their actions is that you notice their actions, then you communicate to them what you know about the consequences of those actions in this world. In other words, you assist people through their unconsciousness about what they are actually up to in their lives. That is what I am doing here, with you, by the way. To hold people accountable for their actions means operation outside the right/wrong system. When you make people right or wrong they become less conscious. In the case of making them right, they are not challenged to look at their life. If you make them wrong, they mobilize their defenses to ward off your attack and make themselves right. No one is less conscious than someone engaged in being right.</p>
<p><i>Keep it simple. To forgive means that you give up forever all claim for revenge. “Forever”</i></p> <p><i>Notice that you don’t have to give up revenge, only the claim for it.</i></p>	<p>So, if you have been holding people accountable for their actions consistently, you probably don’t have much to forgive anyone for. Probably you have been letting accountability slide and feel that you have a little or a lot to forgive. What forgiving someone means is that you give up forever all claims for revenge. That’s it. Period. Stop. Don’t add any extra baggage to it. Keep it simple. To forgive means that you give up forever all claim for revenge. Notice that you don’t have to give up revenge, only the claim for it. And get that word “forever.” It carries the unconditional nature of forgiving. To “forgive” doesn’t mean that you get to attach conditions to it. You don’t even get to attach the condition called “I’ll forgive you if you never do it again.” Therefore, if they do it again you don’t have to forgive them again; you already did that. Don’t be repetitive. If you come to think that you have to forgive them again, you didn’t do it in the first place. We will have to call what you did by some other name. So forgiving someone isn’t a righteous ritual that you go through time after time. Hold it! I did not say that you do not hold them accountable. You had better hold them accountable unless you really want it done to you. What this means is that after you forgive someone for something, you are then outside the right/wrong system. If they do it again, they are not wrong and they are responsible for the consequences. This should give you a clue as to whom you go through the forgiveness process for.</p>
<p><i>Whom You Do It For Is You</i></p>	<p>If you think you have forgiven people for their sake you don’t know what it is to forgive. Whom you do it for is you. They don’t need to be forgiven. They did what they did and that is it – except for the consequences, which they get to live with. Your forgiving someone doesn’t erase the consequences. The consequences are the consequences. So you are doing this “forgiving” for you, so that you can get off your grudge and get your life on the road. You see, you have a lot of vital life energy tied up in you grudges. By detaching yourself you get all the energy back. You can now make up even more mischief.</p>

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<p><i>How Do You Know</i></p> <p><i>One thing will definitely happen; your relationship with whoever it is will clear up remarkably. If it doesn't, then you didn't forgive.</i></p>	<p>How will you know when you have forgiven someone? Well, you will know and you don't need a "how" for this one. It will be obvious to you, but oddly enough it doesn't "feel" any certain way every time. You may feel any difference at all and chances are you will soon notice that you have more energy than you thought you had, but maybe not. One thing will definitely happen; your relationship with whomever it is will clear up remarkably. If it doesn't, then you didn't forgive. You will notice that you don't ruminate about how wronged you have been. You will notice that you sleep more soundly, perhaps, and perhaps not.</p>
<p>Forgiving – It Is Simple</p>	<p>Forgiving is not complicated; it is simple. You simply identify the grudge and ask yourself, "Am I willing to waste my energy further on this matter?" If the answer is "no," then that's it. If the person is available you may want to tell them. But that is not what it is about. You are doing it for you, not for them. Therefore, telling them is just a little extra, added on at the end, if you want to add it. But forgive; you really do have to get into a condition of honesty about what you are blaming whom for. Until you tell the absolute truth about it to your Self, you can't forgive.</p>
<p><i>There Is A Choice</i></p> <p><i>When you choose something, you are the responsible agent</i></p>	<p>After the truth is told you have to know that there is a choice: you don't have to forgive anybody. You can hang onto your grudges until you die and you can take them to the grave if you like. If you do, you are not wrong, for people choose to do this all the time. Bearing grudges to the grave is a style of acting in life. Be certain that you see what the consequences are; then choose. When you choose something, you are the responsible agent so you might as well have clarity about it. So choosing is not something we can make you do or not do. You can't forgive someone because you "should."</p>
<p><i>No Matter Living Or Not</i></p>	<p>By the way, if the person you have in mind is no longer living, that is of no consequence where forgiving is concerned. In fact, if they are no longer living that condition gives you a terrific opportunity to experience whom you are forgiving for.</p>

