



January ~ 1st Step



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WE ADMITTED WE WERE POWERLESS OVER ALCOHOL, THAT OUR LIVES HAD BECOME UNMANAGEABLE.

Daily	Big Book	12 & 12
* Daily repeat of step * Practice of thinking [listening] * Sense of principle wanted * Spiritual 12 th Step call on SELF	* Doctor's Opinion * Bill's Story	* Step 1 * Tradition 1

God, Creative Intelligence, Universal Mind, Spirit of Nature or Spirit of the Universe
I am a real alcoholic ... and I need your help today.

Principle

HONESTY

to get to know yourself from the outside in...into inner Light

Honesty ~ Hope ~ Faith ~ Courage ~ Integrity ~ Acceptance ~ Humility ~ Compassion ~ Balance ~ Perseverance ~ Spirituality ~ Service

Lust/Chastity ~ Glutton/Temperance ~ Greed/Charity ~ Sloth/Diligence ~ Wrath/Patience ~ Envy/Kindness ~ Pride/Humility

Suggestions:

1. Think about the 1st step [both parts] feel / remember "powerless-ness" "un-manageability as in feeling of "reactive-ness"... when you are unable to determine "action" vs. "re-action"
2. "Admitted" ~ no reservation ~ no options ~ **FOREVER** ~ admit to your innermost self ~ This is the beginning of personal honesty ~ "How is it done?" One Day at a Time.
3. Know alcoholism as a medically diagnosed disease, affecting body, mind, Spirit, ~ we will know by thinking & listening to our thinking ~ the Spiritual cause of Un-manageability".
4. Get your house in order [physical] ~ review basic instincts for moderation [security, sex, social instincts].
5. Remember, daily repeat and practice of step / principle ~ your interpretation and thinking on both ~ for example, honest motive / honest thinking / honest action.

UPDATES from Lila 2014 Step 1 Inventory: Honesty

1. Money - Where am I in relationship to money? Where do I want to be?
2. Sex - What is my relationship to sex? What am I doing to grow in this area?
3. Social - How are my relationships with friends, co-workers, people I encounter in the course of the day? Where do I want to be, in what ways do I want to grow/change in these relationships?

Notes:



February ~ 2nd Step



CAME TO BELIEVE THAT A POWER GREATER THAN OURSELVES COULD RESTORE US TO SANITY.

Daily	Big Book	12 & 12
* Daily repeat of step * Practice of thinking [listening] * Sense of principle wanted * Spiritual 12 th Step call on SELF	* There is a Solution * More about Alcoholism	* Step 2 * Tradition 2

God, I am standing at the turning point right now. Give me your protection and care as I abandon myself to you and give up my old ways and my old ideas just for today. [p. 59 BB]

Principle

HOPE

To change and let Light in.

Honesty ~ Hope ~ Faith ~ Courage ~ Integrity ~ Acceptance ~ Humility ~ Compassion ~ Balance ~ Perseverance ~ Spirituality ~ Service

Lust/Chastity ~ Glutton/Temperance ~ Greed/Charity ~ Sloth/Diligence ~ Wrath/Patience ~ Envy/Kindness ~ Pride/Humility

Suggestions:

1. Solution ~ sanity ~ belief ~ hope ~ activated each time you attend meetings; read the book or work with others.
2. What is sane vs. insane? For example: "This time it will be different" thinking is insane.
3. Observe your daily life, without judgment ~ Listen to your thinking, become familiar with YOURSELF through your thoughts.
4. Experience wanting hope, and listen to your thinking and reactions when you sense "unmanageable" situations.
5. Take a moment to pause ~ to sense hope indicates sanity / soundness of mind ~ balance.
6. Not taking a moment to pause, to sense hope [belief] leads to reactions to the un-manageability and thus "insane" [out of balance], determined by our faulty thinking... is it based on Higher Self [God]?... honest motive... or reaction to fear?
7. Insane decision: "This time it is going to be different".
Sane decision: "Go to God in 2nd Step, Let Go and Let God".

UPDATES from Lila 2014 Step 2 A Wish List for ourselves:

What is right about me?

How can I have a better perspective on myself?

