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*A Guide for  
Working The Steps  
with  
Alcoholics*

(in groups or one-on-one)

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**How to Sponsor**

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*How to Work the Steps with  
People Having a Problem  
with “the God Part”*

## DISCLAIMER

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## RATIONALE

This guide has been written after interviews in October of 1998 with a man with 63 years of sobriety who sobered up with Bill Wilson in 1934 and shared with us the way they guided people through the steps in the early days when their success rates for recovery were so much higher than typical rates today. The guide also is based on information collected from people who were taken through the steps by Dr. Bob and by Clarence S. as well as from information shared by Clarence S. in interviews and while face-to-face with a member of our home group.

This is not OUR way to guide people but is, as closely as our years of research have been able to learn, how THEY did it when the success rates were tremendous. We are not attempting to tell anyone how to do anything. This is written in response to requests from people who have recovered, and recovered quickly and miraculously, as a result of working the steps as outlined here. Currently, the guide is being used in the U.S. , Canada, Israel, Finland, Mexico and 23 states and amazing results are being reported. In the beginning of working with others, you may want to use this guide one-on-one with another in the recovery process, each taking turns reading a page at a time and doing the steps together. Later, you might try it the way the founders did: taking large groups through in classes and workshops. May you

**tap The Higher Power within to assist others who are suffering from any addiction that is separating them from The Higher Power, from others, and from their true Self.**

### **A CONSIDERATION**

Many of us believed for years that our way of doing things and seeing things was the only right way. As we begin to seek a better way of living than we've had, please consider five men:

Man #1 is an English-speaking Christian who tries as best he can to live according to "God's Will" and Christian principles. Men 2-5 are non-English-speaking, non-Christians, in the majority of on earth. They have never heard the term "God" used. Yet Man #2 tries as best he can to live his life tapping into his "higher-plane-thought-life" rather than his "lower nature." Man #3 tries to live his life guided by listening to his "inner resource" and his "Divine Mind" rather than being influenced by his culture. Man #4 tries as best he can to live his life being driven by a "Creative Intelligence" within himself rather than by the self-destructive intelligence that causes so many problems. Man #5 follows the teachings of a human philosopher, such as Confucius. Now is it possible that each of those men could end up having lived equally productive lives of similar "quality" and behavior? Or must they follow the one way that was programmed into others? Is it possible that those who claim that their way is "the only way" might be wrong about that notion? Might we get free of the belief that there is only one right way to live, to think, to believe, and to have the good life? Is it possible that the mind of the Peruvian, the mind of the Tibetan, the mind of the Cambodian and the mind of every other person on earth has within it an ability to differentiate true from false and to formulate a way to live that is right for them at the moment they are living? Is it possible that there is a big difference in my being awakened to myself and my being awakened to my Real Self, to my "sixth sense," as our book says? Can we learn to live in a way that the Real Self knew prior to receiving the faulty programming from an ego-driven culture? Is any of that possibly true? Is it possible that each phrase in quotes above, quoted from our BB, might provide truth and a course for living the good life? Might there really be an inner resource that can help us? Might there really be a "Divine Mind" that can circumvent wrong thinking? Might there be a Creative Intelligence that could eliminate

our self-destructive behaviors? Is it possible that each phrase in quotes above from our Big Book might provide truth and a course for living the good life? We invite you to be open-minded to the principles to be presented and see if there might be some new truth in them for you.

**SESSION ONE** (You may want to break after 3rd Step or 5th, depending on time. NOTE: Run off copies of the APPENDICES in the back for each person working the steps)

Bill Wilson said once on a tape that the teaching and the practice of the Twelve Steps is the only purpose of any recovery group, so original AA offered classes to teach people the Twelve Steps. Back then, 8 out of 10 got sober in AA; today, we are down to 1 in 10. To try to get the higher results, we are doing it the way it was originally done. Our journey through the steps is interactive, so we are going to ask some questions we'd like you to answer. First, do you want to find a design for living that is better than what you've had, drunk or dry drunk? To what length are you willing to go to get a new and better life?

The people who go back out and drink are usually the ones who stop either after Step Three or after Step Eight, so are you willing to take all twelve steps required for successful completion? How soon do you want to get better? Then let's see which type drinker you are. Two types, moderate and hard drinkers, can quit on their own if they have a good reason. The third type doesn't quit, even with many good reasons indicated. Only 2 things make one the third type, which is the real alcoholic: we lost choice and we lost control. Did you ever say you were going to quit, tried to quit, but didn't? Then you lost choice. Did you ever say you were going to drink but were going to control the amount you drank, but failed? Then you lost control. So, do you concede to your innermost self that you are not a moderate or hard drinker but that you are a real alcoholic?

There is a need to work the steps if your life has any of the 8 traits of untreated alcoholism. How many of these are you experiencing now: 1. Having trouble in personal relationships (including ourselves, at work, in traffic, etc.) 2. can't control our emotional natures (ever have up and down days? Ever behave irrationally because of fears or for love?) 3. we're a prey to misery and depression 4. We can't make a living--a decent life 5. we feel useless 6. we're full of fear--we worry a lot 7. we're unhappy 8. We can't be of real help to other people. So do you have one or more of those? Then it's time to work the steps.

STEP ONE has two parts. It says: **We admitted that we were powerless over alcohol--that our lives had become unmanageable.** “Powerless” over alcohol means we lost choice and control. We’ll explain why later. An “unmanageable life” means that life is crazy or that we don’t feel happy, joyous, or free. We do crazy things when we’re drinking, but we do crazy things when we’re not drinking, too. Do you agree that a crazy, unhappy life is a poorly managed life? Do you want to find out how to change that?

Alcoholism is a two-fold illness, made up of an allergy of the body and an obsession of the mind. The first part is physical. We are powerless over alcohol physically. Why? Who is allergic to a food or a medicine or can name something they hate to eat? What effect does it have on you? And you’ve never had any \_\_\_\_ since finding out the effect? What effect did alcohol have on you at the end of your drinking experience? So you can control \_\_\_\_ because it does this \_\_\_\_, but you can’t do the same with alcohol. Here’s why. There is something called “the phenomenon of craving.” One component alcohol breaks down into is acetate, a chemical that passes through the liver and pancreas that creates craving for another drink. In 88% of the population, it passes on quickly. Alcoholics have a liver and a pancreas that function at 1/3 to 1/10 the normal rate, varying as we get older. Because the liver and pancreas of an alcoholic function slower, the acetate stays in us, creating a craving for another drink. We have another. Now we have two times the craving. Then we take a third and we have a craving three times stronger than any normal drinker can experience. We cannot stop after our allergy kicks in. Have you ever experienced the phenomenon of craving? Then do you concede to your innermost self that this allergy, this phenomenon of craving, makes you physically powerless over alcohol and that you can never change that physical allergy?

Next, the second part of our disorder is mental. In fact, our literature says it is the “**main** problem.” Specifically, it says: “...the **main** problem of the alcoholic centers in [the] mind, rather than in [the] body.” So our problem is mainly mental. Why? You have an effective mental defense against \_\_\_\_ . You don’t consume it. But you keep going back to alcohol, even having experienced many negative effects. Know why? All people have three parts to their minds: the conscious part--which determines what we SAY, and the subconscious part--which determines what we really DO and how we FEEL. For example, with our conscious minds we’d say “I’ll never do that again,” but we did, because of what’s in the subconscious mind and the fact that the subconscious mind influences us more than the conscious mind. Some call

the conscious mind the physical mind. Illogical behavior comes from the subconscious mind. Here's an example: One of our members, when a child, suffered 26 wasp stings to the head. Today, in his 50's, if a fly buzzes by his ear, he jumps. Is it normal to jump if a fly goes by? NO. Does he understand why he jumps? YES. Because somewhere in his subconscious mind is a record of the pain he suffered 5 decades earlier. But even understanding that does not stop his abnormal reaction.

Please consider this: What is in your subconscious mind? None of us have a clue, do we? But the professionals in the field tell us that stored in the subconscious mind is a memory of everything that we have ever seen, felt, observed, or experienced. The conscious mind cannot recall all that, but it's there. And it influences every idea, emotion and attitude we have. And THOSE, not our conscious minds, determine how we really think, feel, and believe and ultimately what we DO. If we are to stop being self-destructive and reacting by drinking to those things in our subconscious minds that make us restless, irritable, and discontented, we have to bypass all the subconscious things that make us FEEL as we feel DO what we do, even when it makes no sense. We have to give up our ideas, our emotions and our old beliefs that were programmed into us, because they are not resulting in a happy life.

So let's review, because this is the MAIN problem: there are things in the subconscious part of your mind that you don't even know are there but that really make you do what you do, think the way you think, believe the things you believe and feel the way you feel. We say, using our conscious minds, that we'll quit, but the subconscious mind has a record of times when we were restless, irritated, discontent, or bored and we drank and it gave us ease and comfort. Later, it quit working, but that message remained in the subconscious brain even as our conscious minds were telling us, "I really have to stop doing this--I'm destroying myself."

So even as we repeatedly failed to get the positive results we sought, trying over and over unsuccessfully to recapture a former experience, the subconscious mind kept telling us a lie: that it will be different this time; that we will enjoy it this time; that we can control it this time. And we think and behave that same way in relationships. How many have stayed in a relationship that is no longer working with the hope that somewhere along the way that old early feeling would return, believing we can do the same thing over and over and end up with a good relationship? We believe lies. It is insane to believe lies. Can you admit to your innermost self that you have done things in the past or even recently made some decisions that were not

in your best interest--things, for example, that are unhealthy to your body, physically? Is it sane to do things that are unhealthy to our body, or our peace of mind, or our emotions?

STEP TWO says: **“Came to believe that a Power greater than ourselves could restore us to sanity.”** The insanity referenced in Step Two is just that: believing lies and letting them result in unmanageable, miserable lives. On first seeing a step about restoring us to sanity, we hated the thought that someone might accuse us of acting crazy at times--drunk or not drunk--but then the literature tells us, “The first thing apparent was that this world and its people were often quite wrong.” That means, people, all people--not just alcoholics--often aren't quite right! George Bernard Shaw said that the earth is the insane asylum for the universe. But we cannot do anything about the insanity of others. In fact, since we consciously say we are going to do one thing but then DO the opposite, we obviously can't do anything about our own crazy behavior, either. So we are powerless over our both our minds and our bodies. Can you look at some of your past experiences and relate to that? Can those of you dry for any period of time see that, even dry, you have done some things that were self-destructive or harmful to your relations or best interests? Can those of you dry for any period of time see if you're currently addicted to something else that is also harmful to you?

Step Two tells us that there is some power that other alcoholics before you--who were just like you--have found that made them stop believing lies such as “maybe real alcoholics can drink as normal drinkers some day” or like, “My behavior used to be insane but it's not insane any more.” That power can restore us to sanity so that we can react sanely and normally to alcohol by not using it and so we can react sanely and normally in life without alcohol. And that happens “automatically,” we are told, by the time we work to Step Ten. The power manifests in the form of sanity within us. More importantly, that power, which the Big Book on page 86 calls a “higher plane” thought-life that we are capable of thinking on, can guide us through the day, away from insane behavior to sane, non-self-destructive behavior. Please remember: our MAIN problem centers in the mind, so here's why we are told we must do daily PERSONAL inventory: Brooks Johnston, Sr., who was the Chief Administrator of the Rusk State Mental Hospital for over 20 years told one of fellowship: ***“We lock ‘em up in here for two reasons: (1) either they're in delusion . . . so they can't see reality, can't tell the difference in what is true and what is false; can't be honest with themselves; or, (2) they tend to hurt themselves, or others, or both.”***

Without using the daily mental exercises learned in AA, we can get back into delusions and into harming ourselves or others. Can you admit that you have done some things that are harmful to yourself, that were self-destructive? Do you think that is sane behavior? So can you concede to your innermost self that you have experienced the obsession of the alcoholic mind and that you are, therefore, mentally powerless over alcohol? Do you concede that an unmanageable life is an insane way to live and that you evidently need some power you haven't found so far to stop the physical craving, the mental obsessing, the unmanageable behavior, and the crazy behavior? Can you see that we really do have a thinking problem, not a drinking problem?

We've admitted doing self-destructive things. Those things were based in the thinking that came from what the Big Book calls on page 68 your "lower nature," the thoughts that come from your lower self, your false self, rather than your Higher Self--your "spiritual mind." But there have been times when you walked away from self-destructive things, and that was a result of thoughts that originated in your Higher Self, or your higher power within. Have you experienced both kinds of thoughts: creative thoughts and self-destructive thoughts? Then the Second Step question is can you concede to your innermost self that there is some higher power within you that is greater than the lower nature thoughts that have been driving you? Are you willing to try to tap into that power that saved us from ourselves in order to quit doing crazy things and to come up with a new design for living that will result in a happy, manageable life?

Then you have completed Steps One and Two. Now, in Step Three we are invited to make a decision to turn our will and our lives over to the care of some power that is greater than what we have so far found in our lifetimes. We are told that we must find a new, positive conception of what the higher power really is, and that fact brings us to a new, vital idea. We said earlier that there are three parts of the mind and we discussed two of them: the conscious and the subconscious parts. Now we're going to discuss the third part, which the Big Book calls the "Universal Mind," the "Divine Mind," the "Creative Intelligence."

Many of us came in with the idea that the higher power had to be known by the name some religions use: "God." For many, that "God" was said to be angry, record-keeping, dogmatic, mean, and punishing. The higher power of our new conception is just The Higher Power Within that can guide us to quit doing insane, self-destructive things. We are told on page 503 that we can call the power "God, Allah, Confucius, Prime Cause, Divine Mind, or

any other name because it doesn't matter how you define that higher power." On page 569 we are told that "with few exceptions our members find that they have tapped an unsuspecting inner resource which they presently identify with their own conception of a power greater than themselves." Could that "inner resource" be what is referred to on page 46 when the Big Book tells us that "as soon as we admitted the possible existence of a Creative Intelligence we began to be possessed of a new sense of power and direction...."? Dr. Tiebout, Bill's psychiatrist and a major contributor to AA philosophy says on page 571 that the job of the psychiatrist working with one addicted is "to break down the patient's inner resistance so that which is inside him will flower."

AA is a spiritual program, not a religious program. If you want to define the power as a physical, male entity sitting on a throne you can; but if you don't see the power as a male sitting on a throne but choose instead to see it as a power sitting dormant within each of us that needs only to be awakened so that we can tap into its "power and direction," that is OK, too. Don Miguel Ruiz, in his book The Mastery of Love, says: "You don't need other humans to tell you what the (so-called) Will of God is. [Once you do the steps, there's no] intermediary. When you know that the power that is Life is inside you, you accept your own Divinity, and yet you are humble, because you see the same Divinity in everyone else." Now his idea and those ideas referenced from the Big Book are consistent with the point made on page 23 that our main problem centers in the mind. So we ask, might the path to recovery--to being restored to sanity--involve tapping into what the Big Book calls the "Spirit of the Universe" within us, our Right Mind rather than the Wrong Mind--the subconscious? Is it possible the BB is right when it says that "*a Creative Intelligence*" can provide "*a new sense of power and direction*"? That "Creative Intelligence" would be the opposite of our human intelligence that has led to an unmanageable life, because our human intelligence led to self-destructive behavior, not creative behavior. That should make it real easy to answer this question, then: "Is there anyone in this room who would not like to seek such a power that can make her or him behave more sanely and in a less self-destructive fashion?"

The opposite of self-destructive and insane living is called "spiritual living," because one definition of a spiritual person is "a person who has clear and right and logical thinking." If a man should choose not to kill a wife who says she's leaving him, some might say that is a religious or spiritual decision. In fact, it is a very sane decision, considering the likely negative consequences to him. So, we are going to discuss something we call "spiritual

living,” which is just a sane way of living. (By the way, we did not work the steps and turn into fanatical saints. We just work at avoiding self-destructive behaviors today, not because our conscious minds tell us to and not because we are saints. We don’t do self-destructive things anymore because the spiritual life we lead is just a SANE life! Now that makes it rather easy to work these steps, huh?)

But before we discuss spiritual, or sane, living, we’d like to clear up a few more misconceptions about what spiritual living is about. First, the Big Book makes clear on pages 28 to 29 that agnostics, people who even doubt the existence of a “God” per se, can have a spiritual experience: “Many who were in that class are now among our members”; and, “Surprisingly enough, we find such convictions (that there may not be a God, per se) no great obstacle to a spiritual experience.”

So from those readings in the book, we see that this deal is about recovery from a mental disorder; about recovering physically by not drinking a substance that destroys our liver and pancreas and other body parts, and about recovering mentally--recovering our mental health--so we can avoid doing the crazy things we did in the past. The BB says on page 133 that “we, who have recovered from serious drinking, are miracles of mental health.” Are any here who do not think that their mental health can stand improvement?

Again, spiritual living is not an effort to turn anyone into a saint. In fact, we proclaim that we are not, and never shall be, saints in this lifetime. But we haven’t had the degree of stability in life we’d like, so we suffered from unmanageability. The Book says “...spiritually-minded persons (that is, ‘sane people’) . . . were demonstrating a degree of stability, happiness, and usefulness which we should have sought ourselves.” See, it was never intended that we get through this crazy world on our own power and directions. For 4.5 million years before any university ever came along, mankind made it quite find by living with the internal guidance system given to all humans at birth. This system that tunes us into proper directions is within each of us as a gift. It really makes life simple. We need but exercise the intuitive “muscles” to get the direction now as well as every moment of every day. And the directions from the inner resource, in our experience, does not speak in words. It speaks in symbols, signs, and visions, so we have to use some specific techniques recommended in Step Eleven to tune it to those guidances. That’s why the Big book speaks of “A Vision for You.”

So spiritual status is about our minds, not our desire to become perfect and not about living a glum life. We started bypassing the

subconscious mind and started picking up on what we had so far failed to get through the Divine Mind. If we don't tap into that internal guidance system, we live the same miserable lives we've lived. Why? Because we are driven by all the things in the subconscious mind that make us do insane, destructive things, and that can happen drunk or dry drunk. We must seek guidance from a different part of our minds.

We're told that, by guiding people through the steps, A.A. has released thousands of alcoholics from mental institutions. So doing this work can restore sanity, if we do our daily exercises. Those exercises give us the promised daily reprieve from the effects of this illness which we were told centers mainly in the mind. We have a daily reprieve from the mental ramifications of our disorder, of the dis-ease that is typical in everyone who is living in this world. We're told that there are only two groups that do not recover their sanity and their physical health: (1) those who are so stubbornly self-destructive that they refuse to follow the 200 words, the 12-steps--they never recover full sanity; and (2) those who cannot be honest with themselves. Everyone else has been able to undergo spiritual experiences and come to a spiritual awakening--because our Spirits have been asleep, unconscious of guidance. So anyone capable of honesty can become sane by getting in touch with what our book calls the "Universal Mind," the Creative Intelligence" the "Divine Mind." Let's talk about that.

Contrary to some beliefs, we do not have sick Spirits. The "spiritual malady" is more like a muscle that has shrunk and grown useless from not being used. Each of us has a Spirit or Universal Mind or Creative Intelligence or higher thought system or a higher power inside to guide us sanely through life. Mankind made it 4.5 million years without spiritual books or religious leaders. We wouldn't send a child to the store for bread without the guidance of how to get to the store, and the universe did not send us here to navigate this world without such automatic guidance. But just as an unused muscle weakens completely, so did our internal guidance system. The steps give us a method for tapping into that internal, subconscious, intuitive guidance that we have been ignoring. Ignoring it, not seeking it in the peace and quiet and stillness, left us to use our conscious minds to try to get through life, and our experience proves that doesn't work for anyone. Why? **Because we can't do what the conscious mind says we're going to do.** We've been following the dictates of the subconscious mind even as we consciously tried to stop but couldn't. Thus we see major insanity, not just among alcoholics, but among our society as a whole. We were given beliefs by society, parents, teachers, preachers, but those were not our values. We didn't even get to

choose our own names. And we were programmed to respond to those people and their demands by a system of reward and punishment, defined in our homes by whatever methods our parents used and defined in the universe by people who want to try to control us and make us follow their beliefs. The Big Book says we must cast to one side those ideas and beliefs. Hanging onto them results in nil, we're told. Much of our insane behavior comes from our efforts to get rewards or avoid punishment, still acting like children, which proves to be rather unproductive for adults, in our experience.