<p><i>Brief excerpts form: To Give Is To Receive Gerald.G.Jampolsky</i></p> <p><i>Forgiveness Is The Key To Happiness</i></p>	<p>The emphasis underlying this course is that inner peace can be reached only when we practice forgiveness. Forgiveness is the letting go of the past, and is therefore the means for correcting our misperceptions.</p> <p>Our misperceptions can only be undone now, and this is possible only through the process of letting go whatever we think other people may have done to us, or whatever we may think we did to them.</p> <p>Through true forgiveness we can stop the endless recycling of guilt, and look upon ourselves and others with love. Forgiveness permits us to let go all thoughts that seem to separate us from each other. Without the belief in separation, we can accept our own healing and extend healing love to all those around us. Healing then, becomes the thought of unity.</p> <p>Whenever I see someone else as guilty, I am reinforcing my own sense of guilt and unworthiness. I cannot forgive myself unless I am willing to forgive others. Only through forgiveness can my release from guilt and fear be complete.</p>
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<p><i>Information About Free Stuff</i></p>	<p>Workbooks:</p> <ul style="list-style-type: none"> • A Twelve Step Workbook – Al Kohallek Goes Stepping – Book One • Book Of Inventories Workbook – Al Kohallek Goes High-Stepping - Book Two • Both Workbooks on Computer CD in a Microsoft Word and PDF Format <p>Workshop Papers:</p> <ul style="list-style-type: none"> • Transformation – Al Kohallek's Spiritual Journey • Al Kohallek Goes On A Forgiveness Frenzy – A Pathway to Forgiveness <p>Weekly Workshop Meetings – Call for what we are currently working on – Day - Time Workshops – Call for the subject we will focus on – Dates - Times</p> <p>Web Address – www.12stepworkbook.org - Phone # 210 493 5983 - Fax – 210 493 3946 Address: Jim Willis - 16607 Blanco Road Suite 401 – San Antonio, Texas 78232-1940</p>
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Alcoholics Anonymous - Third Edition

FORGIVE

p106 – Next day they would be themselves again and we would forgive and try to forget.

p134 – They cannot seem to forgive and forget.

p463 – Forgive me – I cannot write further about this latest turn of events, anticipating seeing the family I deserted so long ago.

p536 – If I write with the air of one who has discovered the obvious, which is to say, the eternal truths which have been offered to us since the beginning, forgive my callowness; I had to find these things out for myself.

FORGIVEN

p70 - If we are sorry for what we have done, and have the honest desire to let God take us to better things, we believe we will be forgiven and will have learned our lesson.

p140 – If you concede that your employee is ill can he be forgiven for what he done in the past?

p242 – Back at camp, all was forgiven because it was the End, But in the light of what I have since learned I know I was a confirmed alcoholic at nineteen.

p533 – There was the father broke his solemn word in a circumstance where you, eleven years old, had assumed guilt when you were innocent; but the father would not believe you, no matter what; and to ease his suffering you “confessed” and were “forgiven,” only – months later – to have you knew what he was talking about – brought up in front of the stern grandmother.

FORGIVENESS

p79 - We suggested he write his first wife admitting his faults and asking forgiveness.

p86 - After making our review we ask God’s forgiveness and inquire what corrective measures should be taken.

p362 – Time after time I would beg forgiveness on bended knees, with tears rolling down my cheeks, and promise I would never again drink too much.

p536 – I ask the forgiveness of the reader; and from now on I shall try to write with the humility I honestly pray for.

FORGIVING

p77 - We go to him in a helpful and forgiving spirit, confessing our former ill feeling and expressing our regret.

Twelve Steps and Twelve Traditions - Alcoholics Anonymous

FORGIVE

Contents – Step Eight – Obstacles: reluctance to forgive; non-admission of wrongs to others; purposeful forgetting.

p58 – Step Five – Often it was while working on this Step with our sponsors or spiritual advisers that we first felt truly able to forgive others, no matter how deeply we felt they had wronged us.

p65 – Step Six – If we ask, God will certainly forgive our derelictions. But in now case does He render us white as snow and keep us that way without our cooperation.

p91 – Step Ten – In all these situations we need self-restraint, honest analysis of what is involved, a willingness to admit when the fault is ours, and an equal willingness to forgive when the fault is elsewhere.

p101 – Step Eleven – He thought it better to give comfort than to receive it; better to understand than to be understood; better to forgive than to be forgiven.

FORGIVEN

p58 – Step Five – This vital Step was also the means by which we began to get the feeling that we could be forgiven, no matter what we had thought or done.

p99 – Step Eleven – It is by forgiving that one is forgiven.

FORGIVENESS

Contents – Step Five – Lose sense of isolation, receive forgiveness and give it; learn humility; gain honesty and realism about ourselves.

p58 – Step Five – Our moral inventory had persuaded us that all-round forgiveness was desirable, but it was only when we resolutely tackled Step Five that we inwardly knew we’d be able to receive forgiveness and give it, too.

p78 – Step Eight – obstacles, however, are very real. The first, and one of the most difficult, had to do with forgiveness. --- If we are now about to ask forgiveness for ourselves, why shouldn’t we start out by forgiving them, one and all?

p99 – Step Eleven – that where there is wrong, I may bring the spirit of forgiveness.

p101 – Step Eleven – Then he asked for the grace to bring love, forgiveness, harmony, truth, faith, hope, light, and joy to every human being he could.

FORGIVING

p82 – Step Eight – admitting the things we have done, meanwhile forgiving the wrongs done us, real or fancied.