I want more of what is right about me.

What do I want to be restored to? What are some of the qualities that I have lost along the way, or that have weakened on my journey? (i.e. self respect, joy, generosity, curiosity, etc...)

Who do I want to become?

What qualities do I want more of?

The #1 goal is:

1. Staying spiritually fit. 2. Believing God will restore me.

Ask God to restore you to _____.



March ~ 3rd Step



MADE A DECISION TO TURN OUR WILL AND OUR LIVES OVER TO THE CARE OF GOD AS WE UNDERSTAND HIM.

Daily	Big Book	12 & 12
* Daily repeat of step * Practice of thinking [listening] * Sense of principle wanted * Spiritual 12 th Step call on SELF	* We Agnostics * How it Works	* Step 3 * Tradition 3

God, I offer myself to You. To build with me and to do with me as You will. Relieve me of the bondage of self, that I may better do Your will. Take away my difficulties, that victory over them may bear witness to those I would help of Your Power, Your Love, and Your Way of life. May I do Your will always! [p. 59 BB]

Principle

FAITH

To let God help, know Light is there and you want it.

Honesty ~ Hope ~ Faith ~ Courage ~ Integrity ~ Acceptance ~ Humility ~ Compassion ~ Balance ~ Perseverance ~ Spirituality ~ Service

Lust/Chastity ~ Glutton/Temperance ~ Greed/Charity ~ Sloth/Diligence ~ Wrath/Patience ~ Envy/Kindness ~ Pride/Humility

Suggestions:

1. Decision to go to God [sane] OR react without “pause” and go to SELF [insane].
2. Listen to yourself daily and become familiar with you ~ to your thinking; it will become more conscious with practice of Steps 1 and 2. Now, your thinking will be evident.
3. Ask God to be your partner in thinking.
4. Accept thinking without judgment ~ serious problems will be evident by their chronic repetitive playing in your mind.
5. Daily listening as in Step 1 [with HONESTY] and Step 2 [with HOPE], and now with knowledge of your decisions to have the **FAITH** to work with God.
6. Your will equals your thinking ~ your life is the sum of your total actions in a day. “Turn It Over” ~ your will equals your thinking and your actions are the result.
7. Any understanding of God is acceptable, even if you borrow someone else’s belief. **Act as if.**
8. Turning your will and your life over [FAITH] is turning over your thinking [WILL] and actions [LIFE].

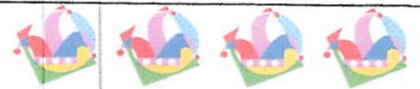
UPDATES from Lila 2014 Step 3

1. What is at the core of my problems at this time? (use the list of Seven Deadly Sins from the BB)
2. What are the imagined fears that run me at this time?
3. Define your spiritual practice and your spiritual space: what do I need in order to establish/maintain a spiritual refuge in my life? What are my rituals? How will I enrich this practice/space? Ask these questions everyday in your Dear God/Great Spirit/Higher Power letter.

Notes:



April ~ 4th Step



MADE A SEARCHING AND FEARLESS MORAL INVENTORY OF OURSELVES.

Daily	Big Book	12 & 12
* Daily repeat of step * Practice of thinking [listening] * Sense of principle wanted * Spiritual 12 th Step call on SELF	* How it Works	* Step 4 * Tradition 4

WHEN IN DOUBT "I was to sit quietly when in doubt, asking only for direction and strength to meet my problems as He would have me. Never was I to pray for myself, except as my requests bore on my usefulness to others. Then only might I expect to receive. But that would be in great measure. [p.13]

WHEN I AM DISTURBED BY THE CONDUCT OF OTHERS "This is a sick man. How can I be helpful to him? God save me from being angry. Thy will be done." [p. 67] God help me to show this person the same tolerance, pity and patience that I would cheerfully grant a sick friend. This is a sick person, how can I be helpful to him? God save me from being angry. Thy will be done. [p. 141 of 12&12]

WHEN I AM AFRAID "We ask Him to remove our fear and direct our attention to what He would have us be. God, relieve me of this fear and direct my attention to what you would have me be." [p. 68 BB]

WHEN I AM AWARE OF MY OWN DEFECTS AND SEEKING GOD'S HELP TO CHANGE "We asked God to mold our ideals and help us to live up to them. . . we ask God what we should do about each specific matter. God mold my ideals in this particular area of my life and help me to live up to them. What should I do in each specific matter? Guide me God and give me strength to do right." [p. 69 BB]

Principle

COURAGE

To see what is in your way, blocking light of Spirit.