Those behaviors return when self-will returns to guide us, rather than allowing us to be guided by the will of the Universal Mind, which some call "The Higher Power Within." Why? Because one Will--our higher will, drives us to happiness, joy, and peace, while the other will (self-will or our lower will or ego) drives us to the gates of insanity or death, to self-destructive behavior. So, let's talk about wills and ego.

There are some words left out in the 3rd Step that we have to insert. What it really means, when we insert the understood words is (WE) Made a decision to turn our (SELF or LOWER) will and our (UNMANAGEABLE) lives over to the care of our higher power, to a thought-life originating from a higher plane, to use the Big Book's term. So the real problem is that we have been living a life run on self-will (that is, the will to self-destruct, the will of the physical mind, or ego, or arrogance) instead of the sane will within (the desire of which is that we be protected, happy, joyous, and free). So how do lives run on "the higher will of the Creative Intelligence within" differ from lives run on our self-destructive-will? Here's how:

**The *DIVINE MIND* says:**  
**says:**

1. "HARM NO ONE"
2. "BE HUMBLE"
3. "LET ME BE THE JUDGE"
4. "LET ME BE IN CONTROL"
5. "LOVE ALL" (MEANING EVERYONE AND EVERYTHING)
6. "SERVE ALL"
7. "BE STILL"
8. "YOU ALREADY HAVE EVERYTHING YOU NEED"
9. "I WILL GUIDE YOU-- FOLLOW MY GUIDANCE"
10. "I WILL PROVIDE FOR YOU"
11. "I WILL CHANGE YOU"

**The *LOWER NATURE EGO***

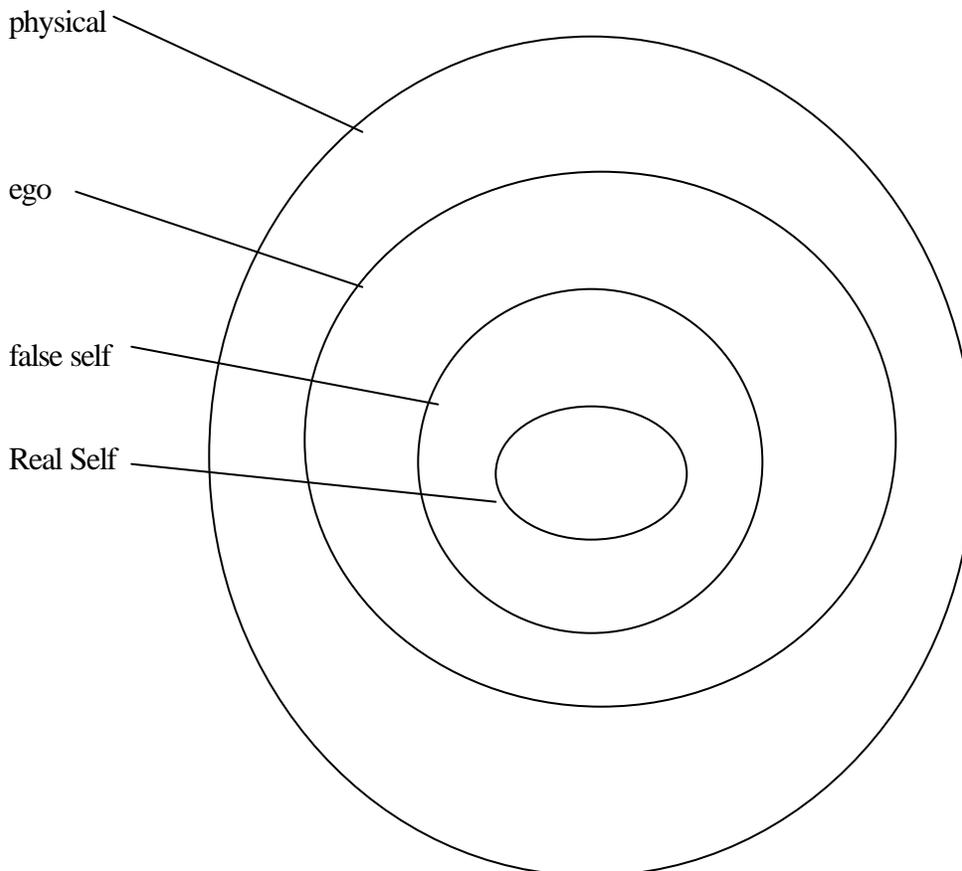
1. "HARM PEOPLE--LOWER THEM"
2. "FEEL IMPORTANT"
3. "CRITICIZE AND JUDGE ALL"
4. "LET ME CONTROL EVERYONE"
5. "FEAR ALL--ASSUME A DEFENSIVE POSTURE--BETTER YET--ASSUME AN OFFENSIVE POSTURE"
6. "USE ALL"
7. "GO...DO...ZOOM"
8. "YOU DO NOT HAVE ENOUGH OF ANYTHING, AND YOU NEVER WILL"
9. "I WANT TO GUIDE YOU--FOLLOW MY GUIDANCE"
10. "I WILL PROVIDE FOR MYSELF--YET I REALLY DON'T THINK I CAN"
11. "I HATE CHANGE"

12. "I KNOW EVERYTHING---  
YOU NEED KNOW NOTHING  
BUT MY DIRECTIONS"

12. "I NEED TO KNOW EVERYTHING,  
AND I NEED TO KNOW IT  
RIGHT NOW"

Since there are only those inspirations that come from the higher plane or those thoughts that come from the lower nature, which of those two would you think was driving us when we were acting insanely? (Pause) So self-will/ego/fear/thoughts from our lower nature--from our subconscious minds--are really just insanity. Since our egos and our arrogance form the core of all our problems, let's talk about the ego. In AA, we talk about "peeling back the layers to find our truth." What is that really referring to? These are the various parts that make us up:

1. The Real Self--*the spiritual Self*. 2. The false self--my self image that I try to maintain even though it's not the Real Me--the part of me driven by my emotions. 3. The ego--really just the tools I use to defend the false self, my "image" which is based in the lies I tell and the lies I believe about my self--*the mental lies I believe about me*. 4. The physical body, the outermost layer, which I've focused on all my life. *The parts look like this:*



So the ego is really just a set of tools that we use to protect the false self (-image). We'll discuss the tools of the ego in Step Six. Because the ego is about protecting something that is a lie, the ego is the liar within us: it tells us lies about ourselves; it tells us lies about others, it tells lies to cover other lies. The ego is also about fear. Why? When we are driven by our egos and working to protect our false self(-image), we are focused only on the physical, on our five senses and satisfying them. We demand satisfaction! But being conscious of our bodies and our five senses, focusing mostly on our bodies and what we think its needs are, our subconscious is always being reminded of something else about our bodies: that our bodies are vulnerable and are not permanent. When we are focused on our bodies, we find that always just below the conscious level is an awareness that the body is gonna die. So we are in fear when in ego. The reason we get peace (of mind) when using spiritual tools is that our spirits KNOW that they are eternal. That part of us tells us that there is only life and more life. But the ego never wants you to consider that possibility. Such thoughts come in the quietest moments when we are in the most peaceful places. The ego, hating the thought of eternal existence--convinced that this body is all there is--will do everything possible to keep us from seeking quietness or serenity. As far as the ego is concerned, life is a battleground and we are to be fighting and struggling every moment. EVERY moment, according to the ego, is reduced to a life-and-death issue. All issues become life-death issues, so we overreact to everything in life. We get in an argument with a spouse and shout, "She's killing me!" or "He's killing me!"

The will of our Higher Self, our Real Self, is that we be at peace, meaning having peace of mind. That state of peace can only originate from the higher plane of our internal guidance system, because the ego--getting its inspiration from our lower nature--cannot tolerate giving up its delusional fight for life. We are constantly at war, all right, but the war has always been internal, even as the ego was telling us that the enemies were "out there, everywhere." The book says we are like "Jekyll and Hyde." That's true, because we have one set of beliefs given us by this culture (by parents and by others) and those beliefs are in direct conflict with the values of our Higher Self. Because our society is a "can't ever get enough" kind of society, that message is in our subconscious minds. No wonder we were never satisfied. No wonder we were in conflict. The Higher Self was telling us that we are complete, that we are enough, but society and its best friend--our ego-

-was telling us that we are not enough and that we don't have enough and that we never will and that we will be abandoned and alone because of that. That is why we are driven to get more and more--believing society's concept of the "Principle of Scarcity" that since we'll never have enough, or be enough, we better get all we can. See why we are in trouble if we want to do things as planned in our conscious mind, which is always overridden by the subconscious mind? See why we cannot be satisfied and happy unless we tap into the creative Divine Mind within?

So let's review: the Divine Mind heals; self-will, being driven by my human, physical mind, kills. The Higher Power's Will is to construct; self-will and ego want to self-destruction. The Higher Power's Will leads to happiness, joy, and freedom; self-will leads to self-destruction. Knowing that, and realizing that the seeking of The Higher Power's Will is spiritual living, and knowing that spiritual living is just sane, non-self-destructive living, it becomes a simple matter now as to which Will we should let guide us through life. In fact, we have no choice. The only choice is to (A) continue with the steps and arrive at a place where we are willing to seek guidance from another source within that we have not been trained to use and (B) learn how to use the tools to tap that power, that inner resource. The alternative is a miserable life which results from being driven by a part of the mind that we are not in control of but that, instead, controls us.

Therefore, in taking Step Three, all you are admitting is three things: (1) you've tried to manage alone using your human intellect and it's not working; (2) you're turning over the unmanageable part of your life to a new manager, a Creative Intelligence within, the Divine Mind within, realizing that your human intelligence is not getting the job done; and (3) that you are making a decision--the decision being to do Steps 4-12 since they are what get us out of self-will and allow The Higher Power Within to manage. So, the Third Step question is this: are you willing to do Steps 4-12 to seek new management that will rid you of ego, that will rid you of insane, destructive behavior and of your unmanageable life? Then you have done Step Three. We'll confirm our decision by reading the following in unison. Please turn to APPENDIX ONE. (All read together in unison. STOP and READ. After the reading, the Leader says: "Because you have committed to this course of action, you will never be the same again." Thanks for being here." Now, schedule the next session and provide phone numbers.)

**(NOTE: SESSION LEADERS: PLEASE READ THIS SUPPLEMENT "GUIDE TO TAKING PEOPLE THROUGH INVENTORY" BEFORE**

**YOU TAKE THE PERSON OR GROUP THROUGH THE NEXT SESSION. SOME LEADERS ALSO USE IT AS A SOURCE AS THEY LEAD THE INVENTORY SESSION.)**

**“GUIDE TO TAKING PEOPLE THROUGH INVENTORY”**

**(THIS IS A GUIDE FOR THE SESSION LEADER TO READ TO HERSELF/HIMSELF BEFORE STARTING THE NEXT SESSION AND TO REVIEW FOR STRATEGY AS THE PROTÉGÉ WRITES THE FIRST TWO COLUMNS OF INVENTORY)**

**Read the beginning of the 4th and 5th step session introduction that follows this guide and have the protégé begin the writing. Then, look over this strategy sheet. You’ll use it to begin the process after the protégé finishes the writing. No more than 10 minutes should be used, max. After the writing is finished, start here:**

**Have the protégé(s) turn to page 65 in the Big Book and read “we were usually as definite as this example.” Make clear to them the meaning of “definite,” which--according to Webster--is “as limited as” this. The Big Book says that this is as detailed as the writing needs to be:**

**Mrs. Jones                    nut    snubbed me    gossip**

**My employer                unreasonable    unjust    overbearing**

**My wife                      misunderstands    nags    wants house**

**You will find that if you have them write out four or five people and give 3 or so “bullets” after each, you’ll get a clear picture of what the protégé is like. Here’s some typical pieces we’ve been given in inventory:**

**Boss:            tightwad    demanding    control freak            arrogant**

**Wife:           snoop       judgmental   unforgiving    has gotten fat**  
**Ex-friend Tom:       manipulative       liar           untrustworthy**  
**Ex-friend Tanya:   back-stabber       thief           overly-critical**  
**Ex-boss:   phony       greedy       impatient       expecting too  
much**

**After collecting the data, say:**

**Now, what you've written about others might be true. Why? Because the Book says at the bottom of 65 that it is apparent that the people of this world are often quite wrong. But, this isn't their inventory--it's yours. Did you notice how strange the example on page 65 is? I mean, we are supposed to be taking OUR inventory but the Book guides us to take OTHERS' inventory. So what's the deal? The deal is what the founders called "psychological projection." That is, what we see and criticize in others is what we really hate in ourselves. If you spot it, you got it; if you can see it, you can be it. So now, let's do what we are supposed to do--let's take your inventory, because the beauty of resentments in relationships is that they provide the only tool we have for seeing ourselves. They are our mirror. So let's look at the list again:**

**Boss:**

**tightwad--tell me when you have been a tightwad:  
demanding--tell me when you have been demanding:  
control freak--when have you been a control freak?  
Arrogant--tell me when you have been arrogant:**

**[Do this for every one of the traits the protégé has listed.]**

**Now, we can use the list to move into fears. First, we all have three sponsoring thoughts:**

1. I am not enough(that may be “not smart enough,” “not good looking enough,” etc.) 2. I will never have enough (that can be about money, women/men, cars, retirement funds, etc.) 3. Because of 1 and 2, I will be abandoned. Why? Some males think, “I have to have money to get her and keep her.” Some women think, “I need a man to care for me, and I’m not enough so I’ll keep him with sex.” [You can use the list now to show how fears are revealed in the inventory and related to these false beliefs about ourselves. Point out for example that]:

**Boss:**

- a. tightwad--is really about economic fears
- b. demanding--is really about not doing enough at work to keep a job
- c. control freak--is about supervision fear, that sloppy work might be uncovered

**Wife:**

- a. snoop--this is really about the fear that she’s gonna find out something being hidden and will then abandon, and if she abandons, the I won’t have enough. Also, what conduct of ours is inspiring snooping?
- b. unforgiving--this is about my fear that, since I’ve been a real jerk, she might not forgive, and then my fear is that I’ll be abandoned and she’ll get 1/2 of everything and I won’t have enough
- c. has gotten fat--now we can look to the third column information we are seeking:

**Column Three: the ways those in Column One affected your:**

\*\*\*Pride--no one should see me with a fat person--I have an image to uphold

\*\*\*Self-Esteem--I look better than her; she needs to take care of herself like I do

\*\*\*Ambitions--I want a buff woman to make me feel good about myself

\*\*\*Emotional Security--I am in turmoil around fear AND around love

\*\*\*Financial Security--she might leave and I’ll be hurt financially

**\*\*\*Sex Relations--I may not get the regular sex I used to get in the old days (we do relations like we did booze---long after the deal was obviously over, we still tried to recapture the good feelings of the old days)**

**\*\*\*Personal Relations--all of my relations are being adversely affected by my mood**

**The Third Column question is: “Where have you tried to have a human fulfill those seven areas of perceived needs in Column Three when in truth only The Higher Power can do that?” [Allow time to discuss]**

**Now, using the same inventory information, we can probe for where the protégé’s sexual misconduct has negatively impacted his relations:**

**Sexual conduct and relationships inventory (tie all of these into the traits revealed in the original inventory):**

- a. Here’s how I was selfish**
- b. Here’s how I was dishonest (maybe you’re worried about the boss finding out you’ve been stealing company goods or time)**
- c. Here’s how I was inconsiderate**
- d. I aroused jealousy (make clear there are many ways we do this, and not just sexually. Men: are you sitting on the couch while she is cooking dinner after a hard day’s work? Most would feel jealous of that opportunity.)**
- e. I aroused suspicion (if you don’t want to show her affection as before, she may think you have someone else)**
- f. I aroused bitterness with**

**Here’s some additional information on relations for the session leader to use in the inventory process:**

In our relationships, at home, at work, in traffic, everywhere, we talk to people in the following ways: as a Parent to a Child, as a Child to a Parent, or as an Adult to an Adult. (Other combos are available but less frequent.) How can we use this knowledge to improve relations? Maybe by realizing that people don't want us talking down to them as if we are their Parent?

Maybe by realizing when we come on as a Child, people respond as Parents and thus we invite people to talk down to us? We urge you to join us in watching for how often we come on as something other than Adult to Adult, for shouldn't that be our goal?

- Examples: (here's a recent one I got from a protégé with his wife):

"I'm going out for awhile on the motorcycle."

Option 1: "I wish you wouldn't. It's raining and dangerous." (Sounds caring, huh? Until we see it's Child to Parent: "Don't abandon me; don't leave; stay here; keep me company, all the time." And there's an effort to control.)

Option 2: "OK, but wear your helmet. You're not wearing it lately and I don't want you to die." (Sounds caring, huh? Until we see it is Parent to Child, controlling, telling another how to live. And there's also a touch of Child in there too, fearing abandonment, huh? Some argue, "But what's wrong with my caring?" "Caring" is the disguise we use to cover efforts to control and to cover fears of abandonment, both of which are totally unhealthy in relationships.) So the only proper way for this conversation to unfold is, "I'm going out for awhile on the motorcycle." "OK--bye."

- Example #2: "I'm leaving you."

Adult would say: "God bless you--go in peace."

Child says, "Whaaaaa. Don't go, pleaseeeeeeeee!!!!" or "I'll kill myself."

(tantrum to the max!)

Parent says (being in charge of life and using the "I-brought-you-in-so-I-can-take-you-out" way of thinking): "I'll kill you. You aren't going anywhere."

We come onto people often as "Child" and "Parent," and Parent often really is just a manifestation of our ego's desire to "play God" and rule and be in charge.

**Now, using the same inventory information, we can probe for where the protégé has been the things we look for in the fourth column of inventory. Column Four: In all these cases, where were you:**

**1. Selfish? What do you have that you are trying to hang onto? What loss are you really fearing? (Has the wife grown spiritually? Mentally? Philosophically? Emotionally? Are you critical of those growth areas? Probably not. But if so, why? Or, are you fearing the loss of the job? Loss of the retirement funds if the wife leaves?)**

**2. Self-Seeking?** (What does someone else have that you are seeking for yourself?)

**3. Dishonest?** (Did you indicate to your wife you could love her at the current weight, either by omitting to discuss it or by telling her you cared for her in this shape?)

**4. Fearful?**

If being selfish is of the ego--thinking we'll never have enough--and thus really an insane feeling, then self-seeking is also insane; and our experiences proved over and over that our dishonesty hurt us so that's insane; and fears are all based in illusion so that's insane to allow the way we feel to be determined by illusions. So....

The Fourth Column question is: "Where, in each of the cases you listed in Column One was your behavior insane (selfish/dishonest, etc.)?"

Here's another interesting piece of information you might find helpful to use in inventory, especially around the third part on sex: "The Doctor's Opinion" in the BB covers several categories of mental illnesses. In our experience, two mental illnesses seem to cover what we become because of our mental disorder: 1. **sociopaths**, defined as "people suffering from a mental disorder that causes them to treat others in an irresponsible, harmful way; people who do things that hurt others, either physically or psychologically"; "people who cannot tell right from wrong, true from false, and thus cannot function in society." 2. **masochists**, defined as "people suffering from a mental disorder that causes them either to hurt themselves or to allow other to hurt them--and to tolerate all sorts of harmful things--(either physically or psychologically), especially if they can attain sexual pleasure in the process." How many of us put up with harmful words and behaviors and other costly things because the person giving us all that grief at least gave us sexual pleasure?