Honesty ~ Hope ~ Faith ~ **Courage** ~ Integrity ~ Acceptance ~ Humility ~ Compassion ~ Balance ~ Perseverance ~ Spirituality ~ Service

Lust/Chastity ~ Glutton/Temperance ~ Greed/Charity ~ Sloth/Diligence ~ Wrath/Patience ~ Envy/Kindness ~ Pride/Humility

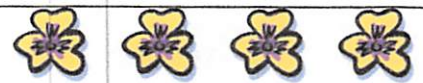
Suggestions:

1. Spiritual inventory ~ what you think in your own head. Inventory of your own mind content.
2. What reappeared and became evident? What issues have risen to the top from listening to your thinking in Step 3?
3. Review your basic instincts ~ social / security / sexual and your ambitions / motive in relationship to them ~ list your FEARS in relationship to the above ~ define each fear as real or imagined.
4. What are your most chronic symptomatic thoughts as a reaction to these fears?
 - * **WORRY:** insecurity of any kind. Example: financial insecurity / negativity / impending doom.
 - * **JUDGEMENT:** both sides [cut you / cut me] ~ Example: lack self-worth / I should, I should I should / if only, if only, if only.
 - * **OTHER:** This is a very individual Spiritual inventory. Ultimate goal: Only your name is on your list.
5. Know your problems [Steps 1-2-3-4] from listening to your thinking, so you can bring them God [Steps 5-6-7] for solution.

Notes:



May ~ 5th Step



ADMITTED TO GOD, TO OURSELVES, AND TO ANOTHER HUMAN BEING THE EXACT NATURE OF OUR WRONGS.

Daily	Big Book	12 & 12
* Daily repeat of step * Practice of thinking [listening] * Sense of principle wanted * Spiritual 12 th Step call on SELF	* Into Action * Freedom from Bondage * Acceptance was the answer	* Step 5 * Tradition 5

Big Book and 12 X 12 will no longer coincide.
Read as suggested, refer back, and review as you go to next month and step.

God I thank you from the bottom of my heart that I know you better. Help me become aware of anything I have omitted discussing with another person. Help me to do what is necessary to walk a free man at last. [p 75]

Principle

INTEGRITY

To tell the truth ~ to trust information from others ~ more clarity and Light

Honesty ~ Hope ~ Faith ~ Courage ~ Integrity ~ Acceptance ~ Humility ~ Compassion ~ Balance ~ Perseverance ~ Spirituality ~ Service

Lust/Chastity ~ Glutton/Temperance ~ Greed/Charity ~ Sloth/Diligence ~ Wrath/Patience ~ Envy/Kindness ~ Pride/Humility

Suggestions:

1. What now do you want to admit to God, yourself and another?
2. What exactly do you now want to turn over? ~ How are you going to do that?
3. Discuss chosen issue from Step 4, discuss at meetings ~ listen for similarities ~ review daily "SELF" and thinking; it will become more defined. You are what you think.
4. Honesty of thought [Step 1]... hopes of change [Step2]... faith that God is a partner [Step 3], courage to admit defects [most chronic thinking from Steps 3 and 4 and re-actions]. Allow for action of telling and listening to the truth. [Step 5]
5. Now, **INTEGRITY** to listen ~ to tell the truth ~ to listen to the truth ~ to be free of SELF. To let you be free to be yourself.
6. Now, in the solution... now, practicing the solution... not the problem.
7. Determine which fears are real vs. imagined, by listening to others with similar fears.
8. Listen to others' truth and you will know your own. [similarities]

Notes:



June ~ 6th Step



opens @ 6:20 pm

WERE ENTIRELY READY TO HAVE GOD REMOVE ALL THESE DEFECTS OF CHARACTER

Daily	Big Book	12 & 12
* Daily repeat of step * Practice of thinking [listening] * Sense of principle wanted * Spiritual 12 th Step call on SELF	* Working with others	* Step 6 * Tradition 6 Grapevine

God help me become willing to let go of all the things to which I still cling. Help me to be ready to let You remove all of these defects, that Your will and purpose may take their place. [p. 76 BB]

~~CONFIDENTIAL~~

Principle

ACCEPTANCE ~ WILLINGNESS

To remove what blocks the Light.

Honesty ~ Hope ~ Faith ~ Courage ~ Integrity ~ **Acceptance** ~ Humility ~ Compassion ~ Balance ~ Perseverance ~ Spirituality ~ Service
Lust/Chastity ~ Glutton/Temperance ~ Greed/Charity ~ Sloth/Diligence ~ Wrath/Patience ~ Envy/Kindness ~ Pride/Humility

Suggestions:

1. You will be more aware of the manifestations of your thinking.
2. Know the value of contrary action, taking contrary action equals entirely ready!
3. Be more committed to Spiritual change, on issues more defined as a result of Step 5.
4. Choose 1 or 2 symptoms of fear [Example: worry and judgment] and become entirely ready for a chance to be closer to God [your will and God's will in Harmony].
5. Commitment to face fear head-on with God as your partner, on the other side is your own vulnerable Spirit.
6. Every thought, change or interaction of great value ~ especially with another person and listening to similarities ~ "solution primary objective".
7. Old ideas replaced with new ideas.
8. Change will come from recognition of your thinking.
9. I need change [Steps 1-2-3] How to change [Steps 3-4-5] What to change, contrary action [Step 6]
10. No judgment of self ~ in partnership with God, no room for judgment at this "Spiritual negotiation table" as it interferes with direct contact and clear action.
11. Know you have **CHOSEN** to be active in your Spiritual experience! All problems are of a Spiritual nature ~ all solutions are Spiritual.
12. Practice the solutions [new ideas] ~ no longer in problems [old ideas].
13. Imagined fears turn over directly to God... real fears, take contrary action.
14. Old idea: _____ [I am not good enough].
New idea: _____ [Help me to see I am enough].
15. Old idea: _____ [I am afraid].
New idea: _____ [Help me to feel unafraid].
16. Old idea: _____ [My thinking is harmful to me].
New idea: _____ [Help me to not harm myself].



July ~ 7th Step



HUMBLY ASKED HIM TO REMOVE OUR SHORTCOMINGS

Daily	Big Book	12 & 12
* Daily repeat of step * Practice of thinking [listening] * Sense of principle wanted * Spiritual 12 th Step call on SELF	* To the Wives	* Step 7 * Tradition 7

"My Creator, I am now willing that you should have all of me, good and bad. I pray that you now remove from me every single defect of character, which stands in the way of my usefulness to you and my fellows. Grant me strength, as I go out from here, to do your bidding. [p. 76 BB]

"I humbly offered myself to God, as I then understood Him, to do with me as He would. I placed myself unreservedly under His care and direction. I admitted for the first time that of myself I was nothing; that without Him I was lost. I ruthlessly faced my sins and became willing to have my new-found Friend take them away, root and branch." [p. 13]

FOCUS:

Principle

HUMILITY

Know you are loved for having protected yourself as you walk with the Light.

Honesty ~ Hope ~ Faith ~ Courage ~ Integrity ~ Acceptance ~ **Humility** ~ Compassion ~ Balance ~ Perseverance ~ Spirituality ~ Service

Lust/Chastity ~ Glutton/Temperance ~ Greed/Charity ~ Sloth/Diligence ~ Wrath/Patience ~ Envy/Kindness ~ Pride/Humility

Suggestions:

1. Accept what you want to change without judgment.
2. Accept yourself and your thinking without judgment.
3. Humbly ask God that the harm to yourself be removed _____ [be specific].
4. Practice forgiving yourself ~ have compassion for yourself.
5. Know God has never judged you... you are accepted.
6. Love yourself as you are... accepting yourself wholly as your God already does.
7. Working with God is more your will to change [Step 6], allows your will and God's to merge [Step 7] ~ sense that ~ feel the humility because of that integration and how much God loves you.
8. Acceptance of **PROBLEMS** and **SOLUTIONS**... acceptance of new integrations with your Higher Self.
9. Redefine yourself as "yours and God's" ~ experience with acceptance and love of self.
10. Allow more room for your Higher Self to provide events that will cause profound change. Create room by creating contrary action [Step 6] and approval / acceptance of self as you are [Step 7].
11. Your liabilities have now become your assets.