***END OF GUIDE--Now GO TO BEGINNING OF THE NEXT SESSION TO LEAD YOUR PROTÉGÉ(S) THROUGH INVENTORY***

## **INVENTORY SESSION BEGINS HERE**

**(and includes a Steps 6-8 Follow-up Guide)**

LEADER SAYS: You've completed Steps 1, 2, and 3 and we are ready to go to 4 and 5. If a business is failing, it needs new management. That's what we're looking for. And the first thing a new manager needs is for the two of you to take an inventory of assets and liabilities, to see what has been causing the trouble. Remember, we know alcohol was not causing our troubles, because many in AA stop drinking alcohol but their lives remain miserable and unmanageable. So we have to find out what we have, what we need to keep, and what we need to get rid of. In the inventory, we are not looking for all our wrongs. Instead, we are looking for the NATURE of our wrongs, for the shortcomings that are causing us trouble.

Since we all have resentments or have been angry with people, we're going to give you a piece of paper now and ask that you write 4 or more names of people, institutions, or rules you've been most angry with and then

list three things wrong with each. (That provides Column One). For instance, we're given examples such as: the person is a gossip, unreasonable, unjust, overbearing, nagging. Other examples are dishonest, cold, manipulative, controlling, arrogant, etc. (That will provide Column Two)

*Lastly, before we begin, please notice that Steps 4 and 5 are about a moral inventory while Step 10 is about a personal inventory. 4 and 5 are quick and to the point. We cannot recall at this point every wrong we ever did. We were in blackouts at times. We are looking for the NATURE of our wrongs, not each of our individual wrongs. So go ahead and complete the two columns now. This should only take a few minutes. Here's the way you'll write the two columns:*

**Column One:**  
**I resent or hold**  
**a grudge against:**

**Column Two:**  
**Three words that describe the**  
**person, institution or rule are:**

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[Allow the writing to begin. As the protégé is writing, review your strategy sheet. Then, if necessary, coax the protégé through the rest of the writing to prevent wasting time and his/her avoiding doing it.] SAY: "OK--let's go over the information you have."

(AT THIS POINT, USE YOUR GUIDE TO TAKE THE PROTÉGÉ THROUGH INVENTORY. AFTER YOU FINISH INVENTORY, SAY THIS:)

Really, isn't it hilarious, considering the way we have lived, that we would think we have the right to criticize anyone? Especially when we're only seeing in them the very faults that are in us? Can you see that you have done

some things to people that need forgiving? What are the odds that they are going to walk up to you out of the blue and say that they forgive you?

Now that you see these defects, the nature of your wrongs, and now that you know that they are what led you to do the wrongs you've done, and since they are really what caused your life to be unmanageable and insane at times, don't you want to get rid of them? Remember, no power can get us or the world of the THINGS we did in the past--but we can call on the Divine Mind within and ask that we become aware of what it would have us do so we can get some sane guidance in the future and correct the errors of the past. Are you ready and willing to ask for that? (PAUSE) Then you've completed Steps 4-6. Now, we're trying to have a spiritual awakening, an awakening of the spirit within that we have not been communicating with in the past. So let's address that spirit and awaken it, now. Please turn to APPENDIX TWO and we'll read together: (Read in unison, and then the leader says: "Finally, we're told to return home for an hour and review everything we've learned, so we'll give you a guide that you can use to uncover any other past liabilities that we've possibly overlooked. Please complete the APPENDIX THREE guide and bring it back with you next session. Thanks for being here. Get some phone numbers and stay in touch.) Hand out APPENDIX THREE.

## **SESSION TWO (or, depending, Session Three--Steps Eight and Nine)**

Welcome to the second (or third) session of the "Beginner's Classes," as they were called early on. We took the first six steps to find our truth. At this point, many of us realized for the first time in our lives the harm we put out into the universe under the influence of our disorder. Thus, many of us experienced remorse or guilt. But if you'll look at the asset side of your inventory, you'll see what is really inside you that was blocked off by the liabilities. Now, those things can manifest, and when they do, we feel useful and we become of real help to others. We also came to see that we had done the best we could, considering our degree of spiritual fitness--or unfitness! We never got up any morning and said, "You know, I think tonight I'll tell my spouse I'll be home at 5 and really show at 11." We never planned to do anything that hurtful. We really planned to only have one--or maybe two--

drinks at most. We did not understand the phenomenon of craving and the obsessive mind. We had no choice. Remember: we are not saints. We are divine creatures having a human experience. Let us accept our human side and not beat ourselves up any more. We've done enough of that. As long as we judge ourselves too harshly, we'll surely judge others harshly and will, therefore, never have any peace. But we, at this point, still have to admit more truth about ourselves, so we'll know everything that is wrong and everything that we need to change and everything we need to forgive ourselves and others for.

So it's time to ask you this: "Are you willing to admit to your innermost self that you have harmed some people, that you have taken some things that were not yours, and that you know that you have broken some relationships that need mending in order for you to have any humility and for you and them to have any peace?" {PAUSE} Then it's time now to clear away the wreckage of our past. We do this by making amends and restitution. ["Restitution" is defined as "the giving back of something that was taken away." Sometimes we took money; sometimes we took peace of mind. We have taken many things from many people. It's time to stop that behavior and to make amends.]

**Step 8 says: "Made a list of all persons we had harmed, and became willing to make amends to them all."**

OK, please take out your list. First, Step Eight is much more than making a list. We are told that we are going to "go out to our fellows and repair the damage done in the past." First, therefore, we have to be willing to go. We will GO to those we damaged. (We will be told that only when such an approach is absolutely impossible might we then write a letter instead.) Next, we are going to repair the damage. What repairs are necessary? We cannot know what repairs are necessary unless we know what harm we did. In many cases, the harm seems obvious, but the full extent cannot be realized until we "get into that person's shoes." Do you see that you closed off a part of some people's hearts by your actions? Do you realize that, because a part of some people's hearts is closed off, that others in their lives have been deprived of the fullness of those people and of all that those people could have offered to others if you had not closed off a part of those hearts? Do you realize that the people you harmed, whose hearts you closed the door on, could go to a thousand therapists and still not have that door opened because only you have the key? And if only you have the key, and if only you can open the

door to the heart that you closed, then do you see why it is imperative that you go to each person and open up each heart?

There's another consideration here, too. Remember when we did inventory, and you listed the liabilities of others and then found that those defects were really in you and that you were projecting them to others? Well as we right relationships, the liabilities in us drop away and allow the assets to come to the surface. And, just as when our defects dominated us and that was all we could see in others, once we experience the assets within us, that is what we will see in others. Then, we won't be miserable around people. We'd begin to see good in them for we are seeing the good in us.

Thirdly, the refusal to forgive others is really a great example of our own self-abuse. When I refuse to forgive another who harmed me, I live out that harm over and over and over again. By forgiving them, I am finally free of the effects of the perceived harm they put out. They might have hurt me once, but I am hurting myself every time I force myself to re-experience it.

Finally, you said that you were willing to go to any length to get the miracles that come through working these steps, so here is the Step Eight question: Are you now willing to go on to Step Nine and begin to make the amends that you must make in order to allow your will to pass away, to let The Higher Power's Will to come to the front, to return to sanity, to be happy, joyous, and free? (Pause) Good. Now, we can go to the Ninth Step.

**Step 9 says: "Made direct amends to such people, whenever possible, except when to do so would injure them or others."**

First, let us mention that you are not "others." Now, the amends process is explained as the authors tell us what to do: "We attempt to sweep away the debris which has accumulated out of our effort to live on self-will and run the show ourselves." So, write next to each of the names what action you need to take to clear up any harm you've done. It is a good idea to get input on each, so you write and then we'll look over them. (Allow time)

Now, why would I want to make all these amends? First because if I'm making a cake with 12 steps in the recipe and I stop with 7, I will never have a cake. Remember: our founders noted that 90% who went back out stopped at Step Three. Of those who make it past there, 90% of those who went back out stopped after Step Eight. Why make these amends? In order to live, and to live sanely and free! [There is a price for everything I do in my recovery work, and there is a price for everything I don't do in my recovery work; there is a reward for every action I take, and there is misery waiting for

every action I skip.] Next, remember that this is no big deal. This is just one person in the universe going to another person in the universe and saying three things: 1. Here's what I did, and I am sorry. 2. How can I make this right? 3. Is there anything else we need to discuss? (Sometimes we don't like to ask that, thinking, "Hey--why open up a new can of worms?" The fact is, anything that comes out is already there, and if you don't allow it to come out by asking the question, it will stay there and manifest in some other way that will be troublesome in the relationship.) Also, how they react is of no consequence. A man said that he was having trouble making his amends. We pointed out that he was really not convinced that "to drink is to die," because if he were, he'd be doing anything possible--going to any length--to set up arrangements to settle the amends he owes. Remember, the only time Dr. Bob went back out and got drunk after starting this work was when he stopped at Step Eight. Once he sobered up after that binge, he made all his amends and arranged for all payments due in one day. He never drank again.

Finally, is it possible for YOU to complete ALL of your amends? Ask The Higher Power Within to give you the strength to do what you must. You know in your Right Mind that the only way to go is to have the peace and freedom from guilt that comes by righting relationships. There is no feeling like the one we get when we make our last amends. It's a level of freedom that very few experience (which is why you'll seldom hear amends-making discussed and which is why 90-95% fail to stay sober nowadays.) So, how much freedom do you want? How soon do you want to get it? Then let's get started.

We are given after the Ninth Step another list of benefits. They tell us precisely what is going to happen once we commence to clear away the wreckage of our past. They describe these benefits as "promises." These are the things we are promised to receive before we finish even half of our amends: "If we are painstaking [that means, "willing to take this pain"] about this phase of our development, we will be amazed before we are halfway through. [Halfway would be, if you have 20 amends to make, before you make 10 of them, these things come true for you.] 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 change. Fear of people and of economic insecurity will leave us. We

will intuitively know how to handle situations which used to baffle us. We will suddenly realize that The Higher Power Within 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. (The variable there is how quickly we get our amends done.) They will always materialize if we work for them."

Please notice that these promises don't say: "Well, now that you're making amends, you're gonna start to have a pretty good day." Instead, what a **message** of hope! It is **almost** beyond comprehension that all of these wonderful events will occur if we make amends to those whom we have harmed. But, they will happen--that's a guarantee. This step is going to bring you into a state of being at one with your Higher Self and with others. Now, many of us are impatient people. We want everything done in an instant. Can we finish all of our amends in one day, as our co-founder Dr. Bob did? Maybe not, but let us ask you this: isn't there at least ONE amends you can make before going to bed tonight? (At this point, you might want to role-play the amends, showing how it could go if the amends is accepted and then how it might go if the amends is rejected.) Will you go make that amends and then call us and let us know what happened? Great. Are there any questions? Fine, then choose the person here whom you'll call after you make the amends to discuss what happened with it. Thanks. See you next session.

### **SESSION THREE (or Session Four)** **Steps Ten, Eleven and Twelve)**

Welcome back. We will be discussing Steps 10 to 12 which help us connect with the Right Mind and with our fellows in order to live soberly, to be happy in sobriety, and to live a sane life. So let's start with Step Ten: **Continued to take personal inventory and when we were wrong promptly admitted it.** We see in Step Ten that only guidance from some other internal system can save us from ourselves, that we must find our truth daily through inventory, that we must discuss daily any problems with another, that we have to make amends, that we have to stay in contact with our internal guidance system, and that we must help others. So you see, we are really instructed to do all of the steps every day! Bill referred to the "Reconstruction of the Ego." It will come back. If we had to work steps One

to Nine initially to kill the ego, we will repeat those steps again regularly when it returns. And self-will shall return. When it does, we must take the actions necessary to get out of self. Why else do Step Ten? We were told that we must “...continue to watch for selfishness, dishonesty, resentment, and fear.” [So we will experience those. Don’t pressure yourself to be perfect, but turn from them when they come.] The authors tells us that if we will continue the practice daily, the obsession to drink will disappear. Listing what we call the “Tenth Step Promises,” the authors tell us: “And we have ceased fighting anything or anyone--even alcohol. For by this time sanity will have returned. We will seldom be interested in liquor. If tempted, we recoil from it as from a hot flame. We react sanely and normally and we find that this has happened automatically. [What is a sane and normal reaction to something that makes us sick and ruins the lives of us and those around use? To say, “No thanks” to opportunities to drink! THAT’S a sane and normal reaction for us. And if we want that “sane and normal” reaction, it MUST come automatically. Remember we tried to think through the drink and failed. We said we’d control it--or stop--but we failed. The reaction must be automatic, and it cannot be automatic if we’re not on “automatic pilot.” Like the planes on automatic pilot that let a directional beam keep them within set boundaries, we sit each morning and seek that kind of direction/guidance as well, so we’ll stay on the beam.] We will see that our new attitude toward liquor has been given us without any thought or effort on our part. It just comes!” So we don’t have to “Think, Think, Think.” In fact, our experience has shown it’s much better when we don’t. We just sit back and relax now, and let our Right Mind guide us along the river of life. We’re like a leaf, floating along: whether in peaceful waters or turbulent waters, we just float along. In the end, we see now that it’s all the same. Of the three options to fight, flee, or flow, today we flow. That is the miracle of it. We are not fighting it, neither are we avoiding temptation. We feel as though we have been placed in a position of neutrality--safe and protected. We have not even sworn off. Instead the problem has been removed. It does not exist for us. We are neither cocky nor are we afraid. That is our experience. That is how we react so long as we keep in fit spiritual condition.

How do we keep in fit spiritual (sane) condition? By practicing Steps Ten, Eleven and Twelve daily. What is our reward? A daily reprieve from booze, from insanity, from fighting. The authors remind us: We are not cured of alcoholism. What we really have is a daily reprieve from our physical and mental disorder, contingent on the maintenance of our spiritual condition.” Here are some Tenth Step tools to use throughout the day: (1) PAUSE. (2)

ASK. (3) TURN. Before every action or word spoken, PAUSE. Then, ASK. Ask if the word or action is going to be kind or mean; selfish or giving? Ask what the opposite thought might be and if that thought might be better than what you wanted to say at first. Turn to that thought if it would be kind. Pause to become conscious of what the Creative Intelligence might say or do, rather than listening to your destructive ego.

There is a reward for the consciousness of the Creative Intelligence within that results from doing the above procedure every day. For many of us, our first thought can still be a totally wrong thought. The second thought, the opposite thought of the first, more often is the real truth. For example: my first, insane thought might be: "I think I'll go in on Monday and tell the boss to shove this job." Our second, opposite thought, which might be less self-destructive, would be: "No, I think instead I'll find another job before I quit this one." Or, my first thought might be, "Hey, my sorry wife left me." The opposite thought might be, "Gee--no she didn't. I ran her off with my conduct.") For many of us, the history of our decision-making, in drunkenness or in dryness, has been a time line of disaster. Thus, we ask The Higher Power Within for guidance and thereby free ourselves of having to make decisions.

Next, we stay in close contact with others who have a history of doing the spiritual work required for them to stay in a sane state of mind. We talk to them so we can tap into that right thinking of theirs and so we can "bounce our ideas" off them for a second opinion. Why? Because we can believe that, since the goal is to become happy, joyous, and free that if our first thought is that such-and-such is going to make me happy, it must be the right thing to do. Some have thought that having an affair with a woman already deeply involved in a relationship with another man might make us happy. But clearer thinking reminds us of the misery and tension and disappointment of similar actions in the past. And clearer thinking reminds us of the pain involved with being dishonest, being sneaky, having to lie, and ending up in another dead-end relationship. We soon see that the original thought was from the ego, and the clearer thought has to be from the Divine Mind (or the good input from a spiritual advisor) because it is going to result in your doing no harm to the relations of others and in your behaving honestly, which is required for you to remain sober.

Finally, we test every thought to see if it is from the Divine Mind or from the ego. We ask: "Can this result in something harmful or destructive to me? Will I have to be dishonest to do this? Is it selfish? Am I just seeking something for myself, not really caring about others and the potential harm to

them?” If we get a “yes” to any of those, it’s ego. We stop. We turn away, even if we think we’ll lose some momentarily pleasure, for in the long run, our experience shows that it will come back to haunt us. Test every thought, word, and action before you let it come forth.

So here is your Tenth Step question: “Will you continue to take daily personal inventory, continue to set right any new mistakes as you go along, and rework the steps when you become restless, irritable or discontented because self-will has returned”? (Wait for answers) Thank you. Congratulations!

Now, let’s discuss the Eleventh Step. Step 11 says: **“Sought through prayer and meditation to improve our conscious contact with God (The Higher Power), praying only for knowledge of God’s (The Higher Power’s) will for us and the power to carry that out.”**

Our *freedom from insanity* is neither a birthright nor a permanent state that will automatically exist from this time forward. Our freedom is the reward of daily work which results in peace (of mind) because we are in the Right Mind for a change. The Big Book, in discussing Step Eleven, reinforces the fact that we are looking for inner guidance to receive *a new set of thoughts* to guide us. Here are some key words from Step Eleven directions:

- \*we have to develop this vital sixth sense
- \*we are seeking to have our thinking directed
- \*at this point, we can employ our mental faculties
- \*we are seeking inspiration, an intuitive thought
- \*we now have a working part of our mind, the Universal Mind, which was not working before--it was dormant
- \*our thinking will be more and more on the plane of inspiration
- \*as we go through the day, we pause and ask for the right thought

(Our founders did morning quiet time when they were enjoying a 93% success rate. Our experience is that eventually we found that during our morning quiet we began to spend less and less time with prayers that were telling the Higher Power Within what we need or want and more time in the quiet...listening for the inner guidance to come forth. THAT is how we have gotten a new vision, as “A Vision for You” promises, and it is the new vision that is giving us sane guidance and that is circumventing the negative influences of the subconscious mind that were inspiring our previously insane thoughts and behaviors. Our experience also shows that the sixth sense, the

intuitive thought, appears to us in the form of an inspiration, a symbol, or a vision--hence, "A Vision for You.")

Our Big Book says in its discussion of meditation that there are several helpful books available and that we should not be shy about seeking out the writings of people who have been proven helpful to others in recovery. One such writer is Emmitt Fox, who is widely read in AA circles. Here's what he had to say in his book Power Through Constructive Thinking about the Higher Power and getting into contact with it:

- God is Infinite Mind.
- The "City of God" is man's consciousness.
- "God" means "*my own knowledge of Truth.*"
- Thought is the real causative force in life, and there is no other.
- All power lies in creative thought. Thought is the key to life.
- The Power is in existence. But where is the wonderful, mystic Power to be contacted? Where may we find it? The answer is perfectly simple--This Power is to be found within your own consciousness. Right within your own mentality there lies the source of energy . You only need to make conscious contact with this Power to set it working in your affairs.
- Prayer is really the lifting of your consciousness above the level where you have met your problem.
- In the Bible, the heart usually stands for what we call the subconscious mind, and it is our subconscious mentality that we have to redeem and purify--to purify and re-educate the subconscious from the errors which have accumulated there in the course of time.

Stuart Wilde wrote in his book The Secrets of Life that "by setting your day before the rest of the world has risen, you establish an energy that cannot be overwhelmed by the negativity of others." We suggest that, at the end of your quiet time, you make entries in a journal of the signs or symbols or images that came to you. In the beginning, you'll get a lot of words and thoughts, but you will eventually progress to a higher level. As we do regular guidance writing, the vital sixth sense begins to work for us. We see that trying to live only a life tuned to the five senses always results in fear, and we see that when we tap into the sixth sense of our Universal Mind, the result is a sense of caring for ourselves and others and a sense of peace.

Why do this on a daily basis? Please consider: I had a physical awakening this morning based on an experience I had with my alarm clock. I did not reach a state of being physically awake today based on an experience

I had with my alarm clock yesterday, the day before or several years ago. So it is with spiritual awakenings: I have to have daily experiences with The Higher Power Within in order to stay awake spiritually on a daily basis. We drink only because we are not spiritually fit (sane). Not because we quit going to meetings. Not because we did not think through the drink--we cannot do that. Only because we do not do the daily work to get and stay spiritually fit(sane). So we seek higher-plane-guidance daily to stay spiritually fit(sane). In addition to morning meditation, we also receive the following advice about spending a few minutes each night in review: "When we retire at night, we constructively review our day. Were we resentful, selfish/dishonest, or afraid? This is yet another form of an assets and liabilities checklist as well as another form of "Quiet Time," "Meditation," and "Guidance."