Notes:

**MADE A LIST OF ALL PERSONS WE HAD HARMED,
AND BECAME WILLING TO MAKE AMENDS TO THEM ALL.**

Daily	Big Book	12 & 12
<ul style="list-style-type: none"> * Daily repeat of step * Practice of thinking [listening] * Sense of principle wanted * Spiritual 12th Step call on SELF 	<ul style="list-style-type: none"> * The Family Afterward 	<ul style="list-style-type: none"> * Step 8 * Tradition 8

"We attempt to sweep away the debris which has accumulated out of our effort to live on self-will and run the show ourselves. If we haven't the will to do this, we ask until it comes."
 "God help me to become willing to sweep away the debris of self-will and self-reliant living. Thy will be done for this person as well as for me." [p. 76 BB]

YOUR FOCUS 2022:

Principle

COMPASSION

Brotherly love, loving and praying for people
 you have unfinished business with... allowing for more light.

Honesty ~ Hope ~ Faith ~ Courage ~ Integrity ~ Acceptance ~ Humility ~ Compassion ~ Balance ~ Perseverance ~ Spirituality ~ Service
 Lust/Chastity ~ Glutton/Temperance ~ Greed/Charity ~ Sloth/Diligence ~ Wrath/Patience ~ Envy/Kindness ~ Pride/Humility

Suggestions:

1. You are becoming more "you" ~ more integrated with your Higher Self.
 2. You are relating to people differently and are more aware of how they relate to you... your thinking has changed.
 3. How do you experience people daily? ~ What do you think in your interactions with others [motives]?
 4. You are more compassionate with others because you have shown compassion for yourself in Step 7.
 5. You will be practicing more acceptance and less judgment with others because you have more acceptance and less judgment of self [Steps 5-6-7].
 6. Acceptance of self in Step 7 will allow for acceptance of others required in Step 8.
 7. See people through the eyes of your Higher Self ~ would they be the same?
 8. Note the slogans in this chapter... they are the new ideas.
- 2014 UPDATE Make a list of people you fear and a list of people you judge. Ask what is it about ME.
1. Why am I uncomfortable with people?
 2. Why am I judging people? Observe how you feel about people.

People I am Afraid of...	People I judge....	

Notes



September ~ 9th Step



MADE DIRECT AMENDS TO SUCH PEOPLE, WHEREVER POSSIBLE, EXCEPT WHEN TO DO SO WOULD INJURE THEM OR OTHERS.

Daily

Big Book

12 & 12

- * Daily repeat of step
- * Practice of thinking [listening]
- * Sense of principle wanted
- * Spiritual 12th Step call on **SELF**

*To Employers

- * Step 9
- * Tradition 9

God give me the strength and direction to do the right thing no matter what the consequences may be. Help me to consider others and not harm them in any way. Help me to consult with others before I take any actions that would cause me to be sorry. Help me to not repeat such behaviors. Show me the way of Patience, Tolerance, Kindliness, and Love and help me live the spiritual life. [p. 78-80 BB]

Principle

BALANCE

Justice ~ To take action with others to clear a path to Light from dark relationships.

Honesty ~ Hope ~ Faith ~ Courage ~ Integrity ~ Acceptance ~ Humility ~ Compassion ~ Balance ~ Perseverance ~ Spirituality ~ Service

Lust/Chastity ~ Glutton/Temperance ~ Greed/Charity ~ Sloth/Diligence ~ Wrath/Patience ~ Envy/Kindness ~ Pride/Humility

Suggestions:

1. You will be setting different boundaries ~ which automatically protect you ~ greater sense of fairness for yourself and others.
2. You will be more honest, more clear, since you will be more familiar and accepting of yourself [Steps 4-5] ~ you will not want to harm yourself [Steps 6-7].
3. You will want to feel a sense of balance [Scales of Justice] and a sense of fairness... allowing other people their place in the world.
4. You will have begun the practice of "not fighting" Everything and Everybody.
5. You will want no more unfinished business, eliminating guilt and remorse.
6. You will begin living daily ~ not surviving.
7. You will be aware of the fulfillment of living the promises from the Big Book.
8. Note slogans: new ideas expressed.

Notes:



October ~ 10th Step

3rd Wednesday ~ October 19, 2022



CONTINUED TO TAKE PERSONAL INVENTORY AND WHEN WE WERE WRONG PROMPTLY ADMITTED IT.

Daily	Big Book	12 & 12
* Daily repeat of step * Practice of thinking [listening] * Sense of principle wanted * Spiritual 12 th Step call on SELF	* All the appendices pg 583	* Step 10 * Tradition 10

"How can I best serve Thee—Thy will (not mine) be done." [p. 85 BB]

"God remove the selfishness, dishonesty, resentment and fear that has cropped up in my life right now. Help me to discuss this with someone immediately and make amends quickly if I have harmed anyone. Help me to cease fight anything and anyone. Show me where I may be helpful to someone else. Help me react sanely; not cocky or afraid. How can I best serve You - Your will, not mine be done." [p. 84-5 BB]

Principle

PERSEVERANCE

To use the practice of the Steps,
 the various options of self-appraisal, to stay in the Light...**DAILY.**

Honesty ~ Hope ~ Faith ~ Courage ~ Integrity ~ Acceptance ~ Humility ~ Compassion ~ Balance ~ Perseverance ~ Spirituality ~ Service
 Lust/Chastity ~ Glutton/Temperance ~ Greed/Charity ~ Sloth/Diligence ~ Wrath/Patience ~ Envy/Kindness ~ Pride/Humility

Suggestions:

1. You have begun to live in the 4th dimension daily.
2. Inventory your character, review daily.
3. Stay current, be more "present" ~ more "whole" in the day than ever before.
4. Keep a clear path to your God [by acknowledging presence of your Higher Self] ~ communicate in writing **EVERY** night.
5. Live your life ~ "One Day At A Time."
6. The step that answers the "HOW" to stay sober... type of Spiritual action ~ inventory needed ~ to stay current each day ~ to live with your solutions and not your problems.
7. Identifies problems ~ taking action equals solution.
8. Know yourself and you will integrate with your Higher Self.
9. Share your day and give your night to your Higher Self ~ the silent Spirit within.
10. Become aware of your 6th sense; note the "beyond living" promises... The Spiritual Promises... the larger role of your Intuition.
11. Take the appropriate self-appraisal necessary at ANY time during your day.
12. Live Steps 1-9 to stay present in the day in a balanced Spiritual condition.

Notes:



November ~ 11th Step



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

Daily	Big Book	12 & 12
* Daily repeat of step * Practice of thinking [listening] * Sense of principle wanted * Spiritual 12 th Step call on SELF	*The Traditions *Forwards	* Step 11 * Tradition 11

"God, I'm agitated and doubtful right now. Help me to stop and remember that I have made a decision to let You be my God. Give me the right thoughts and actions. God save me from fear, anger, worry, self-pity or foolish decisions that Your will not mine be done."

"As we go through the day we pause, when agitated or doubtful, and ask for the right thought or action. We constantly remind ourselves we are no longer running the show, humbly saying to ourselves many times each day 'Thy will be done.' " [p. 87-8 BB]

Principle

SPIRITUALITY

To let the Light heal you, in the great moments of "self-forgetting", nothing will be blocking the Light.