So, we ask you the Eleventh Step question: "Just as you had a negative daily routine when drinking, we ask if you are willing to commit yourself to a positive daily routine in which you will spend time each morning in reading, in meditation and in the writing of guidance and if you are willing to commit to spend a few minutes each night in evening review?" (Wait for answers.)

To help you get started with this vital step, we are going to give you a guide for Step Eleven. Please get up a few minutes early each morning to use it. Our experience is that we're glad we make that sacrifice. It's the only way we have really found true peace.

Here's the logic behind doing our daily quiet time: we know that our subconscious minds, the storehouse of all of our unique experiences, make us separate from all others. We are powerless to make our lives manageable within tapping into the inner resource and are quite capable of returning to insane behavior at any moment if we're not spiritually fit (that is, thinking--and then behaving--sanely). As we were told in the beginning, we have a thinking problem, not a drinking problem, but there is a Universal Mind that can lead to the Right Thought in every case that puts us at peace and in harmony by putting us in touch with sane and normal thinking. Since our thinking determines our behavior, Step Eleven is the basis of our behaving sanely and normally. So we have no choice about whether we do this step or not, if we want to be sane and behave in a normal fashion.

When should you seek out quiet time? We took inventory and found the most frequent times of stress were (A) on the way to work (B) getting the day at work started (C) midday tensions building up (D) unwinding at the end of the day after drive-time traffic and getting home. So here's what some of us do now: A. We get up a half hour early. At first, our egos hated that. It said, "Hey, you'll be better off with 3-1/2 hours more sleep a week than

getting up early 7 days a week." But getting up and starting the day slowly rather than sleeping in and then fighting the race-war to work was much more efficient on our bodies, our minds, and our spirits. Some of us read a piece or two from one of the readings (see "Suggested Readings" at end). Why? Well, in the past, we typically slept to the last second possible, got up, started moving around and preparing to leave for work or undertake the morning duties at home. Our thoughts were on the hundred negative things we saw before us that day. To pause and read something written by someone who was at peace at the time of their writing plants a different thought in our minds, and a different thought produces a different mood, and a different mood--a positive mood--gives our bodies a different feeling and our spirits a different feeling. So we read each morning. Then some of set a timer for 10-12 minutes and listen to one of the better meditation CD's on the market. (see Appendix "A" for suggestions.) B. To address the second stress time, some of us get to work early and find a quiet place. We do a couple of readings and then listen to as many minutes as possible of Thompson's Relaxation System.(see Appendix "A".) We're ready for the day--bring 'em on! (C) Some of us, to be at peace, followed AA's advice and changed our playmates. By noon, negative energy has accumulated in many people, and lunch time often turns into gripe time. Feeling that negativity was never ideal for our digestion nor our mood. Rather than try to change others or to accept exposure to negative energy, we are sociable and pleasant; then we dismiss ourselves to a quiet place to eat. There, some enjoy 10-15 minutes of Native American visioning as described in Awakening Spirits (see Appendix "A") or just enjoy the quiet. (D) We set aside the time when we get home for 24 minutes of deep meditation (see "Theta" in Appendix "A"), one minute for each hour of the day. Phone calls have to wait. People wanting to come over have to wait. The telephone waits. People in the home wait. We'll be better company for them after doing the meditation anyway.

Then, in the evening, a few minutes for review. To prepare for that review, some of us relax for five minutes, then we pledge not to drift into worry, remorse, or morbid reflection around the day's activities as we review. Next, we ask the review questions. (See Appendix "B") All of that might sound difficult, but it gets easier the more we do it. And we're talking about a total of an hour or so per day to work at building peace. How many hours per day did we spending drinking or hungover and fighting? We soon don't want to miss the quiet time. If your schedule doesn't allow for targeting all the stress times, start out with as much morning quiet time as you can, using it to prepare us to go out into the insanity. We're putting on our

spiritual armor for protection. Later in the day we want to be in a trance state so that we can receive our visions and signs, so some of us use the Theta system described in Appendix "A." Later, we'll be so adept at going into the trance state, we can do what the BB says, and during the day we can pause and the right answer will come.

Here's a caution. Some say they "go to meetings to hear God speak to them through others." If we are looking for a new vision from an inner resource, where did we get the idea that meetings have anything to do with practicing Step Eleven? Actually, from the Oxford Group. Please consider this: if we are looking to the power within us for internal guidance, we don't have to hear what is sounding outside of us. For many of us, our problem was that we were dual-minded and needing to listen to one Right Voice--because a dual-minded person is unstable in all ways. The problem with the Oxford Group approach was their encouraging "3-way communication with God" rather than direct conscious contact as AA recommends. The results of 3-way efforts (meaning the belief that "God speaks to you through me and to me through you") was an enlargement of egos as we claimed to be speaking for God and "telling you what God wants you to hear." HA! What also came about were messages with hidden agendas to serve our own purpose or back up our own beliefs. Many discussion meetings today operate on the Oxford Group principle rather than the AA principle that intends to get us into that direct conscious contact with the higher power. Remember, Ruiz says: "You don't need other humans to tell you what the (so-called) Will of God is. Without any intermediary, you [will find] that the power that is Life is inside you. You accept your own Divinity, and yet you are humble, because you see the same Divinity in everyone else."

So how do we know if a message is really from the inner resource Right Mind or not? Well, the BB told us to cast aside (1) our ideas (that is, all our thoughts) and (2) our emotions (my beliefs around "love" and fear lead to emotional intoxication) and (3) our attitudes (all our beliefs). So we always look for the opposite thought of our first thought to see if it might be more giving, more honest. What do we get to replace all of our old ideas, emotions, and beliefs by looking for a different vision from within?

First, Stuart Wilde gives us some considerations that apply here. When we do the quiet-time-work, "energies from a higher plane allow humans an exit out of the emotions and thought-forms into a higher consciousness." We want to be apart from the insanity of this world. He says "transcendence comes when you go beyond the emotions and thought-forms common to this earth plane." Experiencing "the point of higher energy is to be free of

emotional disquiet.” Dedication to our quiet-time-disciplines allows us to “detach from the world's emotions and from your own.”

Secondly, we're told we'll get true, pure feelings, originating from the “inner resource” that can't come from my destructive human intelligence. The results are these: on p. 280 we're told we'll get “a great feeling of peace” and “a feeling of being suffused with a quiet strength.” On p. 392: a “feeling of relief.” On p. 451: “We used to argue about our differing ideas, but we can't argue about our feelings. When we deal in feelings, we tend to come to know ourselves (our Real Self?) and each other much better.” That came AFTER casting to one side our emotions. On p. 569: Some of us experience a “vast change in feeling” quickly, some slowly. But that's what we're seeking. So here's another instance where we test our thoughts and words and actions to see if we're being guided by our Right Mind or by things in the subconscious that want to destroy us. We ask, “Will the result be true happiness? Not the variety of physical pleasure that resulted in so much trouble in the past, but internal happiness of the spirit? Will the result be peace? Relief? If the honest answer is “no,” then you're being guided by the ego. It's time to pause; ask; turn. Speak with your spiritual advisor to gain a clearer thought before speaking or acting.

When we see we can get “a great feeling of peace” and “a feeling of being suffused with a quiet strength” and a “feeling of relief,” then how foolish we would be not to develop our meditation skills so that we can cast aside all illusions and live without emotional intoxication and enjoy instead the feelings of “peace,” “quietness,” “strength” and “relief” that the BB promises.

Many of us have sought with varying degrees of success for conscious contact with a power that is higher in strength than we've been able to contact in previous times. So WHAT IS THIS POWER? We are told on page 503 that we can call the power “God, Allah, Confucius, Prime Cause, Divine Mind, or any other name because it doesn't matter how you define that higher power.”

So WHERE IS THIS POWER? Recall page 569 that says “with few exceptions our members find that they have tapped an unsuspecting inner resource which they presently identify with their own conception of a power greater than themselves.” Recall page 46 that tells us that “as soon as we admitted the possible existence of a Creative Intelligence we began to be possessed of a new sense of power and direction....” The power is within each of us. Recall that Emmitt Fox said: “The Power is in existence. But where is the wonderful, mystic Power to be contacted? Where may we find

it? The answer is perfectly simple--This Power is to be found within your own consciousness. Right within your own mentality there lies the source of energy . You only need to make conscious contact with this Power to set it working in your affairs.”

Recall that Dr. Tiebout said we are breaking down the “inner resistance” so that the “inner resource”--our source of power--can flower.

So is it possible that they are right? Can it be that the power is not reduced to something in a human-like form but is much grander and is really within us all? Can it be that the power is a power sitting dormant within each of us that needs only to be awakened so that we can tap into its “power and direction”?

If our main problem centers in the mind, the main solution must rest in the mind as well. We are never invited to change our spirit in the Big Book, but to have an “entire psychic change.” Could the Force that can bring about a mental change be the reasonable part of our mind as opposed to the insane part of the mind that has been guiding us? Sane, we give up self-destructive behaviors because we are being guided by the part of the mind that is Creative (Intelligence) as opposed to our self-destructive human intellect. We stop hurting ourselves or others. THAT’s spiritual living; THAT’s sane living.

Now, here’s the guide, and we’re going to go through his process with you this first time. Now, let’s begin with the guide, which is Appendix C in the back of the guide book. (Let volunteers read various sections--get as many involved as possible).

Now, we’ll show you how you can get in touch with The Higher Power Within, with your Universal Mind. As we go into the silence, please sit up, place your hands in your lap, and let’s close our eyes and begin the session with several very deep breaths. Then try to relax. We’ll let you know when it is time to open your eyes. (Wait 5-10 minutes, then test the thoughts: “Were your thoughts selfish, self-seeking, dishonest or fear-based? If so, they were from the conscious or subconscious mind. Did any of you get any positive visions or signs or images? (Discuss). Those were probably from The Higher Power Within.)

Now, let’s move on to the Twelfth Step: Step 12 says: **“Having had a spiritual awakening as the result of these steps, we tried to carry this**

**message to alcoholics, and to practice these principles in all our affairs.”**

Now that we’ve made conscious contact with The Higher Power Within, we have something worthwhile to share with others. We see that, to be happy, we must stop judging others and getting angry with their insane behavior now that we have seen our own. But the spiritual awakening is just a part of the Twelfth Step. Let’s look at what we have to do to sustain this spiritual transformation [and thus sustain our sanity and therefore our sobriety.]

We are told: “Practical experience shows that nothing will so much insure immunity from drinking as intensive work with other alcoholics. It works when other activities fail.” When we work with others, our lives change. We are told: “This is an experience you must not miss. Frequent contact with newcomers and with each other is the bright spot in our lives.” [See, you will not cling to a sponsor. You are beyond the aid of other humans. You will cling to the guidance from your Divine Mind only. Bill W. said in an essay that you must practice the “Principle of Absolute Dependence” on your Higher Power. So instead of clinging to a sponsor, you will, instead, immediately become a person who teaches others the steps. Remember: Ebby T., who carried the message to Bill W., only had 60 days. A “sponsoring” commitment did not go beyond the few sessions we have done. Everyone had too much work to do to cling or to be clung to. Those recovered helped all who needed help, but the ultimate goal was to get people to become independent of human guidance and human intellect and dependent instead on The Creative Intelligence Within.

We were just told that working with others is “...an experience you must not miss.” You must get to work by helping others through the classes, through the steps, or you will regress into the insanity of drinking or the insanity of suffering from being on a dry drunk . Working with others reminds us of what our conscious minds will forget: that we were really sick mentally and physically and we can be again--very quickly.

Being of service to others is critical to our continued growth and the maintenance of our sobriety. Now all that’s left is to practice these principles in all our affairs. What principles? The steps. They are the principles we practice daily for the rest of our lives. You will make continual trips through all the steps. This is just your first trip through, not your last. Step Ten tells us to touch the truth of all 12 steps daily.

So we ask you the Twelfth Step question: “Will you carry this message to other alcoholics and practice the Twelve Step principles in all your affairs”? (Wait for answers). Thanks. Congratulations.

Finally, a 1946 Washington, D.C. pamphlet says that these classes are but an introduction. So, after finishing the classes, we suggest you do the following in order to Maintain Fit Spiritual Condition (also known as, “sanity,” “happiness,” “joy,” and “freedom.”) **HERE ARE**

**“THE TWELVE STEPS TO STAYING HAPPY, JOYOUS,  
FREE, SOBER, AND SANE”**

1. Do your morning Quiet Time without fail, along with your Evening Review. Read the literature available.
2. Help newcomers get through the steps quickly. Your daily meetings now should be in the morning and in the evening--with your Divine mind. The time spent there is a must. The Book says we go to meetings to help newcomers. Let that be the test of whether you “need a meeting” or not, for we are told that the only reason they had meetings was to help newcomers. The founders never conducted anything even closely similar to what we call “discussion meetings” today.
3. Study the program, the steps--200 words.
4. Practice the principles of the program daily.
5. Read stimulating books. We are told that there are many inspirational books that can help us. Use them until you can go into the silence and hear guidance without any stimulation.
6. Hold informal conversations with recovered people about any concerns.
7. Return to the classes immediately, now “sponsoring” someone. You’ll need to make a copy of the guidebook we use, and then you can take anyone through the steps at any time.
8. Take the classes later as a refresher--remember we were told the classes are for old members as well as newcomers.
9. Volunteer to teach the classes. You’ll only need to read straight from the guide. It’s easy. We never forget that recovery is an on-going process. We do not take the steps once and then rest on our laurels. Remember, alcohol is a subtle foe. We must repeat the process again and again in order to remain in fit spiritual condition. So please come back for the next series of classes.
10. Find drunks. Sit down with them and read this guide together. Call pastors to refer to you those suffering or to see if they would be willing to

host groups in their churches. You may also know a doctor who can refer patients. There are many treatment centers and halfway houses and jails that will welcome you. We have been to dozens. The Salvation Army and other such institutions usually welcome volunteers. We do not have to go to meetings and sit there and wait for drunks to find us. We do have to serve drunks if we are to stay sober.

11. Participate in *guidance sessions/quiet time* regularly throughout the day, seeking the second thought, the opposite thought, the thought from your Divine Mind.

12. Do regular inventory (using the forms provided in APPENDIX D):

Remember that the EGO WILL COME BACK. WE MUST KILL IT AGAIN AND AGAIN. Because it often comes back in a different form from that uncovered in one inventory, we write inventory regularly and we read it to someone who is doing The Work.

Because the ego will return and inspire new mental disorders, we do as we're told: we take daily inventory to watch for our resentments, fears, and insane behaviors in relationships. We use the forms provided in the Appendices for that purpose.

### A CAUTION

If you can find a copy of Self Completion: Keys to the Meaningful Life by Robert S. deRopp, you'll find 8 traps he identifies for those in need of embarking on a growth journey but who can't make the move because of falling into certain traps. One trap he warns us of is "Trap #7: **The Sunday-Go-To-Meeting Syndrome.**" He says that "those who fall into this trap lose sight of their real aim. For real work on themselves, they substitute regular attendance at meetings of some organization. They attend those meetings quite mechanically, out of habit. By attending them, they get a feeling of belonging and an assurance that they are really 'in the Work.' When they are at a meeting, they make the appropriate noises, trot out an observation or two, listen to lectures, readings and so on. Once they leave the meeting, they forget about the Work. Their work is based on fantasy, pure and simple. It is a product of the mechanism for creating illusions which operate so relentlessly and so subtly in the human brain." Though his book has nothing to do with AA, it certainly struck a familiar note, and might have everything to do with AA. The irony for me was that, at work, I was the loudest to complain about "those dumb bosses who are always interrupting OUR WORK, OUR REAL JOBS, with all their dang meetings!" But how many

years did I allow meetings I choose to attend to substitute for or to interrupt my real job, my real work, which is to get quiet and listen for the guidance from the Divine Mind and then to test it to be sure it's from the sane part of my mind?

So that's it. Congratulations! You've completed the first on many trips through the steps that lead to a better life. We will now present you with your own copy of the guide that you can use to take another group or another individual through the steps. Don't be hesitant to read it exactly as is until you become familiar enough to "wing" some parts.

Those who have gone through the steps once now can take the guide and find another drunk to sit down with and take turns reading alternate pages of the guide and doing the deal together. If you need help at inventory, call one of us in to help the first time or two.

What has worked in the past, and given newcomers an easy chance to get started in doing the necessary 12 step work that we must, is not saying, "Hey, I'll take you through the steps," or "You need to go through the steps," "Do you want to work the step?" etc. They are saying instead: "Hey, I got my hands on something that has some neat information about the steps and how they did them originally. How about getting with me and, kinda like a book study, going through it together one-night-a-week for the next month?"

Nothing will so much insure your sobriety and mental health as working with others. Our illness is two-fold problem with a one-part solution, and our goal in this life is also two-fold: (1) we want to stay sane (2) we want to be useful to others who are suffering. The Higher Power Within blesses. It's all good, so enjoy. Then, help. Thank you.

# APPENDICES

## APPENDIX ONE

(Affirming the Third Step Decision:

The Big Book says that **“the wording is optional.”** We have modified a version that Clarence Synder said Dr. Bob used with him)

**I am calling on my Divine Mind within that I’ve ignored for years. I've made a mess of my life by allowing the subconscious mind to guide me. I want to turn away from all the wrong things I've ever done and all the wrong things I've ever been. I know there is a power within that can change my life and can turn things around for me. I am grateful I’ve lived long enough-despite the efforts of my ego to kill me--to become interested in trying another way to live.**

**I commit to working the rest of the steps in order to kill off the ego and to learn how to tap into the higher power within so I can get sane guidance throughout my days. I am making this conscious decision to turn my will and my life over to the care of this other guidance system.**

**I ask that awareness of that inner resource move into my being and make itself real inside me and fill my awful emptiness. Fill me with a consciousness of the spirit within and make me know the will of my higher power for me. I am also ready to learn how to test my thoughts to see if they are from my Divine Mind or from my destructive ego.**

**I rejoice that I have been made aware of the existence of that higher power within that I can learn to use. May I be successful in working the rest of the steps so I can eliminate ego and tap into the sane part of my mind. Let it be.**

## APPENDIX TWO

(Affirming the Seventh Step Decision)

**I am acknowledging all my past wrongs and all my defects of character. I want to start a new life today, and I am grateful for seeing the lies that I believed that have held me back and the truth that can set me free.**

**I ask that my inner resource, which I have neglected in the past, awaken now and guide my life. I’m grateful for this opportunity to wipe my slate clean and start my life anew. In Steps Four, Five and Six I have completed my moral inventory and I have admitted to myself**

**and another person the exact nature of my wrongs. I now admit these wrongs to my Higher Power and invoke it to reject every single defect of character, now and in the future.**

**I am grateful for a chance to be a part of the solutions in life instead of the problems. I invoke my higher power to grant me wisdom, knowledge and strength as I go out from here to live the life of happiness that I am capable of enjoying if I allow my Right Mind to guide me.**

**I am grateful, for the steps that will teach me to set aside my wrong thinking and give me the tools necessary for tapping into my Creative Intelligence. Let it be.**

### APPENDIX THREE

## **Guide to 6TH AND 7TH STEP + List to Begin Step 8**

Steps 4 and 5 may leave certain areas uncovered that yet need review. Use of the guide will allow you to uncover any remaining shortcomings that have caused you and others so much trouble. We must find our part in those troubles. Part of the guide will help you bring those beliefs to the conscious part of your mind and address them, to see where they are causing you problems and to afford you the opportunity to ask The Higher Power Within to direct your thinking so that your assets (instead of your defects) will dominant your life. The guide will also help you see where you have been driven by ego to cause problems for yourself and others. Finally, page 23 says some of our troubles are caused by our “fallacious reasoning,” so the guide will help you uncover certain errors in the way we alcoholics think.

Our egos do not like an honest inventory, and ego will fight for its life with such thoughts as, “I know, but...” or “Yeah, but...” Over 60 years of working with alcoholics have proved time and again that there are 20 defects most of us alcoholics have in common, and that most people in the world have, that make up the nature of human wrongs and which lead to our problems. In us alcoholics, the defects are usually expressed to a magnified degree. The truth is, these 20 defects are the result of wrong, insane thinking. To be certain that we do not overlook any of our defects that we’ll want removed, let’s see how many, in all honesty, we can identify. *Please circle in the second column any of the liabilities you can now see have been a part of your life:*

## Fourth Step MORAL Inventory

### ASSETS (Positives)

1. Forgiveness
2. Love / Loving
3. Self-Forgetfulness
4. Humility
5. Modesty
6. Self-Valuation
7. Honesty
8. Patience
9. Unpretentiousness
10. Trust
11. Satisfaction
12. Activity / Industriousness
13. Promptness
14. Straightforwardness
15. Positive Thinking
16. Spiritual(Sane) Thinking
17. Tolerance / Not Controlling
18. Praise for Others
19. Calm / Silent
20. Generous

### LIABILITIES (Negatives)

1. Resentment / Anger
2. Fear/Judgmentalism/Opinions
3. Self-Pity / Whining
4. Self-Justification
5. Self-Importance / Egotism
6. Self-Condensation / Guilt
7. Lying / Evasion / Dishonesty
8. Impatience
9. False Pride / Phoniness /Denial
10. Uncertainty / Jealousy
11. Envy/Craving/Need/Want
12. Laziness/ Seeker of Shortcuts
13. Procrastination /Inconsiderate
14. Insincerity
15. Negative Thinking
16. Immoral (Insane) Thinking
17. Intolerance/"Saving"/Perfection
18. Criticism/Loose Talk / Gossip
19. Go-er/Do-er/Zoomer/Talker
20. Greed / Faithlessness

Our founders knew that the Fifth Step says we are looking for the “nature” of our wrongs at this point, not all our wrongs. They also knew we could never be happy, joyous and free unless we see OUR PART in the troubles in our lives. We invite you now to look at another set of liabilities that we exhibited in the past that also blocked off other assets. These liabilities, when they manifested, separated us from our Real Self and from The Higher Power Within and from others. We needed to review carefully all of our **belief systems** to uncover the defects in our thinking and behavior that they caused. Make a note in the margin to identify when in the past you showed any of these faults:

**AREA ONE IS “BELIEF SYSTEMS THAT RESULT IN CHARACTER DEFECTS”**

1. **Selfishness:** Caring too much for oneself and too little for others; showing care solely for oneself; not feeling concerned that I have ruined the lives of others.
2. **Judging:** Criticizing or evaluating others when they have not given consent to do so.
3. **Projecting:** Trying to predict future events; believing that current conditions are a guaranteed indicator of future events.
4. **Rejection of Self:** Considering oneself as useless or vile; having low self-esteem; believing oneself unworthy.
5. **Inadequacy:** Believing you are defective, insufficient, or not equal to the task or the purpose.
6. **Envy:** Discontented or excited by the sight of another's superiority or success; a feeling that makes a person begrudge another for his good fortune.
7. **Jealousy:** Mental uneasiness because of suspicion or fear or rivalry.
8. **Impatience:** Restlessness; intolerance of delay; expecting or demanding immediate gratification.
9. **Impulsiveness:** Tending to act impetuously; making hasty decisions; swayed by emotional or involuntary impulses.
10. **Oversensitivity:** Being easily shocked, offended, or irritated -- to the extreme.
11. **Procrastination:** Putting off from day to day, delaying; putting off to some future time.
12. **Dependence:** A state of relying upon another for emotional or physical support, existence, or well-being.
13. **Worry:** Tormenting oneself with, or suffering from, disturbing thoughts.
14. **Indecisiveness:** Being unable to make decisions; hesitating when action would be appropriate.
15. **Isolation:** Separation from others; cutting oneself off from contact with others.
16. **Self Pity:** Feeling pain or grief for oneself; suffering that is exacerbated by one's own distress. This developed in some of us because we were raised in abusive homes and the abuse sometimes was halted when we were sick. Also, if there were things we were afraid to do or simply did not want to do, we could feign sickness and escape doing it and also get some kind attention, maybe. Now, we carry such silliness and game-playing into our adulthood and our adult relations and try to manipulate others with it.

17. **Perfectionism:** A personal philosophy that demands flawlessness in both others and oneself. (Consider the link with Procrastination)
18. **False Pride:** An unreasonable opinion of one's own superiority over others; inordinate self-esteem; the reflection of this quality in disdainful or arrogant behavior.
19. **Guilt:** A feeling of remorse caused by accepting personal responsibility (real or imagined) for an offense or problem.
20. **Resentment:** A deep sense of injury; anger arising from a sense of wrong; strong displeasure.
21. **Intolerance:** Refusing to tolerate others' opinions, rights, or beliefs.
22. **Demanding:** Making authoritative requests or claims; expecting more than is normally necessary in a situation.
23. **Vengeance:** The getting even for wrong or injury; retribution; revenge.
24. **Manipulation:** Fraudulent management for one's advantage; to manage or influence by artful skill, often by unfair tactics; to adapt or change to suit one's purpose or advantage.
25. **Alibis(Lying/Excuse-Making):** Providing a fabricated excuse; claiming innocence; saying something that is intended to convey a false impression.
26. **Dishonesty:** The inclination to deceive, cheat; steal, embezzle, or defraud in order to gain what one wants.
27. **Fear:** A painful emotion, one of only two true emotions that exist--love being the other--caused by expectation of evil or impending danger or dread, or of not getting your wants met.
28. **Rebellion:** A fight or struggle against any authority or controls; exertion of self-will over all restraints, whether societal, physical, relational, legal, or otherwise.
29. **Controlling:** Wanting to have the power to rule, guide, or manage others; having the desire to direct or regulate people, places, things; wanting to be in charge.

**AREA TWO IS “BELIEF SYSTEMS THAT RESULT FROM USE OF EGO-DEFENSIVE MECHANISMS AND PRODUCE CHARACTER DEFECTS”**

Psychologists for years have recognized the existence of what they call "ego-defense mechanisms": behaviors that humans practice in order to preserve and protect the ego. The mechanisms are often fear-based or lie-based and thus are considered the source of some character defects.

30. **Projection** (psychological): Unconsciously ascribing to others one's own ideas, impulses, or emotions; finding and pointing out in others the faults we subconsciously most hate in ourselves.
31. **Egotism**: The excessive use of "I," " My," "Me;" self-conceit; selfishness; narcissism; the habit of thinking, talking, or writing too much of oneself.
32. **Egocentrism**: Recognizing the self as the center of all things; self-centered; believing that everything should revolve around you and your wishes.
33. **Rejection of Others**: Casting off others or their opinions: refusing to consider others or their opinions as useful.
34. **Justification**: Furnishing a reason or excuse for one's behavior.
35. **Victimization**: ("Victim Syndrome"): The feeling of being destroyed, sacrificed, or injured by one's own distresses; blaming others for one's self-induced crises.
36. **Blame**: Placing on another person or thing the responsibility for a mistake or fault of one's own.
37. **Rationalization**: Attributing logical or credible motives for actions actually resulting from other often unrecognized (or hidden) motives; finding or creating plausible but false motives for one's conduct; making excuses for unacceptable behaviors.
38. **Grandiosity**: The desire to seem important; to be pompous or showy.
39. **Excessiveness**: Overindulging; being immoderate; wanting more than what is needed; wanting a quantity beyond what is necessary or desirable; wanting to exceed others.

**AREA THREE IS “BELIEF SYSTEMS THAT RESULT FROM FALLACIES IN REASONING THAT PRODUCE CHARACTER DEFECTS”**

40. **Abandoning Discussion**: Refusing to complete discussion of issues to resolution; walking out; throwing a punch.
41. **Affirming the Consequent**: Justifying your behavior by desire only. (I want it; therefore, I can take it.)
42. **Appeal to Pity**: Trying to get one's way by practicing self-pity; suggesting to others that your condition is the most pitiful and thereby trying to get special consideration.
43. **Personal Attack**: Believing your status can be elevated by reducing the status of others.

44. **Apriorism:** Closing one's mind to the facts or one's eyes to the evidence; being prejudiced to the point of being unable to consider an opposing idea or a different opinion; an inability to learn as a result of believing you know everything.
45. **Demand for Special Consideration:** Convinced that you are different, you then believe that you deserve to be treated in a way that is different from the way that everyone else is treated.
46. **Forestalling Disagreement:** Attempting to manipulate others' beliefs and their acceptance of your beliefs; trying to block people from disagreeing with you (e.g., saying "No one would be so insane as to believe....")
47. **Impossible Condition:** Giving people several choices while none of the options are plausible ("Either [1] do it my way or [2] get out.")
48. **Inconsistency:** making incompatible statements; not holding yourself to the same principles at all times.
49. **Lip Service:** Saying you are for something while your actions contradict you.
50. **Non-Exhaustive Classification:** Contradicting oneself and not recognizing it ("I don't mean to tell you how to run your business, but ....")
51. **Non-Exclusive Classification:** Using generalizations to justify your behavior.
52. **Pointing to Another Wrong:** Attempting to avoid accepting deserved criticism by deflection ("I'm driving dangerously? You're the one who nearly killed us last year on vacation.")
53. **Post Hoc:** Reaching erroneous conclusions. ("My father was insensitive. I'm insensitive. There's nothing I can do about it.")
54. **Red Herring:** Changing the subject in order to deflect attention to another issue instead of the one that is making you uncomfortable.
55. **Trouble with Conditionals and Alternatives:** Giving false reasons to explain events ("If life treated me fairer, I'd have a better job, better attitude, etc.")

Our experience shows that we had to really admit that we were guilty of the mental problems that 1-55 are a result of. We also had to admit that we can do nothing about the “stuff” in our subconscious that had been driving us. We finally had to admit that we need a new source of guidance. Why? Pause right now and go back to the list of assets and liabilities and read the assets column now. Those assets will come about in your life if you’ll do Step Eleven daily and let the Divine Mind guide you. Thus we encourage you now

to sit in the quiet for a few moments and really touch the truth of these 55 defects as they manifested in your life. Then, in the quiet, imagine what your life might be like if the assets starting coming forth from you. May your efforts be blessed as you seek a new vision for your life and a view of reality. Now, repeat this appeal:

I am acknowledging all my past wrongs and all my defects of character. I want to start a new life today, and I am grateful for seeing the lies that I believed that have held me back and the truth that can set me free.

I ask that my inner resource which I have neglected in the past awaken now and guide my life. I'm grateful for this opportunity to wipe my slate clean and start my life anew. In Steps Four, Five and Six I have completed my moral inventory and admitted to myself and another person the exact nature of my wrongs. I now admit these wrongs to my True Self and invoke my Divine Mind to lead me to replace every single defect of character, now and in the future, with the corresponding asset on the list.

I am grateful for a chance to be a part of the solutions in life instead of the problems. I invoke my higher power to grant me wisdom, knowledge and strength as I go out from here to live the life of happiness that I am capable of enjoying if I allow my Right Mind to guide me.

I am grateful, for the steps that will teach me to set aside my wrong thinking and give me the tools necessary for tapping into my Creative Intelligence. Let it be.

You are now the cleanest, purest person on the face of the earth. Why? Because you haven't had a chance to harm anyone or practice your defects after their removal seconds ago! Because you haven't even had a chance for even a milder form of them to show up! But please remember that you are a divine creature having a human experience. These defects WILL disappear and NEVER return if you do the rest of the work outlined in the steps, at least not to their former degree. (Remember, where I once raged, I might get angry. Where my anger was to the 30th degree, now it is only to the 20th degree.) When the human side comes forth, embrace your humanness. Know that all twelve steps must be used repeatedly to kill off the ego which has caused all our problems, so be prepared to rework the steps regularly when versions of the shortcomings above reappear.

You will be shown in the next session what you must do on a daily basis in order never to return to the **false self** again while at the same time accepting your HUMANNESSE and reveling in your DIVINITY.

Finally, we have a caution we'd like to share: your defects that allowed your self-will to run riot have been removed, but your self is not completely gone. Why? Because your MIND, the subconscious part that controls what you DO, has not been changed--it still contains a lot of old ideas and beliefs and you have not yet developed the skills necessary to go to the second (opposite) thought which comes when we allow The Higher Power Within-my divine Mind--to guide us totally. We only get that result by doing Step 11 every morning without fail and throughout the day. Also, your ego/self remains in tact until you finish Steps 8 and 9 and make ALL amends. Therefore, conflict will manifest within you: your ego will fight with your Right Mind. But there is good news: our experience shows that conflict precedes clarity just as pain precedes growth. But your thought-life will only change when you do steps 8 and 9 thoroughly and commence working Steps 10, 11, and 12 at the same time on a daily basis. You are changed now, but you cannot be content ever again unless you do the remainder of the work in Steps 8 to 12. So before we meet with you again, you need to be certain you have completed thoroughly this guide as well as the 8th step list that follows. You write the names only, then next time we meet we'll write with you the actions called for. Remember, you agreed to go to any length to get a better life, so please do the Eighth Step and bring this form back to the next session. Thanks. Looking forward to seeing you soon.

### EIGHT STEP LIST

Names of relatives

Action:

I've had problems with:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

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Names of employees/employers  
I've had problems with:

Action:

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Names of agencies/institutions  
I've had problems with:

Action:

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Names of laws/rules  
I've had problems with:

Action:

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 -----  
 -----

Names of people/businesses  
 I owe money:

Action:

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 -----  
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If you need to ask questions before our next session, call one of the people  
 who gave you their telephone numbers.

APPENDIX A

**(Daily Reading Materials Some Have Found Helpful)**

A Cherokee Feast of Days, Vol. I. Joyce Sequichie Hifler.

A Cherokee Feast of Days, Vol. II. Joyce Sequichie Hifler.

The Soul's Companion, Tian Dayton.

The Language of Letting Go, Melody Beattie.

**(Reading Materials Some Have Found Helpful)**

The Mastery of Love, Miguel Ruiz.

Four Agreements, Miguel Ruiz.

The Way of Love, Anthony de Mello.

Infinite Self, Stuart Wilde.

Awakening Spirits, Tom Brown, Jr.

Tao De Ching, Stephen Mitchell translation.

**(Meditation Aids Some Have Found Helpful)**

Dr. Jeffrey Thompson's "Alpha Relaxation System"--excellent for bringing about a state of relaxation, esp. in the morning or afternoon. (Order all Thompson materials from Amazon.com or from Borders Bookstores or other music locations.)

Dr. Jeffrey Thompson's "Theta Meditation System"--deep trance state meditation aid. Excellent for 24-minute afternoon meditation. As you advance, effective for morning meditation as well.

Stuart Wilde's "The Art of Meditation" Series.

Dr. Jeffrey Thompson's "Delta Sleep System"--excellent for those having problems falling asleep or staying asleep.

**(Easy Listening Aids Some Have Found Helpful For Relaxing or Meditating, Esp. In the Early Stages of Learning)**

Carlos Nakai Native flute music.

Kitaro music.

## APPENDIX B

### Evening Review Questions

Was I resentful at any time today? Selfish? Dishonest? Afraid? Do I owe an apology? Do I need to discuss something with someone at once? Was I kind? What could I have done better? Was I thinking of self or of others?

## APPENDIX C

### GUIDE TO MEDITATION and GUIDANCE

(Repeat daily each morning following inventory, and until change comes)

"In my Right Mind, I realize that the people who wronged me are sick people. I intend to set my ego aside now and seek to give them the same tolerance, pity, and patience that I would cheerfully grant a sick friend. I seek now to become conscious of where I have been selfish, self-seeking, dishonest or fear-based, thus causing my own trouble. To maintain peace of mind, I now admit that I do not have to retaliate or that I am not a victim.

"I ask the higher power within to relieve me of all my fears, worries, and doubts and turn over all decision-making to the Right Mind within. Help me see that pain and suffering lead to positive change in my life.

"In all my relations, I ask for inner guidance to take over. Give me a vision of a sane and sound ideal in my sex relations, and let me imagine what might happen in my life were I able to move closer to the ideal I have been trying to glimpse. Let me be reminded that the universe intended life to be simple; I should keep it the way The universe made it. I will keep it real simple by releasing to my Right Mind all decision-making today.

Early AA's recommended daily readings of what they called "Power Phrases." These are phrases that seemingly make no sense when we first read them. So what is the rationale behind them?

### RATIONALE

We are looking for original thoughts. We have been thinking like the masses and following a path that was not true to our Real Self. Wilde says: "You need to create an emotional barrier between yourself and the world. It is a

psychic zone . . . . the buffer between you and life's circumstances." Now we're not talking about isolating or separating ourselves, but we are talking about placing some mental distance between the rat-race mentality and our new sense of peace that we want to maintain. So how do we build that space? He says, "First, you pull away from the desires and attachments that you have about your own life. You voice no opinion. You accept reality as you find it. Any negative yearning that you have about your life serves only as an affirmation of weakness." We are attempting to affirm the power within, not our past weaknesses. We have found that if we are to experience the necessary psychic change, the phrases provided will help you develop a new way of thinking, a way that is different from the perspective of the masses who are trapped in the going and doing and zooming of the ego. So let's take turns reading these phrases that will give us a new and different perspective:

- I will have no expectations nor make demands today
- What I resist persists
- I will cease fighting
- I can resist nothing today while still standing up for my own Highest Good
- I do not have the power to drive anyone crazy or make anyone sane. Each individual is responsible for her/his own peace of mind
- It is none of my business what anyone thinks about me or about anything else
- I do not have the power to make anyone stay in my life
- I do not have the power to drive anyone away
- I do not have the power to make anyone miserable
- I do not have the power to make anyone happy
- I will love all
- I do not have to like all
- My goal is peace of mind (also known as "sanity" or "spiritual living")
- The only way I can forgive someone today is to think I am "The Forgiver, The Ruler of the Universe"; I and the world will be better off if I do not judge in the first place
- I do not know what is "good" or "bad," and since The Higher Power knows all and does only good, everything is ultimately for the good
- The Higher Power will take charge when I let go

- I do not need to know anything or understand anything but I shall instead only seek The Higher Power's guidance, which I receive intuitively if I become still and quiet
- I will not wish, hope, want, desire, nor crave today
- I will not seek love--I will simply give love
- I will receive human love, should The Higher Power Within send it; however, I can only be content if I'm attached to The Higher Power alone
- I cannot be content in a human relationship with anyone until I am content without any human relationship
- I will seek nothing The Higher Power does not send
- I will accept all that is sent by The Higher Power
- I will think less and employ intuition more
- The past is gone--it's an image in my mind
- The future can be no more than an image in my mind
- Therefore, the present moment is the only real moment. I shall not allow false images to affect the way I feel

Next, we are going to give you some key phrases that have proved effective in changing wrong thinking. If we say them enough, we WILL change our thinking patterns. Try working these comments into your thought--life and vocabulary throughout the day, for each is intended to reverse the faulty thinking that made us miserable in the past:

- "Everything really is going to be OK." (Why say that? Because we have always lived by the motto: "Nothing is gonna turn out alright!")

Because we hated everything in the past, today, every time something bothers you, say immediately, "I love this." Then ask, "Why?" and come up with a reason. (Think of a reason why you'll not only accept it but love it. "I just got fired. I love this. Why? Because the universe has a better job for me. I didn't like this job anyway.")

- "Whatever." (We say this with acceptance, not with a sense of not caring anymore. Why use this one? Because we could never accept anything that went contrary to what our egos thought we wanted or needed.)
- "I must get rid of that belief, unlearning something I was taught that was wrong." (Remember that we have belief systems given us by others. We have to set them aside to receive new thoughts originating in our Divine Mind.)
- "I have no opinion to express about that." (Why us this? Because our egos always had an opinion to express on every topic. We had to show

off how much we knew, how informed we were. And no one cared. They still don't want to hear it, so we work on keeping our opinions to ourselves now.)

- “I will not judge anyone today; I will not criticize today.” (We have been, in the past, some of the most judgmental, critical people on the planet. That builds negative energy. We are looking for positive energy. We have no idea what experiences people have undergone that make them the way they are. We need to realize that most things we had an opinion about, that we judged people about, was really none of our business and really didn't matter in the least.)
- “I will not whine and think I'm a victim today.” (Self-pity is our enemy. We've been the cause of our problems, but we like to blame others. Today, we are seeking our part in any problem, and we cannot find our part when we imagine we are being victimized.)

## APPENDIX D

### RESENTMENT INVENTORY--“People”-Form “A”

**COLUMN ONE: NAME** \_\_\_\_\_

**COLUMN TWO: What's wrong with this person that angers / troubles me (Name 3 things, such as: “selfish,” “manipulative,” “controlling,” “dishonest,” “a jerk,” “a nag,” “hit me,” “abandoned me,” “stole my stuff,” etc.):**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

**COLUMN THREE: Seven areas where this affects me:**

1. **Self-esteem** : I am (or see myself as): \_\_\_\_\_

2. **Pride** : No one should see the following being done to me:

---

3. **Ambition** : What I want but think I'm losing  
is

---

4. **Emotional Security** : To feel OK, I need

---

5. **Financial Security** : My financial security is threatened in this deal  
because

---

6. **Relations (by Sex)** :

\*\*\*I think *men* should

---

\*\*\*I think *women* should

---

7. **Personal Relations** : Those close to me should see that I  
am

---

**COLUMN FOUR: My part in this incident is that I was:**

a. *Selfish* (I want to keep what I have, so here's how I was selfish):

---

b. *Self-Seeking* (I also want what others have, so here's where I was  
*seeking for my self*):

---

c. *Dishonest* (The real truth is that...):

---

d. *Fear* (What I'm really worried about or afraid of that is driving  
me to behave the way I'm behaving is):

---

e. *Insanity* (Here are the things about my behavior and feelings that  
are really insane in this deal):

---

**RESENTMENT INVENTORY--"People"-Form "B"**

*COLUMN ONE: NAME*

---

*COLUMN TWO: (I depended on this person in these areas and this person  
failed me in these ways):*

1.

---

2.

---

3.

---

*COLUMN THREE: Seven areas where this affects me:*

1. **Self-esteem** : (In terms of building my self-esteem, I expected this  
person to):

---

2. **Pride** : (In terms of building my pride, I expected this person  
to):

---

3. **Ambition** : (I expected this person to provide the following that I want or need): \_\_\_\_\_

4. **Emotional Security** : (To feel OK, I needed for this person to):  
\_\_\_\_\_

5. **Financial Security** : (I expected to gain the following benefits if in relationship with this person): \_\_\_\_\_;  
or, [when I take care of someone’s financial needs, I expect the following from them]: \_\_\_\_\_

6. **Relations (by Sex)** : (When I give myself to another and have sex with them, I expect): \_\_\_\_\_

7. **Personal Relations** : (In dealing with them, I expect this from):

- 1. friends \_\_\_\_\_
- 2. lovers \_\_\_\_\_
- 3. family \_\_\_\_\_

*COLUMN FOUR:(The REAL truth) My part in this problem was:*

a. ***Selfish*** (Here’s how the above reveals I was selfish):  
\_\_\_\_\_

b. ***Self-Seeking*** (Here’s how the above shows I was *seeking* more for ***myself*** than giving to another): \_\_\_\_\_

c. ***Dishonest*** (Here’s where I ....

\*\*\*\*deceived him/her): \_\_\_\_\_

\*\*\*\*deceived MYSELF) \_\_\_\_\_

d. ***Fear*** (Not love in my heart but wrong thinking in my head--fears, worries, insecurities--drives me. Here’s where **my** thinking was wrong): \_\_\_\_\_

**RESENTMENT INVENTORY--“Principles/Rules/Laws”**

**COLUMN ONE: NAME** \_\_\_\_\_

**COLUMN TWO: What’s wrong with this person that angers / troubles me (Name 3 things, such as: “selfish,” “manipulative,” “controlling,” “dishonest,” “a jerk,” “a nag,” “hit me,” “abandoned me,” “stole my stuff,” etc.):**

- 1. \_\_\_\_\_
- 2. \_\_\_\_\_
- 3. \_\_\_\_\_

**COLUMN THREE: Seven areas where this affects me:**

1. **Self-esteem** : I am (or see myself as): \_\_\_\_\_

2. **Pride** : No one should see the following being done to me:

3. **Ambition** : What I want but think I'm losing  
is \_\_\_\_\_

4. **Emotional Security** : To feel OK, I need \_\_\_\_\_

5. **Financial Security** : My financial security is threatened in this deal  
because \_\_\_\_\_

6. **Relations (by Sex)**:

\*\*\*I think *men* should \_\_\_\_\_

\*\*\*I think *women* should \_\_\_\_\_

7. **Personal Relations** : Those close to me should see that I  
am \_\_\_\_\_

**COLUMN FOUR: My part in this incident is that I was:**

a. *Selfish* (I want to keep what I have, so here's how I was selfish):

b. *Self-Seeking* (I also want what others have, so here's where I was  
*seeking for my self*): \_\_\_\_\_

c. *Dishonest* (The real truth is that...): \_\_\_\_\_

d. *Fear* (What I'm really worried about or afraid of that is driving  
me to behave the way I'm behaving is): \_\_\_\_\_

e. *Insanity* (Here are the things about my behavior and feelings that  
are really insane in this deal): \_\_\_\_\_

**RESENTMENT INVENTORY--"Institutions"**

**COLUMN ONE: NAME** \_\_\_\_\_

**COLUMN TWO: What's wrong with this person that angers /  
troubles me (Name 3 things, such as: "selfish," "manipulative,"  
"controlling," "dishonest," "a jerk," "a nag," "hit me," "abandoned  
me," "stole my stuff," etc.):**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_  
**COLUMN THREE: Seven areas where this affects me:**
1. **Self-esteem** : I am (or see myself as): \_\_\_\_\_
  2. **Pride** : No one should see the following being done to me:  
 \_\_\_\_\_
  3. **Ambition** : What I want but think I'm losing  
 is \_\_\_\_\_
  4. **Emotional Security** : To feel OK, I need  
 \_\_\_\_\_
  5. **Financial Security** : My financial security is threatened in this deal  
 because \_\_\_\_\_
  6. **Relations (by Sex)**:  
 \*\*\*I think *men* should \_\_\_\_\_  
 \*\*\*I think *women* should \_\_\_\_\_
  7. **Personal Relations** : Those close to me should see that I  
 am \_\_\_\_\_
- COLUMN FOUR: My part in this incident is that I was:**
- a. *Selfish* (I want to keep what I have, so here's how I was selfish):  
 \_\_\_\_\_
  - b. *Self-Seeking* (I also want what others have, so here's where I was  
*seeking for my self*): \_\_\_\_\_
  - c. *Dishonest* (The real truth is that...): \_\_\_\_\_
  - d. *Fear* (What I'm really worried about or afraid of that is driving  
 me to behave the way I'm behaving is): \_\_\_\_\_
  - e. *Insanity* (Here are the things about my behavior and feelings that  
 are really insane in this deal): \_\_\_\_\_

### INVENTORY SUMMARY

Here's how I was inconsiderate: \_\_\_\_\_

Here's how I aroused . . .  
 jealousy : \_\_\_\_\_

suspicion : \_\_\_\_\_

bitterness : \_\_\_\_\_

Even though another may have played a part, this is my inventory, so here's how I was at fault : \_\_\_\_\_

Here's what I should have done instead: \_\_\_\_\_

My sane and sound ideal for the future, should anything similar come up again, is to: \_\_\_\_\_

## APPENDIX E

(This 20-day exercise is to be started on the day immediately following completion of the last session on Steps 10-12)

### **A 20-Day Quick-Growth Plan**

Any misery or any practice of an addiction is self-destructive. The only insane reason that anyone would do anything destructive to his or her body, knowing that it is harmful, is if that person is experiencing self-hatred. Self-hatred can exist on a subconscious level, but it is obviously

there for any objective observer to witness who can see people doing anything harmful to their bodies. Wouldn't a person have to hate himself to put tar into his lungs? To eat foods with a high fat content that clogs arteries or with toxins that create colon cancer? To drink alcohol that kills hundreds of thousands of brain cells and destroys the pancreas and liver? To have potentially fatal sex? All death wish stuff, done by people who, deep inside, truly hate themselves.

Where does self-hatred come from? First, expectations that we behave perfectly when we were being raised. We were corrected hundreds of thousands of times as it was pointed out over and over how wrong we were and how far short we were of the ideal, perfect behavior. That became our standard for ourselves in adulthood. Secondly, falling short of our own expectations and those of others, we stay frustrated and then liabilities show up in our conduct. Then, self-hatred results because we are doing hateful things when we use the 20 liabilities (such as being angry, resentful, hateful, dishonest, greedy, etc.) which also inspire others to hate us--or at least detest our behavior.

What is the answer to stopping self-destructive behavior? This is so easy to answer: eliminating self-hatred. And eliminating self-hatred is a three-stage process, generally speaking. First, seeing the truth. (In 12-step programs, this amounts to Steps 1-6.) We've all been programmed to do insane things in this culture. Other people do insane things because of their programming. All the things we think they did TO us was really never personal. They were programmed, living on auto-pilot. Nuts--totally nuts. Doing things without even thinking about them or about their hurtful consequences. Being driven by things in the subconscious which they aren't even aware of. Same with us.

So, secondly, we can forgive them for what we thought was a slight or harm that they did while they were insane or asleep or operating on auto-pilot. They know not what they did. We knew not what we did. We did the same to them or to others, the things that we hated most when they were done to us. Asleep or insane, we've done crazy things, but we can forgive ourselves when we see our truth: we have been responding to

programming, going through life in a fog, also operating solely on autopilot. (This process is accomplished in 7-9 in step work.)

After forgiving them and ourselves, we are prepared to move to the third stage of recovery: we are prepared to love ourselves, our Real Self--the Self that never materialized because of the crazy ways we were raised. But we cannot love what is unlovable. So just being prepared to love ourselves, wanting to love ourselves, will not make it happen. What will make it happen is new behavior, new action, using 20 assets that will replace the 20 liabilities. (This behavior reflects the intent of steps 10-12 in step programs.)

### **Putting the Plan into Action**

Take each one of the numbered items below and for the next 20 days, do one all day. At the end of 20 days, you will be different. You will be emitting a positive energy that will attract positive energy to you, and that energy will replace the negatives that your negative liabilities have attracted. At that point, in 20 days, if you really practice each of the 20 asset-behaviors, you will be a new person and you will love your new self. Why? You'll be behaving in a lovable manner, for a change.

In a state of Self-Love, you will not be able to do insane, self-destructive things to yourself. It's automatic! Call it a spiritual gift or spiritual wellness or a return to sanity as a result of 20 days' worth of action, but it will happen. No one can hurt himself if he loves himself. That only happens from a state of hating himself. From a state of seeing your truth and seeing the truth of others; from a state of forgiving yourself and others because you all knew not what you were doing; and then from a state of being in Self-Love, all past behaviors that were a manifestation of your dissatisfaction with yourself and the judging of yourself will disappear.

And when you stop being dissatisfied with yourself and stop hating yourself and stop judging yourself, you'll stop being dissatisfied with others, you'll stop hating others, and you'll stop judging others. It's automatic, after taking the action. You'll see that no one has ever done as

much to harm you as you have done to harm you. You have been your own worst enemy, and deep inside you knew that. And because deep inside you knew that you were being your own worst enemy, you have tried to destroy the one hurting you and your efforts to get ahead the most: yourself. You have tried much more to destroy yourself than others have tried to destroy you, and you have even tried to destroy yourself more than you have tried to destroy others. (Sure, your self-hatred did manifest in a desire to hate others, to consider them the enemy, and to get revenge against so many that you thought were your enemies. But no one has ever been as harmful an enemy to you as you, yourself.)

So if you want a better life, and you can't change all those others out there, then the only option left is for you to change your behavior so you'll stop harming yourself so much. You can stop being your worst enemy. Once you stop that, then dealing with all those others out there (the ones you thought were enemies) will be a piece of cake to deal with in comparison to the monkey you remove from your back--namely, the monkey called "yourself." "But how?" you ask. If you use the 20-day plan, your behavior will change and you will honor yourself for that change. And when you honor yourself, you CANNOT harm yourself. You cannot risk death-by-sex for a few moments of unprotected pleasure; you cannot put things in your body that you know are killing brain cells; you cannot put things into your body that are causing cancer. So here's the 20-day schedule that will automatically lead you away from self-hatred and to Self-Love. THIS is the HOW:

Day 1: Practice forgiving others, all day long.

Day 2: Consciously catch yourself each time you start to judge someone, and stop.

Day 3: Every time today you start to think about yourself, stop.

Day 4: Today--be humble. Say "I don't know" and "I have no opinion about that" and "You may be right."

Day 5: Be modest. Do not talk about yourself even once today. Turn all conversation toward others.

Day 6: Look at yourself honestly and see the improvement already occurring. Like yourself for the progress. Forgive yourself where you haven't done the deal perfectly. No one can.

Day 7: Be honest, all day long, but do not injure others in the process.

Day 8: Be patient. Let others go ahead of you all day.

Day 9: Be plain today. Buy nothing as a luxury. Eat modestly.

Day 10: Take a chance with someone--trust them.

Day 11: All day today, feel satisfied. Sense that what you have is enough. Say it: "I really have enough."

Day 12: Work diligently today. Put in a full day's effort.

Day 13. Be early. Leave the house early. Leave extra time for everything. Do not try to put 10 pounds of potatoes into a 5-pound bag.

Day 14: Be direct with people. Tell them what you are feeling, in a pleasant way. Be honest. Try being intimate in a conversation with someone.

Day 15: Create positive thoughts today. Each time something negative comes to mind, picture something positive. Think of a favorite, isolated scene and see yourself there. Replace negative thoughts with positive mental pictures and images.

Day 16: Test every thought and word and deed today to see how sane it is, asking: "Is this thought, word or deed self-constructive or self-destructive?"

Day 17: Do not try to control anyone today. Leave everyone alone to have their own growth experience, even if you think it's crazy. Tell no one anything that they should do.

Day 18: Praise everyone you talk to today. Comment on something positive you see in them or their work or their attitude. Find something good to say to them. Anything positive.

Day 19: Today, be calm and silent.

Day 20: Today, be generous. Give away things all day: your time, your attention, something you value. Your place in line. Help someone.

Do these, and in less than three weeks, you'll not feel the way you have felt about yourself in the past. Then, you'll be restored to sanity, and you will want to help yourself and not hurt yourself. You will be lovable because you are acting in a lovable manner. Then and only then can you practice Self-Love and then and only then will you stop--automatically--doing the crazy, insane, self-destructive things you've done to yourself in the past.

Now, a final point. Some ask: “Isn’t false pride, ego, the downfall of humanity?” Yes. “So shouldn’t we avoid Self-Love?” some have asked. No! Ego has been our problem all along, but Self-Love is the opposite of ego. Ego loves the false-self-images we had of ourselves in the past. Self-Love is love of the Real Self, the Real Us that was nothing more than a potentiality that never matured. The Real Self is what we had the potential to be all along but were not, because of the influence of being raised in an insane culture. The Real Self, which is lovable, will now come into being after 20 days of practicing asset-behaviors rather than liability-behaviors. Some will look at these 20 asset-behaviors and call their use “spiritual living.” Others will see that it is just sane living. Forget all labels and all analysis. Just enjoy the New, Real You. The world will.

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*Version 2000.8*

## APPENDIX F

(This 21-Guide to a Psychic Change for Those Who Desire More Than They Have Received To Date)

### **21 Days to a Psychic Change and the Realization of Perpetual Peace**

*(NOT for use with Newcomers)*

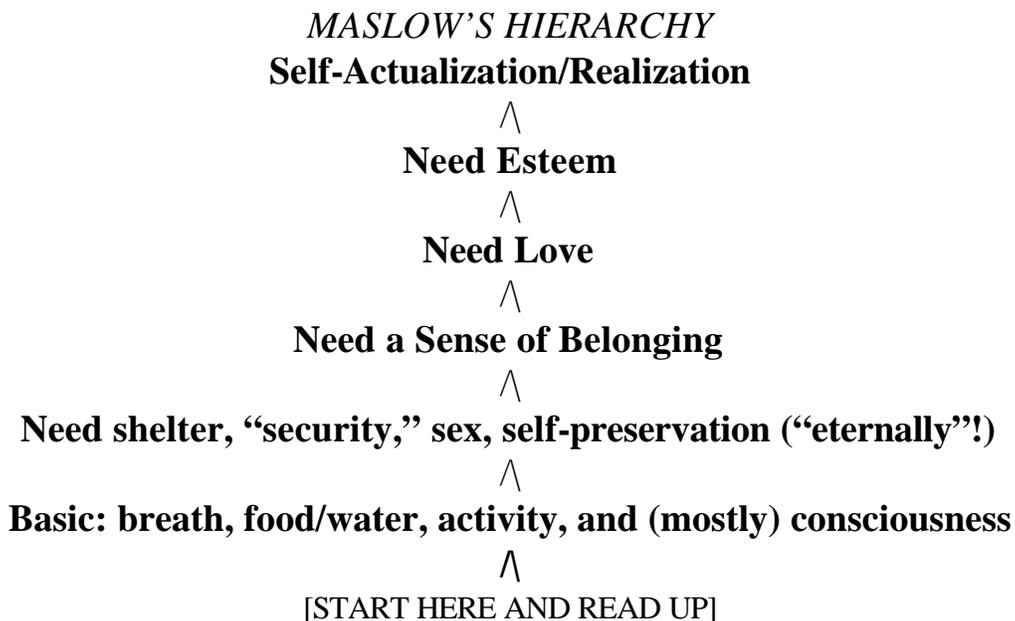
**(Have you done everything you've been told, to the best of your ability, and still not gotten the results you want? Before answering, recall that on page 188: Doctor Bob said that "he and a man from New York had a cure for alcoholism." By the way, the cure did not provide an ability to drink normally; it provided a way to live in perfect peace without the use of anything outside the individual. Are you enjoying life after having been cured, or not? Have you tried working the steps but still have not completely "gotten it"? Are you longing for the promise of happiness, joy, freedom and peace, but you've only tasted it in spurts? Do you want a total shift into a permanent state of peace? Have you been guided to answer the ultimate question that mankind has always asked: "Who Am I, really?" Are you ready to go beyond where you've gotten to so far? If so, then you must understand that the Big Book is not talking mystical mumbo-jumbo when it tells us that, in order to be happy, joyous, free, and at peace, we MUST undergo four majors shifts. (Unfortunately, few in Mainstream AA understand how to get these four shifts that Bill said would take you beyond being sober or on a dry drunk and entering into a realm of perfect, constant awareness and peace.) The Book says you must experience all four to get all that is promised:**

- 1. A total psychic change that restores one to sanity.**

2. A movement beyond the Realm of the Material and the Realm of the Spirit, reaching a state of awareness that is the essence, and connecting with one's inner resource.
3. A movement beyond the limited physical 5-sense existence into a constant use of the vital sixth sense.
4. A movement beyond the three-dimensional (height, width, depth) limitations of this world and into the fourth dimension.

How many have offered to show you how to move permanently into the Realm of the Spirit and beyond without becoming a boring “saint”? How many have offered to show you how to activate your sixth sense? How many have offered to show you how to be rocketed into the fourth dimension? If no one, and if the Big Book is right in saying we **MUST** have these changes to be at peace, you should now see why happiness, joy, freedom, and peace have been beyond your reach: you have not gone beyond . . . to where they are.)

What is one like after having gone beyond to where happiness, joy, freedom and peace are? What is it like to be Self-Realized or Self-Actualized? A man named Maslow described moving beyond the lower states of existence to Full Realization. Please read the following and see what awaits you, if you are willing and earnest (read from the bottom of the pyramid, up):



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**What It's Like When You Shift into The Highest/The Absolute/Self-  
Realization/The Essence**

In this state, one has a superior perception of reality and can detect falseness, game-playing and the creating of false images--in self and others. He sees the world the way it really is and accepts that reality the way it is. He is not concerned with futile efforts to save or improve but does clearly understand. He is totally detached from things, people, and cultural influences--realizing that independence/freedom is the innate satisfier of all, and that independence cannot manifest when dependent or codependent or attached. He does not seek a sense of self from outside. The Self-Realized person can be at perfect peace in solitude without feeling "alone." In fact, he relishes privacy and quiet and creates opportunity for it. He finds contentment in the very basics, and is free of physical, mental, and emotional intoxication. He seeks the simple. He has completed the "going out" and is now resting in the "having come back." (The 'going out' was about getting, while the "coming back" is about getting rid of.) He has compassion for others' True (unknown) Self, but he does not offer reinforcement to the false selves and false roles and false images that others are trapped within. If he has a relationship, it is based in honesty, openness, directness, respect and creativity. His creative intelligence rather than his destructive programming now guides him. He rejects all cultural and societal influences while remaining in the world but not being of, nor struggling with, the materialistic world. He loves others for he knows and loves his Real Self. He has no needs, and knows that the temporary is not real. He knows that the levels below Actualization are based in cultural delusions and perpetuate identification with a physical body, with a conditioned mind, and with the debilitating emotions triggered by the ego that supports all false images.

**If that sounds like a place where you'd like to be, and a way you'd like  
for the remainder of your life to unfold, read on.**

Following are three "Supplemental Readings, #1, #2, and #3." Sit in the quiet and read all three of those each day or throughout each day (maybe one in the morning, one at noon, and one in the evening). Then read one of the following passages per day from the Big Book (numbered 1-12, so you'll have one daily reading for 12 days from Big Book readings in addition to reading the supplemental readings above each day.) After reading the Big Book reading, sit in the quiet and contemplate the considerations that follow.

Do not try to go into a trance or deep meditation. That is counter-productive. Instead, stay conscious, focused on the reading and the questions that follow each quote. Try to think outside the way you were programmed to think by parents, teachers, preachers, movies, by people who think they need to de-program you and then re-program you, and by this culture in general. Why? Because we must find a new vision for us, a new way of seeing the world. You must be de-programmed, true. Your ideas, emotions and attitudes must be cast aside. But you do not need re-programming. When the de-programming leaves, when you see the lies, you'll revert to intuition, Creative Intelligence, the sixth sense, to Constructive Thinking rather than Destructive Thinking. So do these readings and quiet considerations, and then go through the 12-day cycle as many times as necessary for you to fully Realize Your True Self and abide in peace.

## **SUPPLEMENTAL READINGS #1, #2, and #3**

### **#1: IN THE QUIET, READ THIS EACH DAY BEFORE LEAVING HOME:**

"My home is a place where I have committed to doing all which is required to eliminate any belief in the lies about others and about myself that I thought in the past to be true. As I step beyond the door, I will be aware that I am entering the Theater of the Lie, the place where 'all the world's a stage.' Most are actors, and all of those act as if they're on stage, playing out their high drama. They now are in the deep delusion that they really are the roles they play, and they want to hook my attention and make me think their acting is real. They have played their roles so much that they can now act them out in their sleep--in their sleepwalking conditions--and they do. Their dramas, and what they do that I perceived in the past to be interfering with me, are just so much illusion--just appearances, just acting, and not reality. Thus, I can forgive them of any perceived offense that results from the silliness of my judging them, for they know not what they do. If I judge others, it shows I've fallen into delusion too, thinking their play is real and has something to do with me. It would show that I am now delusional, thinking I'm a judge of their play-acting, a critic. I am not a judge, I am not a critic, I am not a role, I am not a character in their play, I am not a victim, and I am not even a person ("persona"-Lt.= "mask.") I am my essence, my Real Self that has nothing to do with a "body-mind." I will be aware-the witness, the observer-but I will

not watch the play and become so engrossed in the actions of the players that I begin to imagine that any part of what I see is real or that it has anything to do with me. It isn't, and it doesn't."

**#2: SIT IN THE QUIET DURING THE DAY AND READ THIS:  
IT REALLY IS AS SIMPLE AS A-Z**

- A. The only way I can experience bliss is to see Truth.
- B. Those who have claimed to be telling me The Truth--religions, programs, philosophies, etc.--all contradict each other. None of them know my Truth, the Real Me. None ever showed me how to get into touch with the Real Me.
- C. I cannot answer the question "Who Am I, Really?" in the beginning. I can only answer the question, "Who Am I NOT?" I am not this false self, my false images, my ego-states. Find who I'm not and Who I Am will be Realized.
- D. When I find all the roles I've thought I am, and eliminate those illusions, then I AM only what is left after seeing all the false. That is Truth--the Real Me.
- E. So there is a Real Me, a Me that is beyond—that is forever. I AM THAT only.
- F. It was suppressed when I was a child.
- G. I was never more than a potentiality.
- H. I fixated emotionally and mentally as a child.
- I. Traumatic events are suppressed in my subconscious.
- J. They will trigger reactions that throw me into ego-states.
- K. Ego-states, mental states, false-selves, states-of-being, are illusions.
- L. When I go into them, an ego materializes to protect the image.
- M. If I can see the illusion, I can be the observer, seeing the false image.
- N. I become the observer who sees when thoughts that comes are false.
- O. I will have no problems as long as I don't think the body or the mind is Me!
- P. I am not my body. It was decay. I will not. I am not my body, because if you cut off my arms and legs and transplant another heart into me, I AM still "Me." So what I Really AM is something beyond my body.
- Q. The Real Me is forever; the body is a temporary housing. I am not a car just because I move about in a car.
- R. I am not my mind, because what I call "my mind" is just a collection of ideas, emotions, and beliefs that were given to me by others. I didn't even

choose my name, much less all the beliefs I have. I've been programmed with faulty values and beliefs.

S. I have allowed myself to be swept along through life by the emotions of love and fear that are based in my reactions that stem from beliefs that I never chose.

T. Therefore, I need to rid myself of the influence of wrong ideas, emotions and beliefs (wrong thinking, feelings, beliefs.)

U. There is no such thing as peace of mind. The "mind" (which is just a collection of wrong ideas, sweeping emotions, and programmed beliefs) is the source of all chaos I feel.

V. There is no "second" or "higher" self to search for. There is only one Real Me. To find it, I need but see the illusions that aren't real that I'm nevertheless using to define me.

W. There is no "path" to travel to find what I seek. The Real Me is here and now. The "journey" is to nowhere but right here and now. Only now is Real. The "past" and "future" are illusions.

X. Effort is not required. Non-effort is required. Living in the drama caused by believing I'm my body-mind is effort. Seeing Reality—my Real Self—takes no effort except to watch for the false states as they arise and then ask "What false ego-state is causing my discontentment," and then turn back to acknowledging my Real Self. Later, I won't even have to observe, and I will just flow through life.

Y. At first, I must be the observer in the audience, watching all the drama being played out by my false selves and the false selves of others. I must guard against believing the play or the movie is real. It's not. Everyone is play-acting out the images they have of themselves. They are not showing me their Real Self because they think they are their images. Images are illusions. The dramas we act out are not Real. They have nothing to do with the Real Me or the Real Them. Why react to things not Real?

Z. Here's the simplicity: all I have to do is be awake to see that anger and discontentment are the alarms showing that I've entered an illusory ego-state and feel threatened; then see that the Real Me is forever and I cannot be attacked; and then turn away from the illusion.

**#3: SIT IN THE QUIET AND CONCENTRATE ON THIS  
THROUGHOUT THE DAY UNTIL YOU REALIZE THAT YOU  
ARE MORE THAN YOU'VE EVER BEEN TOLD YOU ARE:**

**If you remove my arms, am I still Me? I AM**  
**If you remove my legs, am I still Me? I AM**  
**If you replace my heart with another, am I still Me? I AM**

**That which I Am (and That Which You Are) after all the above is done....can**

**you**

**--see that You? NO**

**--can you touch that You? NO**

**--hear? NO**

**--taste? NO**

**--smell? NO**

**(So if I cannot be touched or even seen, how can anyone harm Me, bother Me? They can't.)**

**So the Real You cannot be experienced. And it certainly can't be experienced with the 5 physical senses (the phenomenal). So (1) which sense must be used to sense the presence of the Real You? \_\_\_\_\_**

**And if you cannot be touched, then you are not three dimensional. So (2)**

**which dimension does the Real You exist in? \_\_\_\_\_**

**So the Real You is not the body nor the mind nor the heart. It's nothing physical, so it wasn't born and it cannot therefore die. What we think is**

**us is nothing but an illusion, and the Real Us is something beyond whatever**

**is in this material realm that can be seen, touched, etc.**

**Getting to the Reality (and bliss) of the sixth sense and the fourth dimension occurs with quiet Self-inquiry, but not in the escape of deep meditation that can become an end rather than a means to the conscious Self-Realization that follows Self-inquiry.**

*1. p. xvi: "They cannot differentiate the true from the false" and "To Thine Own Self Be True" (on chip received on day #1 in A.A.)*

and in *“How It Works,”* the requirement of honesty is referenced three times, p. 58.)

**Consideration:** Obviously, I know if it’s true or false if someone says “This is red.” There’s got to be more. Is it possible that much of what I was taught to be true is really false? Is it possible that what I think is real and of value is unreal and of no value? Is it possible that what I think is unreal is Real? Is it possible that I show a false self to others and they do the same with me? Is it possible I cannot differentiate the true (Self) from the false (self) anymore? Is it possible that, even as much as I try consciously or subconsciously to fool others by playing roles, I’m really fooling myself more than anyone? Is it possible that the honesty necessary for peace does not refer to concepts such as not stealing, not cheating etc., as much as it is linked to this: “To Thine Own Self Be True”? Is the honesty required actually the honesty necessary to see the play-acting and to realize everything one is not? To see all the false identities we assume to try to define who we are, when they are not the Real anyway? To see where we are trying to create an identity with things and other people, which cannot be our True Self?

2. p. xvii: *“Unless this person can experience an entire psychic change, there is very little hope for his recovery,”* and p. 59: *“Came to believe that a power greater than ourselves could restore us to sanity.”*

**Consideration:** If I need a psychic change, how come some people tell me that my spirit is sick and I need to get my spirit right? Is it possible that so-called spiritual living IS just sane living and that I really do not have to be a spiritual mystic to be at peace? Is it possible that my problem is identified in Step Two, not Step One? Is it possible I used alcohol to try to treat my problem (which centers in the mind) and that the unmanageable life was a result of my problem (which centers in my mind)? So is it possible that alcohol and that life were not the root of my problem but that the root of the problem is a need to be restored to sanity? And if so, what is the Power that is going to do that restoration? The founders answered that in “Appendix II, Spiritual

Experience,” which will be a later reading. Focus on identifying the problem for now.

3. p. 23: *“the MAIN problem of the alcoholic centers in his mind....”*

**Consideration:** Is it possible they mean that? Is it possible that the main problem is not with my spirit nor with my body? What is it in my mind that is causing all my problems? Can the gray matter of the brain create thoughts, or just store the ideas I’ve been given in this culture? Who gave me most of my ideas? How much of what I believe did I decide on my own to believe or did I determine by experience to really be the truth? How little in terms of my ideas and beliefs, in fact, did I choose? In fact, did I even choose my own name? How have I been programmed to be the way I am, to believe the way I believe? How little choice have I really had? How much of my life could really have been a result of total free will, in light of the fact that I have been driven by what has been placed in my mind? What are the things I’ve attached to mentally? What are the things/people/roles I use outside me to try to get a sense of who I am? Is it insane to try to define myself with things outside me? (Ex.: If I think I’m “husband,” I have to have “wife” for that role to exist. If she leaves, am I still Me or not?) How do all attachments / dependencies rob me of my peace?

4. p. 27: *We have to cast aside “ideas, emotions, and attitudes” (that is, my concepts/thinking, feelings, and beliefs).*

**Consideration:** Here is a list of common concepts in our culture--ideas just thought up by mankind over thousands of years. How many of these have created in you a sense of anxiety or fear or worry or guilt or a sense of feeling separated from others?: **honesty, devil**, (ancient Hebrew word for “enemy”--referred even to insects--beelzebubs--that destroyed crops) **meaning, purpose, holy land, holy words, holy days, goals, free will, plans, The American Dream**, (keyword: “dream”--and its partners in creating unfulfilled desires: hoping and wishing), **ownership, me, mine, worship, devotion, reward, punishment, pleasure, pain, ugliness, beauty, winner, loser, failure, classes, America**, (there are really three of those), **New World**, (was it really a new world?) **Space Age**, (so we entered

space only after firing rockets off the earth? Where has this planet always been?) **sunrise, sunset**, (do you still believe that it is the sun that is rising and setting and moving about the earth--that the earth is at the center of the solar system?) **friend, fiance(e), growth, development, improvement, prayer, community, spirituality, saintly, progress, achievement, competition, and Third World** (whose ranking?)

*5. p. 51: "In the realm of the material, men's minds were fettered by superstition, tradition, and all sorts of fixed ideas (concepts)" and pp.65-66: "The first thing apparent was that this world and its people were often quite wrong."*

**Consideration:** What makes people wrong, if not wrong concepts and values? If most think "wrong," what is the sign of "right" thinking? How many of these ideas or concepts have created anxiety, fear, worry, guilt or separation from others?: **sin, adultery, guilt, right, wrong, love, laws, god, evil, heaven, hell**, (originally "Gehanna," first a human sacrifice site; later, a trash dump outside Jerusalem with a 24-hour, 7-days-a-week flame maintained for burning trash from the city) **states, state boundaries, nations, national boundaries, religions, kindness, human, male, female, boy, girl, teen, parent, boss, employee, baby, elder, patriotism, "our national interests," loyalty, cause, support, help-mate, democratic, communistic, intimacy, races, marriage**, (mankind lived and cohabited sexually for 4.5 million years without the title "marriage" bestowed on their union to legitimize it. How are we doing in the last 3500 years with this concept? Is it working?), **faith** (the prerequisite for all deception and misguiding--do not trust my words or anyone's--test instead), **and sacrifice** (at the core of every religion.) Now, if "the first thing apparent is that this world and its people are often quite wrong" (and that does not mention alcoholics--it refers to all) then why are we shocked when people behave in ways we think wrong or crazy? Why react if that's the standard, since it applies to MOST? Do you think most asked that they have their minds programmed in a faulty manner? Would you go into an insane asylum and mess with the people who have been driven insane? Or would you try to understand them, having understand how insane this society has left you, and be grateful for the relief coming to you with having seen what has been the driving force behind your own self-destructive behaviors?

6. pp. 28-29: *“Surprisingly enough, we find such convictions (being agnostic--doubting the existence of a god) no great obstacle to a spiritual experience.”*

**Consideration:** If doubting the existence of God is “no great obstacle to having a spiritual experience,” then what is spirituality about? What does it mean to leave the Realm of the Material and reside in the Realm of the Spirit if it’s not about God or religion or saintly living? Can I believe that they meant what they said: that I can have a psychic change and that a new, realistic way of seeing things--a new vision for me--will result in peace in my life, and that’s what this thing is about? So is spiritual living just sane living? Could it be about seeing Reality and seeing truth and seeing things the way they Really Are instead of the way I’ve fantasized about them? Is the Spirit World just the Real World as opposed to the fantasy world I’ve created as a figment of my imagination? Is it possible that the way I imagine someone to be might not really be the way they are? Is it possible that applies to me as well?

7. pp. 569-570: *“With few exceptions, our members find that they have tapped an unsuspected inner resource which they presently identify with their own conception of a Power greater than themselves.”*

**Consideration:** Is it possible that the Great Reality--a way of seeing things the way they Really Are--is within me and needs only be tapped into? Is that the psychic change--just changing the way I see things--seeing them a different way (the way they really are) and not the way I’ve been programmed to think about things and people and this world and the universe? Is it possible that for 4.5 million years, humankind has had within what has been required for survival but that I’ve bought into the wrong thinking and values and ways of a warped lifestyle? Is it possible that our claims that some Heavenly Power is “working through us” pure ego? If our Power is really an inner resource, an inner power, then isn’t it true that nothing outside is coming into us and then going on through?

8. p. 48: *"It is constantly revealed, as mankind studies the MATERIAL world, that outward appearances are not inward reality at all."*

**Consideration:** Is it possible that the things I see in this three-dimensional world, (like people with their height, width, depth) and the world I've always experienced only with the five senses (taste, touch, smell, see, hear) is a material world but that there is something totally liberating that I can experience right now beyond that insane existence? Is it possible that I can tap into a fourth dimension using my sixth sense and find a peace that surpasses what I think I understand in this limited, finite 3-d, 5-sense world?

9. p. 49: *"...underneath the material world and life as we see it, there is an All Powerful, Guiding, Creative Intelligence...."*

**Consideration:** So what is supposed to guide us? And where is it located? Is it possible that I've been guided by a destructive intelligence--a mindset that this culture gave me that is destroying me and my effort to be at peace? Is it possible that there really is an intuitive, sixth sense, inner resource that I have not been in touch with? Is it possible that my gut feelings have been replaced by feelings and emotions that boil up as a result of the way I was taught to behave and react in this culture? Is it possible that I can get back into touch with my gut feelings that guide me wisely and sanely if I can have a psychic change that is really just a casting aside of the false beliefs that have been programmed into me by this material society?

10. p. 8: *The solution is to be "catapulted into what I like to call the fourth dimension of existence. I was to know happiness, peace, and usefulness...."*

**Consideration:** Is it possible that I can experience a fourth dimension of existence and that, in fact, I must do that to have peace now? Is it possible that in that realm, I can move through this realm at perfect peace? Is it possible that I can be in the world but no longer of the world and that I can find peace in understanding how this culture lulls

people to sleep and so they are sleep-walking as I have been? Is it possible from that mindset I can forgive them and me and stop judging them and me, and thus be at peace? Is it possible we really should forgive all for, like us, they know not what they do, or why they do it?

*11. P. 25: "...We had been rocketed into a fourth dimension of existence of which we had not even dreamed."*

**Consideration:** Should you choose, you are about to do an exercise that is going to change your perception of you and the world forever. I suggest you not undertake it lightly. This is something to be taken into the quiet and allowed to be absorbed into your consciousness.

**This is the first step in perceiving Who You Really Are. Why should you want to answer so philosophical a question? Because the false identities we have assumed in this culture have resulted in every pain and every suffering that we and those around us have ever undergone. To begin to find out Who We Really Are, we must find out who we are not. The two great illusions that mark the typical human condition are (1) "I am my body" and (2) "I am my mind."**

**The body exists in three dimensions: height, width, and depth. To find Who We Really Are, we must visit the fourth dimension. There is so much more than this limited 3-D manifestation we think we see. The body is driven by the desires of a mind programmed in a culture to seek stimulation of the five senses. To find out Who We Really Are, we must use the sixth sense.**

**So let's do that. Answer each of the questions in the order offered:**

**If my left arm is cut off, am I still me?\_\_\_\_\_**

**If my right arm is cut off, am I still me?\_\_\_\_\_**

**If my left leg is cut off, am I still me?\_\_\_\_\_**

**If my right leg is cut off, am I still me?\_\_\_\_\_**

**If the major organs in my remaining torso are replaced by transplanted organs, am I still me?\_\_**

**So the Real You is something BEYOND this physical body, right?\_\_\_\_\_**

**You have just had the first experience in your life of consciously touching a truth that you have subconsciously sensed forever—though such thoughts over the years tried to force their way permanently into your consciousness: that You are something more than this limited, finite, physical body.**

**Do you see, then, that whatever is of this world is temporary--not real—and that whatever is Real, permanent, is BEYOND this physical manifestation? \_\_\_\_\_**

**Are you beginning to get a sense that the Real You is something BEYOND this world?\_\_\_\_\_**

**That “sense” that is telling you that is the sixth sense.**

**Now, your mind came into this physical existence in a blank condition when the physical body manifested. Then, your mind underwent years of programming by this culture, by well-meaning but misdirected parents and by well-meaning but misdirected teachers and preachers and filmmakers and magazines. What is in the mind now was not permanently there. It is not forever. It is not the truth; therefore, the too-often warped mind cannot be the Real You either.**

**So the Real You—whatever the Real You is—you have just sensed is something more than this physical body, something more than a wrongly-programming, wrongly-conditioned mind.**

**Now review your life. How many of your problems were totally the result of identifying with the physical body or with the wrongly-programmed mind? We are conditioned to think we are just a name and a shape. Women have sought for thousands of years for men to appreciate them as something other than a body. Men have thought for as long that they could be content by identifying themselves with their bodies only. Nothing but pain and suffering has resulted as we have missed completely the call: “To Thine Own Self Be True.” Which self?**

**The false self (or selves)? All those false images that our egos struggle to defend? Or the Real Self we can touch when we activate the sixth sense in order to have a fourth-dimension-consciousness? Spiritual awakening refers to nothing more than awakening to the Real existence of that Real Self and dis-identifying ourselves with all the phony roles we have assumed and then disempowering sick minds from guiding a body to participate in self-destructive behaviors.**

**This is the beginning of your search to find what was never lost. It is also the end of the other, futile search that you've been on all your life. Your attention must now be focused on everything you are not, and what You Really Are will eventually explode into your consciousness, and you'll never live in the past again; you'll never live in the future again; you will live in the peace of the eternal now—the only Reality. You will be beyond all delusions, and nothing of this illusory world can bother you, for you will know What is Real and that all the rest is just a bunch of play-acting drama on the stage of this Theater of the Lie where the Dream of the Planet has people walking around in their sleep, no different from those stiff-legged, near-comatose characters in "Night of the Living Dead." You are invited to leave that illusory world, to awake to the Real Truth, and live in bliss.**

*12. p. 85: We have to "develop this vital ('necessary for life') sixth sense."*

**Consideration: Is it possible that the Big Book is right? That I can develop the use of my sixth sense which this material world has numbed out? Is it possible that if I can get a sense of Who I Really Am, then the drama and the fiction of this world will not inspire me to react in ways that rob me of my peace?**

**If you remove my arms, am I still Me? I AM**

**If you remove my legs, am I still Me? I AM**

**If you replace my heart with another, am I still Me? I AM**

**That which I Am (and That Which You Are) after all the above is done....can**

**you**

**--see that You? NO**

**--can you touch that You? NO**

**--hear? NO**

**--taste? NO**

**--smell? NO**

**(So if I cannot be touched or even seen, how can anyone harm Me, bother Me? They can't.)**

**So the Real You cannot be experienced. And it certainly can't be experienced with the 5 physical senses (the phenomenal). So (1) which sense must be used to sense the presence of the Real You? \_\_\_\_\_**

**And if you cannot be touched, then you are not three dimensional. So (2) which dimension does the Real You exist in? \_\_\_\_\_**

**So the Real You is not the body nor the mind nor the heart. It's nothing physical, so it wasn't born and it cannot therefore die. What we think is us is nothing but an illusion, and the Real Us is something beyond whatever is in this material realm that can be seen, touched, etc.**

**Getting to the Reality (and bliss) of the sixth sense and the fourth dimension occurs with quiet Self-inquiry, but not in the escape of deep meditation that can become an end rather than a means to the conscious Self-Realization that follows Self-inquiry.**

Starting from this point, you will be given daily reading without any specific considerations. Read the selection and then sit in the quiet and see what truth is revealed to you from within your own consciousness:

*Day 13: KEEP IT SIMPLE*

Humans who have not Realized their True Self will exist in one of three states of body-mind identification (marked always by one or a combination of the six mental-ego-states that produce: restlessness, passion, activity/zooming, resistance, darkness, inertia/laziness). The three states humans exist in are:

1. Waking state
2. Deep sleep state
3. Consciousness / Knowingness state

*To go beyond to the perfect peace state, one moves through*

4. The borderline area of I AM

to

5. The Absolute/The Realm of the Essence

—

1. Waking state: As we begin awakening, we dream. The dreams are not real, but we believe at the time of the dreaming that they are. Some dreams make us scream and shout, they seem so real. (So do some things in the “conscious state” of trying to live out this life, even though those things are not real either!) Things we see in this Realm of the Material are the same: not really the way they appear to us.

2. Deep sleep state: In the deep sleep state, no dreaming occurs. Complete rest and peace exists. Thus, we humans are forever longing for the escape of good, deep sleep. We spend 1/3 of our lives in bed, seeking it. We use drugs to try to induce the rest that comes with total unconsciousness. This is actually very close to what Reality is like, for in deep sleep we are not dreaming or believing in any illusions. We are totally detached from this world, our identities, our age, our name, our shape, our sex, our nationalities, our acquaintances, our jobs, from everything. Thus, we are at perfect peace in this state, totally detached from all manifest illusions and roles.

3. Consciousness / Knowingness state: This is the state of “I am.” We are in the “awake state,” so-called because we are no longer “waking/dreaming”; however, we are really only semi-conscious, because we are believing in the

American DREAM, in the dream of the planet, in the illusions we have been taught to believe are real. We are going along under the influence of the auto-pilot of a mind programmed in a faulty way by a faulty culture. In this state, consciousness is constantly on the move. We move between “glimpses of Reality/Pure Consciousness” into states of “being near-comatose,” walking about as if asleep, getting to places and not even remembering most of the trip during which we drove there. People along the trip honk horns at us to try to bring us out of our semi-consciousness into full consciousness. Life happenings have offered wake-up calls, too, but we do not hear those as we are sleepwalking through this life-happening.

In the “I am” state, we are vulnerable to the forces of . . .

- a. Past conditioning of our minds
- b. Our human attributes (destructive human nature as opposed to our constructive True Nature)
- c. False identities, roles, states-of-being

*Day 14:* The movement in consciousness is moving from (a) not knowing / not observing to (b) known / observed to (c) knower / observer to (d) knowing / observing to (e) non-knowing / non-observing. We enter states of being, seeking an identity from outside ourselves, trying to use other people to define who we are. Blindly, we are (a) not knowing we are in a role because ego arises to support it and protect the image we’ve assumed. We come to believe that we really are that role. Shifting to a higher level of consciousness, we become the (c) knower and we observe the false role. That false state-of-being is now the (b) known / observed. We see the game we were playing, the role we had assumed which was not the Real Us, and we shift out of the role and are then free of its expectations, demands, desires, fears, and the pain-pleasure cycles that all image-building and role-playing bring. This happens when our level of consciousness moved to the (d) observing level. We were awake enough to finally see the truth through observing the false self and what it was up to. Once we abandon the role, there is nothing to witness, so we move into the non-observing state, the Absolute, the peace.

We see, therefore, that the prerequisite for that final movement into the highest level of consciousness--and beyond into full awareness and the peace of non-awareness--is (1) a recognition of all the false roles, (2) the abandonment of those roles (which allows the ego to dissolve since it is only

there when the false roles are being played) and then (3) movement into the state beyond where we do not observe, nor judge, nor differentiate but are allowing our life to happen--but from a position of full awareness.

The vulnerability we experience during the movements in consciousness (between seeing the false selves and not seeing them and allowing them to rule our feelings and behaviors) exists only because we feel vulnerable. Identifying with our finite, limited-time bodies, our minds long for a sense of security and thus we separate from all of “them” who are “out there,” supposedly threatening us. Of course, it’s all illusions, because the “I am” that thinks we are the material body is missing the fact that We Are Really So Much More. (The body is nothing more than a by-product of soured food taken in daily doses; the mind is nothing more than a collection of faulty concepts, feelings and beliefs.)

4. The borderline state is the Realm of the Spirit. Here, we are fully conscious and able to observe the delusional thinking of the manifest body and mind and see the illusions of this Realm of the Material for what they are: figments of our impure, corrupted imaginations. Total fantasies. Things are not as they appear in this manifest world, so they are not the “Real.” In the borderline state, there is a settling down in the *movement of consciousness* as we get a glimpse of the delusions for what they are: false images based in false beliefs and man-made concepts and insane ideas.

5. The Absolute State/The Realm of the Essence: You might see light as you enter this realm in the quiet. If not, at least you’ve seen “the light,” the Truth. In seeing Reality, in seeing Who We Really Are, the Absolute provides perfect peace as it is **absolutely** free of the three forces that operate on us when we are identified with the material body and the mind driving it. Those forces operate on the manifested human in the manifested form. But here in the awareness of the Absolute, we are in touch with that Real Self that is beyond the body. (The *arms-legs-organs* exercise gave us a glimpse of the Reality of That Self which exists beyond the physical.) In the Absolute state, we come to know “I AM THAT” (and not “this” or “that” role.) In this Realm of the Essence, of the Unmanifest, we are:

\*\*\*un-conditioned (free of a faulty, conditioned mind)

\*\*\*un-attached to the negative human attributes

\*\*\*un-attached to all false identifications and possessiveness and states-of-being and roles and game-playing and fears and desires and the illusions that result from the bondage of identifying with the body-mind.

We are aware that all that we saw in the manifest Realm of the Material was play-acting by people who love the drama and have taken their stage characters to be real and to truly define them. So far removed from Reality, of course they are going to be miserable and constantly in search of something else. What they are looking for is the Real Self, their True Identity, but they are using their bodies and minds to search and will therefore be doomed to fail until they Realize that there is nothing to search for, nowhere they must go, to find the True Self.

If you'll abide in the Truth of the Absolute (and in all of the peace of the Unmanifested state that we'll return to after this manifestation) then you'll be free of the delusions that create all our suffering in the human manifest state. Bring that peace back to this finite, temporary human form (that is not Really You) and enjoy the perfect peace now, and then later as well. Where can desires and fears arise in that thought-life to make this human existence miserable? They cannot.

### *Day 15: PERFECT PEACE*

Has the seeing of this truth occurred?: all unhappiness and happiness occur in the *movement of consciousness*. You can recognize that consciousness is in movement because it is marked by the sense that we "are close to some power" but later "not as close" or that we "are more fit at some times than others" or that "clarity has come but has gone" or "I was some better after that last 2-week inventory--guess I better do another, and another, and another" or "This church is not doing the deal anymore--I have to find another one." We mentally move back and forth from "got it together" to "don't have it together." That's consciousness (of truth) coming and going--moving back and forth, constantly.

If the problem centers in the mind, then to be in perfect peace, the mind must be stable. The mind is not stable when it is searching, on the move, looking for something to bring happiness. To abide in perfect, inviolable peace is to be firmly stabilized in the "destination." (When we reach our destination on a trip, we stop movement, right? As long as we are "on a path," or "on a journey," or "seeking with great effort," or "doing The

Work," we cannot Realize we are already at the destination and then stabilize there.)

*Day 16:* Believing oneself to be the body is a belief in the mind. That belief preoccupies the mind and will never allow the mind to stabilize, for the body will never feel secure. It's finite and deep inside, we know that. When you get a sense that the Real You is beyond the body, then--knowing that you are beyond the body--you get a sense of Who You Really Are and You know the Real You can't be harmed--hell, it can't even be seen!

First, feel/sense the other Self within. From there, sense that Real You going outside the body and existing in some sort of other, etheric body, detached from your own physical body, outside your physical confines. Feel the Real You hovering above the body and observing. (In the beginning of Self-inquiry, I was only fine when Floyd was just watching floyd--noting the SOB's, seeing the illusions, and being free of their influence.)

From there, detached from the illusions of your own body (and remember that a body is required for the inventing of, and identifying with, all S.O.B.'s) you are free of the pull of the images you thought you were. Just being, and being free of your own body-mind-illusions, you do not attach to any others' bodies, or any others' minds, or any others' mind-games, or any concepts of other bodies' minds. You don't join into the illusions that others are creating in their warped minds. And you know they did not choose their warped minds, so you do not judge them. You are free to renounce this world yet remain in it viably. You can cast aside all the ideas, emotions, and attitudes because You are free of self. Free of (false) self, You are free of the whims and pressures of others' (false) "selves" that you Realize are just as illusory as all of the false identifications you suffered under. So you don't join in their games and their falsehoods, and you do not judge them for what they do while walking in their sleep.

*Day 17:* The True Self has no image. The Real Self, therefore, has no ego (for ego was only there to "protect" a false image) so the Real Self is free of mind. And the Real Self, out of the (influence of the false) mind, is the total manifestation. We are, right NOW, what we shall be "then": free of ideas, concepts, effects of the warped mind, free of the bondage of feelings that drove us to behave insanely, and beyond the influence of false beliefs that we never chose as our beliefs but that we accepted and then allowed to determine the course of our life-happening.

Stabilized in The Ultimate, peace exists. To see The Ultimate, The Eventual, The Essence that will be, we must see where we began. To know where you came from is to know where you'll go. Find out where you were seconds before conception. Find out where you were two days before that. THAT is where you will be. (Eternal recycling of the non-body, non-mind part! Coolisimo!) See that, and body-mind attachment ends. When my attachment to my own body and mind ends, how the heck could I be attached to your body or to the warped thoughts in the minds of others? The attachments to, and empowerment of, all others (to all people and to all things that imprisoned me) no longer have their power over Me. At that point, I can be with people, or not; I can be with someone, or not; I can have my things, or not. Whatever.

*Day 18:* Does a state of existence with no goals, no wishes, no hopes, no wants, no dreams, no needs, no desires, no motives, no hidden agendas, and no intentions sound boring? Well, honestly, how has your life been as a result of trying to live peacefully with all your unfulfilled goals, unfulfilled wishes, unfulfilled hopes, unfulfilled wants, unfulfilled dreams, unfulfilled needs, unfulfilled desires, frustrated motives, the consequences of hidden agendas, and the frustrations of unfulfilled intentions? You say: "Well, not boring, Floyd. That's for sure." I'll bet that's true.

*Now, continue your Day 18 reading by considering the following observations about various relevant subject:*

### Body

We can reach the peace that awaits BEYOND the body while still IN the body if we abandon body-identification.

When you travel in a car, are you the car?

When people we claim to love die, we think so fondly of them we want to be close to them, to that which is still in existence beyond the body. But we would never conceive of getting close to their rotting corpse two weeks after the body has died. So why not stop seeing them as the body now, if what we'll love is not the body?

## Compassion

True Compassion is extended only to a True Self not yet recognized by the one seeking pity for a role being played. Compassion is never to be extended to the persons or roles or images that one is falsely identifying with. To offer compassion to the latter is to reinforce the illusion that the roles and images are real.

## Conditioning/Dependency/Attachments

The mind has been conditioned, programmed by an insane culture to think, react to, and believe in insane, unrealistic ideas and emotions and concepts. A society without peace is a culture that is suffering emotional intoxication and is sleepwalking. When it programs a mind, it programs in the same lack of peace and lulls the programmed one into sleepwalking as well. Part of that faulty conditioning leads you to identify yourself with the roles you play or are assigned, to assume that the labels used to identify you are the Real You. They are not. Roles and labels are things. You are more than a thing. They are not the Real You, and identifying with them and believing them to really define you will prevent your finding out Who and What You Really Are. Only then can peace manifest, for you'll be out of the culturally-indoctrinated mind and into touch with Your Real Mind. Peace comes only after the last false identification and attachment/dependency departs.

*Day 19:*

## Desires/Sex/Substitute Addictions

1. What you use will eventually dis-use you.
2. Whatever you like is going to create harm in you eventually.
3. Whatever you like most is, in the end, going to be most harmful to you.

## Duality

“I am” . . .gives birth to dual thinking. The very notion that I am my body and or mind separates me from awareness of what I Really Am. From there, I live out the illusions of separation of duality.

The same rain that grows wheat also grows weeds. We do not label the raindrops that produce wheat the “good” drops and the raindrops that produce weeds the “bad” ones. Forget the dualities of judging and labeling sin/merit, good/bad.

All duality is artificial. What of the relative vs. The Absolute? The relative is created from the primary illusion: “I was born and need body security.” From there, all “them/us” came, and from that all insecurity, false self-identification, and all ego to perpetuate the illusion.

### Ideas/Concepts/God

Any concepts you utter frame your future. Utter none. Be impeccable, exact, accurate and truthful with your words and thoughts. Purify your mind of cultural corruption and then guard the purity. We guard the purity by using an entirely new vocabulary, which I call “The Vocabulary of Recovered Sanity.” Labeling one day a “nice day” can corrupt your visions and perceptions of the next rainy day and negatively shape your mood.

Dissenters say: “Some concepts are beautiful.” Remember that all concepts take rise in you and you took rise from the dirt.

I’ve always been wary of those who speak expertly of things produced originally from the fanciful imaginations of humans as opposed to things reported by direct experience and proof.

Foliage is our antecedent state. We were in that state, and out of the essence the body evolved. Wherefore arrogance?

*Day 20:*

### Intolerance/Judging

If you have trouble in airports, walk. If you can’t walk, don’t travel.

The same rain that grows wheat also grows weeds. We do not label the raindrops that produce wheat the “good” drops and the raindrops that produce weeds the “bad” ones. Forget the dualities of judging and labeling sin/merit, good/bad, heaven/hell.

Observe without accepting or rejecting. Abide in the Realm of the Absolute.

### It's Working If . . .

You're at perfect peace with yourself (even if not "happy"), and at peace with all others, with the silence, with solitude, and totally free of all wishing, hoping, wanting, desiring, and fearing.

### Knowledge/More Inventory(self-inquiry rather than Self-Inquiry)

The knowledge that you are seeking is knowledge about something that is an illusion. You want to find out the truth about something that is itself a big lie, a dream. You might as well talk about the children of a barren woman.

### Love/Wisdom

Wisdom is knowing that I am nothing; Love is knowing I am everything.

Self-Love is a prerequisite for any other love.

### Objections

If you think this talk is stupid, throw it out and do what you think you want to do. I have no desires, including any desire that you understand my words or mark them.

Don't get wounded or involved in this melting process. It's only ego and illusions and false selves that can die away. It's happening only on the mental level and cannot affect the Real You at all.

You had better quit listening to me or trying any of my suggestions and tell everyone that you have come across a Great Fool. Tell all that my words would have killed you had you not been so aware as to ignore the words and save yourself.

Only I in 100,000 will really understand the knowledge that is offered. Most will not give up their body identification and will die restless, irritated, discontent, bored, delusional and miserable.

Oh, yes. I see now that your beliefs and observations are most profound. If only I had met you earlier, you could have been my sponsor!

*Day 21:*

### Quoting Authority

I care not about what others say. What has been revealed to the Real You? What do YOU say?

All the saints and sages and saviors have come and gone, and nothing has changed for the better from their efforts. In fact, much that followed their coming worsened the conditions from the relative standpoint.

### Roles

You really believe that you are all of the false roles that you have been taught to play by this culture. All those roles require a body to play them out. They also require self-delusion. I know better, about You and about Me.

### Troubled Mind

All trouble is trouble of the mind. All trouble of the mind is rooted in “The Great Catch 22 of Mankind”: the *laziness/restlessness* combination. Many are too lazy to do something, but too restless to do nothing.

Intellectually, one may be convinced that Realization has manifested and may talk it, but their actions soon betray their continuing illusion of bondage.

If full Realization and peace has not manifested, what’s another three weeks? Repeat the exercises until Truth and peace explode upon You.

**Thanks for the teachings taught to me that are traceable to the non-dual spiritualist, Sri Nisardagatta Maharaj**

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## **Floyd Henderson**

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