Honesty ~ Hope ~ Faith ~ Courage ~ Integrity ~ Acceptance ~ Humility ~ Compassion ~ Balance ~ Perseverance ~ Spirituality ~ Service

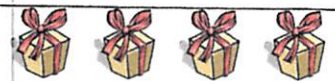
Lust/Chastity ~ Glutton/Temperance ~ Greed/Charity ~ Sloth/Diligence ~ Wrath/Patience ~ Envy/Kindness ~ Pride/Humility

Suggestions:

1. Discussion with God ~ conscious, active relationship with God.
2. Advantage of a clear path to God ~ awareness of the Presence of your Higher Self ~ Intuition.
3. Become aware of what to remove from your path [Steps 1-2-3-4], how [Steps 5-6-7], help from others [Steps 8-9], continued self-awareness [Step 10].
4. Advantage of moments of clarity through prayer [the question], meditation, one with God, [the answer].
5. One with the world with all that there is [self-forgetting], prayer equals talk to God, meditation equals listening to God.
6. The answers come through people, places, things if you are present and alert to notice. You need to be in appropriate balance.
7. Intuitive choice to practice through the day with the solution, not the problem... aware of God, and results from [Steps 6-7 and 10].
8. Conscious awareness of your own active participation and responsibility for your will and God's will integrating in harmony.
9. Conscious contact with your Silent Self, your Intuitive Self, your Higher Self will allow you to take responsibility for not harming yourself or others... the Power of "All There Is" at your disposal.
10. Practice increasing your Spiritual memory ~ by allowing for the strong intuitive power of the 6th Sense.



December ~ 12th Step



HAVING HAD A SPIRITUAL AWAKENING AS THE RESULT OF THESE STEPS, WE TRIED TO CARRY THIS MESSAGE TO ALCOHOLICS, AND TO PRACTICE THESE PRINCIPALS IN ALL OF OUR AFFAIRS.

Daily	Big Book	12 & 12
<ul style="list-style-type: none"> * Daily repeat of step * Practice of thinking [listening] * Sense of principle wanted * Spiritual 12th Step call on <u>SELF</u> 	*A Vision for you.	<ul style="list-style-type: none"> * Step 12 * Tradition 12

“Lord, make me a channel of thy peace--that where there is hatred, I may bring love--that where there is wrong, I may bring the spirit of forgiveness--that where there is discord, I may bring harmony--that where there is error, I may bring truth--that where there is doubt, I may bring faith--that where there is despair, I may bring hope--that where there are shadows, I may bring light--that where there is sadness, I may bring joy. Lord, grant that I may seek rather to comfort than to be comforted--to understand, than to be understood--to love, than to be loved. For it is by self-forgetting that one finds. It is by forgiving that one is forgiven. It is by dying that one awakens to eternal life.” [p. 99 12&12]

Principle

SERVICE

To know you have access to the Light ~ know how to clear the path... and then, give it away so you can receive more!

Honesty ~ Hope ~ Faith ~ Courage ~ Integrity ~ Acceptance ~ Humility ~ Compassion ~ Balance ~ Perseverance ~ Spirituality ~ Service

Lust/Chastity ~ Glutton/Temperance ~ Greed/Charity ~ Sloth/Diligence ~ Wrath/Patience ~ Envy/Kindness ~ Pride/Humility

Charis Suggests ~ use as affirmations this month!

You will have obviously changed [listen to your clearer, new thinking] ~ enjoy the gift of retrospect.

You will guard the traditions with your life! ~ And never defend your Spiritual strength.

You will have experienced and own the steps. [Belief becomes your own experience].

You will know how to practice the steps in your daily life ~ [your own interpretation] refined over your lifetime on a daily basis.

You will need to keep a clear path for God and yourself it is paramount so others can walk with you.

Your greatest awareness and growth will be through sharing with others ~ SERVICE.

You will know you have abundance to give ~ you are in touch with “All There Is”.

You will know that God will speak through others and through you.

You will know that you will continue to learn through interaction with others by sharing your living, working relationship with your God, in your now Spiritual daily life.

You will know that to give is to receive ~ to receive is to give.

You will live in the world SOBER and SAFE.

You will turn your thinking over to a Partner [Higher Self] with whom you make less harmful choices ~ the proper use of your will. The result will make you a sober and safe person to be with in this world.

You will now live in the world sober / protected and safe / vulnerable ~ you have had a Spiritual Awakening.

You will find that sharing what you have found will allow practice of your Spiritual memory daily.

Notes:

Notes: