

A Miracle Course
that is
The 12 Step Program

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This is a transcript of a recorded talk
given by Master Teacher.
Little editing has been done in hope of
maintaining and conveying the exciting,
spontaneous spiritual continuity.

There is a solution

Almost none of us liked the self-searching, the leveling of pride, the confession of shortcomings which the process requires for its successful consummation. But we saw that it really worked in others, and we had come to believe in the hopelessness and futility of life as we had been living it. When, therefore, we were approached by those in whom the problem had been solved, there was nothing left to do but to pick up the simple kit of spiritual tools laid at our feet. We have found much heaven and we have been rocketed into a fourth dimension of existence of which we had not even dreamed.

The great fact is just this, and nothing less: That we have had deep and effective spiritual experiences which have revolutionized our whole attitude toward life, toward our fellows and toward God's universe. The central fact of our lives today is the absolute certainty that our Creator has entered into our hearts and lives in a way which is indeed miraculous. He has commenced to accomplish those things for us which we could never do by ourselves.

From The Big Book of Alcoholic Anonymous; page 25

Read it again!

A Course In Miracles and The 12 Step Program

Wherein the necessary process of awakening from your self-orchestrated dream of pain and death will be stimulated and accelerated.

These are programs of recovery from an insanely rational, self-perpetuating, objectively-temporal existence of terminal confinement that is being misconstrued as some form of the True Reality that is Eternal Life.

The Importance of Anonymity in Spiritual Awakening

Most Teachers of God in an accelerated spiritual program of mind/body enlightenment will discover in their own intense encounters with a newly-emerging reality of ChristMind a highly directive responsibility for personal anonymity. The more deeply-rooted this Portico of spiritual rebirth is aligned with Creative Entirety the more persistent this guardianship will be.

An issuant union with God is sacredly unspeakable and must be protected against the judgmental intrusion of your own corrupt self-constructed identity. Jesus speaks of this repeatedly in New Testament Gospel. And, in His *Course in Miracles*, as the necessity to guard your own Christ Child and to nurture its growth through the creative substance of continuing *Holy instants*.

The early founders of the AA Program recognized with profound spiritual insight the importance of the term “anonymous.” Certainly in the “confidence” of mutually-confessed “worldly unmanageability.” But also in the recognition that a personal revelatory experience of the healing power of God may only be expressed through carrying a visionary message of gratitude and freedom to those still imprisoned in the inescapable cycle of drug dependence.

In this sense, everyone who discovers the reality of the “True Love of Creation” is anonymous in this world. -MT.

From Recovery To Enlightenment

To all recovering addicts and Course in Miracles teachers, thanks for listening. You may well be, at this moment, further along in your *homeward journey* than the “scenario of existence” you have been conjuring as “your life” in this dark continuum of fearful existence would indicate. Perhaps it’s time at last to decide “enough is enough.” Let’s begin at the beginning and see if we can light up a cavern or two together:

The 12 Step Program is a divinely-inspired manner and method of recovery from the fatal disease of addiction to alcohol called alcoholism.

A Course In Miracles is a divinely-inspired method and manner of recovery from your addiction to a possessed conceptual self-existence, selfishly maintained by denial and rejection of the eternal love of God. It is an addiction to temporal existence and death that we will call *mortalism*.

The 12 Step Program and *A Course In Miracles* are identical. Not only are they identical in the process of the admission of a whole God or unity mind but in the technique by which your conscious contact with God can be enhanced and, at last, fully realized.

Many of us remember the initial feeling of serenity that would come over us as we experienced the peace of mind we discovered we could share at 12 Step Meetings. A sharing of complete helplessness and surrender which, for many, brought a dramatic

spiritual intervention as we turned our will and life over to the care of God. In the *Course* it is the experience of a *Holy instant* which is a continuing mechanism of self-realization through surrender of conceptual self-identity. For those of you who would care to examine it, the re-enactment of the *Holy instant*, or the time of surrender, is the sole purpose of 12 Step Groups and of Miracle Teacher of God Gatherings. The whole basis of the 12 Step Program, including the steps themselves, is to maintain a continuing conscious contact with God. This is of course true in the miraculous maturity of your mind to a realization of eternal wholeness that is the *Course in Miracles*.

Those of you who are coming to a 12 Step Program in the degeneration of the fact that it is completely and only a spiritual program and somehow are according it the necessity for a continuing therapeutic reassociation of the ego, are very sadly mistaken about what the 12 Step Program is. There is literally no therapy in the 12 Step Program at all except the confession of any continuing resentments you have maintained which, as you release, become a part of the mechanism whereby you recover and discover what? Forgiveness of yourself and those around you! This is indeed *How It Works*.

I was rummaging through my dresser this morning and have with me a copy of “How It Works” from the Big Book of Alcoholics Anonymous and a dog-eared, life-saving prayer book called “The 24 Hour Book” with daily prayers and instructions for an entire year. Until the time of my personal surrender I certainly had no conscious intent or even serious idea of pursuing any sort of spiritual path. Now suddenly and miraculously I had been given a whole new meaning and purpose for being alive.

How then did it work? Here's how. No one fails who will follow this path. All will succeed who will use the Big Book of Alcoholics Anonymous or the Workbook of *A Course In Miracles* to release or surrender to the certainty that there is a way out of this impossible situation. That there is a transcendent solution that brings peace and happiness. A power that is available to us right here and now. All right! This is a good beginning! Let's stay with this.

Now, the demonstration of that must be the gathering of us together in the admission that our powerlessness brought a change in our perceptual association. This is the whole basis of the *Course in Miracles* and if you will read in the Teacher's Manual, "As For The Rest," you will discover that the teaching of surrender is the whole basis for the necessity for the conscious contact with God. That's what we intend to experience right now, together, at this moment.

I discovered as a recovered addict, following the miraculous event that occurred in my mind, that there is a mechanism of action to sustain and convey the serenity and peace of mind I had experienced. And I'm going to use the term *action* here because it's very valuable to you. The whole basis of this teaching is "today is the day" where and when through my release of direction or misdirection of my conceptual associations I can continually undergo an experience of what? A spiritual awakening!

Step #12 – *Having had a spiritual awakening as the result of these steps, we carried this message to other associations of addictive self and practiced these principles of forgiveness in all of our affairs.*

What does this have to do with the continuing therapy or the necessity to establish a reason for our unmanageability? Nothing whatsoever. This is true to the *Course in Miracles* and to the 12 Step Program. There is no reason, ultimately, for your unmanageability. And the centering on that certainty, whether it be given to ethyl alcohol or any addictive practice, is that I have one problem and one solution. This is the core of the teaching because any problem that can be seen in the magnitude of the impossibility of the solution must be afforded a totality of solution. It's a miracle! "There's another way in which I can look at this," is exactly what *A Course In Miracles* teaches. And it teaches it as *enlightenment of mind* directly through prayer and meditation as is dictated by the 12 Step Program. The degeneration into a continuing necessity for the therapy of the possessive self-identity is exactly the causation for the continued resedativism of the ego as it falls back into its inherent *resentfulness*, as it's called in the 12 Step Program, or *grievance* is the word generally used in *A Course In Miracles*.

You are always meeting at a grievance of your perceptual mind. And those of you who have felt the frustration of an alcoholic mind, which all of you possess incidentally, are all part of that determination to seek justice or justification for your individual associations which, as Jesus says in the *Course*, are inherently resentful. It has nothing to do with the degree of the resentment by which you are demanding justice in your associations with yourself. "***All that I do, I do unto myself.***"

What we're expressing, then, is a progression in and from the 12 Step Program to *A Course In Miracles* as an inclusion of your absolute ability, through the unconditional surrender of your

addiction-to-ego, to take your place as the Savior of the World. This is very fundamental and is the natural occurrence in a determined direction, and I'm speaking here from high personal experience, that the continuing activity brings about the miracle of the release of the necessity, literally, to "participate in my dream of death." To demand recognition of myself in the correlation of my determination to assert myself and satisfy the demands that are apparent in me. I failed at that. I failed! The whole teaching of *A Course In Miracles* is to fail in your self-purpose. Are we clear on this? The whole basis of the teaching is that you cannot succeed. How abhorrent to many of you in your ego manifestations is the word "surrender." This is precisely and exactly what the 12 Step Program is. You can't get it by self-control or manage-ability. You must be forced into a situation of surrender or fear where you will be willing to see that there is no manner by which you can overcome your problem. And then the manifestation of the miracle will occur. It is the admission that I cannot solve the problem under any circumstance at all.

What we attempt to do in *A Course In Miracles* is to place you in a situation where you will make the admission that you are in deep fear and that the problem cannot be solved. Obviously, an alcoholic mind is aware, at a very early stage of his career of sedativism, that he is in a great deal of fear and he cannot for the life of him, or the death of him, understand why associations or how associations are able to deal with the incredible slaughterhouse or purposelessness of the world in which he finds himself. In that sense, he is different. He seems to have been born in the wrong time. The *Course in Miracles* uses the term "later in time" to identify him. Do you understand? The more fearful, the later in

time. The more fearful the association is, the more he has determined that the problem cannot be solved under the circumstances in which he apparently finds himself. That's a statement of fact.

So How It Works, then, is a continuing practice of the initial encounter where you asked for help and received it. You asked for the help of a *power greater than yourself* as a transcendent necessity, having discovered, at last, through your own futile rummaging of your mindless misappropriations of the love of God, that the problem could not be solved. This is literally the teachings of *A Course In Miracles*: the continuing practice of the experience of that instant. It's an exciting reality for the 12 Step Program people, and for those of you who are working the program of *A Course In Miracles*, to discover that, on a continuing disciplinary basis, if you work this Program, you will awaken one morning and discover that the Program is working you.

This has happened to a lot of us. And this is a practice of the discipline of getting up in the morning, and sitting quietly with the AA 24 Hour Book or the *Course Workbook*, and intentionally attempting to contact God and feeling the peace that emanates from this, and in many senses being able to deal with problems of the world which you were not heretofore able to handle, and certainly that is progress. The idea that conscious contact can continue and bring about a result that is literally miraculous each moment and will change your life and the world you apparently inhabit, is the whole purpose of *A Course In Miracles*. Certainly it begins with some form of fundamental admission of your own unmanageability. ***“Let me remember I did not make myself.”***

Who can determine, or is it determinable when you walk into meetings, your readiness to really hear what the 12 Step Program teaches? Or your willingness to share, then, with these associations your mutual helplessness? All good 12 Step Program teachers understand that you come together in a meeting to share your inability to deal with the world and the recovery from addiction that you have experienced through this conscious contact with God. This is what all *Course in Miracles* groups should be. This is, indeed, what the Workbook of the *Course* is designed to bring about.

Those of you who in the past years have wondered why your 12 Step Program is resulting in your continuing, we used to call it “white knuckling,” in your refusal to “Let Go and Let God,” usually will admit it has directly to do with your incapacity to admit what the 12 Step Program is. The 12 Step Program is literally a surrender to God; God as you understand Him – or as we used to say, “don’t understand Him.” In that sense, then, the 12 Step Program is nothing but a surrender, this is the Workbook of the *Course*. And the realization that there is another way not contained within the solutions of my own conflictual mind or what is defined as my own perceptual reality. Do you see this? We discover that in our weakness is our strength. **“Keep It Simple, Stupid.”**

The simplicity of the 12 Step Program and of *A Course In Miracles* must escape the perceptual mind because it is a mechanism of self-complication. Very fundamental in the 12 Step Program is the idea of “an attitude of gratitude.” It is the certainty that your sobriety or your release from the addictive captivity of drug dependence had nothing to do with your self-will but came solely from a miraculous intervention of a Higher Power. A miracle,

then, is nothing but a complete momentary undoing of bondage to self-conception.

The magnitude of gratitude inherent in this miraculous occurrence of freedom is far, far beyond any conceptual explanation of it. The happy realization of *self-certainty* intrinsic in God dependency is grievously rejected and denied by the judgmental defiance of your meaningless self-will.

Rarely have we seen a person fail... How It Works. Is there anyone who goes to the meetings who really actually would sit down and read How It Works? How does it work? ***Rarely have we seen a person fail who has thoroughly followed our path.*** It doesn't say partially or semi-thoroughly followed our path, and it doesn't say never. There was a big discussion at one of the conferences, this seems like 2000 years ago too, about why the term is "rarely" have we seen...rather than "never" have we seen a person fail... The answer to that is the same as regarding self-discovery and recovery in direct contact with the higher power of Universal Mind. Nobody can determine the method of the perseverance or dedication of the individual association. So what *rarely have we seen a person fail who has thoroughly followed our path* means is, who can determine what thorough is? Thorough – is it thorough surrender, or thoroughly following the path?

I can remember walking into a meeting and listening to that and entering into it without the necessity to even hear what it was saying. It's a discovery that you have found in your own mind of your indelible capacity to communicate with the universe by coming together as you are doing now. No explanation is necessary. It's a realization that true communication comes through self-discovery.

That joyous self-certainty and serenity of mind are inherent in God-dependency.

Those who do not succeed are those who cannot give themselves totally to this program. There are such unfortunates. They seem to have been born that way. They are incapable of evolving a rigorous necessity for honesty, with the continual admission that I cannot solve this problem. That's being honest. "I cannot solve this problem. I don't know who I am or what in hell I'm doing here. I need help!" Now, some real spiritual progress may begin.

There are those, too, who suffer from grave emotional disorders, and we treat them as gently as we can because we understand that their emotional disorders are being brought about directly by their inability to deal with the associations of the world. We are aware of their feelings of fear and paranoia and schizophrenia which are the direct result of their incapacity to hold themselves in the dream of fear that they are experiencing. ***They, too, can recover if they can evolve the capacity to be honest*** in realizing that it's normal for them to have experiences of fear. Attempting to overcome the fear is the antithesis of the teachings of *A Course In Miracles*, and, in fact, the 12 Step Program. It's the admission that you *cannot* overcome it. This is the only therapy that is really applicable to this teaching of a conscious contact with God. Is this so?

Our stories disclose in a general way, here we come to the 12 Step Program and here we come to *A Course In Miracles*, *what we used to be like*, and this is our continually looking at our human pursuits, isn't it? I don't want that. *What we used to be*

like, what happened to us, in the discovery of the miraculous intent – ***what we used to be like, what happened, and what we are like now***. This is a group that then comes together and says very simply, “I have had a miraculous occurrence in my own mind and I want to share the joy and happiness of the peace I have found by this experience.” Isn’t this so? Not studying my relationship with my mother-in-law or my ex-husband in order to hold onto the resentment of the problem I had in the first place.

So we’re comparing the fundamental principles of recovery in the 12 Step Program with those of *A Course In Miracles*. We see that they begin with some admission of an absolute inability to solve the problems of your own personal existent self-identity and continue to the total necessity for a transformative spiritual experience. I saw an article in some magazine about a young recovering alcoholic who had been told by his sponsor that the 12 Step Program had nothing at all to do with *A Course In Miracles!* That the *Course in Miracles* was very complicated and mysterious and was too difficult to be understood. What nonsense! We’re very determined here that you understand the fundamental basis of both of these teachings. Don’t get caught in the wash of therapy. These are programs of continuing conscious contact with God or Universal Mind that free you from the insanity of an intolerable worldly self-conception that required an ever-increasing sedativism. ***“I am free from self-will run riot.”***

Can you come and teach with me our certainty of having had the experience of the miracle of sobriety and the continuing miracle of self-realization that is this direct method of communication with Eternal Reality?

How inevitable the consciousness of Bill Wilson, one of the founders of AA, who was a typically helpless example of total addiction to “any relief” from the impossible situation of this world, who finally underwent the horrendous experience of a dark night of the soul – a “Father, why hast thou forsaken me?” to a “Father into thy hands I command my spirit” advent of a phenomenal, physically-illuminatory experience of transformation. Bill’s bed at the hospital, as witnessed by several nurses in his room, was literally *enveloped in light*. Where will you personally deal with an inexplicable transfiguration of this nature? It is impossible to say. The only possible measurement is totally present in your own personal dilemma expressed as the frustration and futility that occurs in your own need to find a true meaning and purpose for your existence in this world. Be assured of this: the entire reclamation project of the 12 Step Program and *A Course In Miracles* is totally based on a divine revealing of, and intervention by, our very own individual and universal source of reality, which is the eternally-creating mind of God.

It is important to remember that the programs are not a perceptual admission of the necessity for some sort of bottoming out. They are the natural, inevitable result of the surrender itself. They are both the cause and the effect. Can you hear this? In any prayer, the cause and the effect are actually simultaneous. The teaching of the *Course* is you literally cannot get more than you are asking for, but you will indeed get what you are asking for. Do you see this? So that the broader your range of surrender, the more mentally and emotionally edifying will be the simultaneously-corrective response of the Holy Spirit. There is nothing to deny your own intentions because nothing is outside of you. If you ask

for the peace of God, and truly desire it, you will have the peace of God because the peace of God is what you are.

So the first time that you hear this message, and the second time, and the tenth, and the twentieth time, and the hundredth time, and How It Works at meetings, or How It Works in *A Course In Miracles* groups, will dictate the terms under which you are absolutely, unqualifyingly willing to accept that you have a very serious authority problem in regard to the making of yourself and the necessity and determination to die. And the relief that you feel when you come into a group of this nature is not expressible, but those of you who have been to what we would term “good” meetings where there is no therapy, just a mutual recognition, can sense the feeling of a high camaraderie through the admission of the powerlessness of that identity or association and it is very, very noticeable. Your concern is not therapy at all.

I’ll speak as a Program member for a moment here: If you’ve got a beginner who is going to give you what we call a “drunk-a-log,” he is determined to tell the story of the circumstances that indicated how completely powerless he was. Certainly these are necessary and important admissions. Much as if you came into a *Course* group and said, “I just can’t deal with this world. Everything I do is futile.” This is simply an admission of qualification for membership. Any counseling advice should not occur. The member has one problem and has been given the solution. In no regard would any recovering addict take the inventory of the other person. Do you understand? I’m not going to take the inventory of that association. I have enough problems in my dedication to my own recovery. The therapy that I would offer him would only be based on my determination not to have an experience myself,

but rather to verify his resentments in association with himself rather than admitting that we really only had one problem and that problem is the drug itself.

All Program meetings and all *Course in Miracles* groups say that you have one problem. You may call it alcohol, you may call it ego, you can call it self-perception, you can call it determination to affront God – I’m not concerned with what you call it. All of it is a limited self-identity or an addiction to the necessity of the assertion of your limited consciousness-mind. Does that make any sense? So here we come together in a sensible purpose of undergoing the miracle or the experience in our dedication to the certainty that the problem is not solvable. *“Don’t Analyze, Utilize.”*

Here’s How It Works. *There are those, too, who suffer from grave emotional and mental disorders, but many of them do recover if they have the capacity to be honest.* Here it is. *Our stories disclose in a general way what we used to be like, what happened, and what we are like now.* If you have decided, individually, in your own mind, that you want what we have, never mind that you are able to discern it by your own mechanisms. The decision is that you are willing to become Teachers of God and declare an association of yourself that is giving you joy and happiness. You’re looking at other associations who are ready to give up their inventory of total death and sickness, and are asking, as when you came to the Program, “How did you get this?” “How did you come to know this?” This is the mechanism you’re teaching as the 12 Step Program and *A Course In Miracles*.

First of all you have to want it, don't you? You have to be able to see the difference between the pain that you are in and the apparent joy that this association is experiencing. And the first thing he will tell you in his genuine association is what? He didn't have anything to do with it! Do you see? All good programs will teach, "I had nothing to do with it. I gave up, and I had the miraculous experience of the non-need to continue to sedate myself. It was a miracle." I want the mechanism, which is the 12 Step Program, of continuing to have that experience. I want to have it all the time.

Now, if you decide that you want what we have and are willing to go to some lengths to get it... Oh, it doesn't say some lengths. No, no! It doesn't say compromise! It says, "are willing to go to any lengths to get it." Now, obviously the guy who is going to continue, if you really taught this, who is going to continue to demand attention to his addiction will say, "I'm not willing to go to any lengths. I can still solve my problem." This is the basis of the teaching. ***But if you're willing to go to any lengths, you're ready to take certain steps.*** You're ready to make particular applications of the necessity for the miracle in the Workbook. These are steps aren't they? In the Workbook? Now, some of them we are going to refuse to do. Some of them will be easier for you to do than others because you have a tenacity to continue to verify the necessity to exist in time and die and that's very inherent in you. All of your human memories verify your addiction to self-possessive termination.

And, at some of these steps you're going to balk. Why? You still think you can find an easier and softer way to the solution. It's a lot easier for me not to have to listen to you,

Jesus of Nazareth. It's a lot easier for me not to have to listen to the inevitability of my surrender in order to have the experience. I would rather assert a compromise to Your direction that "Thy will be done on earth as it is in Heaven" so I can continue to direct my own program. Any good, and I'm using the term "recovered," alcoholic knows perfectly well that the more he directs his associations, the more resentment he will retain in the necessity for the expression of himself. That's a fact. ***"Let Go and Let God."*** ***"Get Out of the Driver's Seat."*** ***"Go the Extra Mile."*** ***"But for the Grace of God..."*** What's ever happened to all these expressions? They're too spiritual. They are ultimately nothing but a confession of God-need.

We thought we could find an easier, softer way, but what? We couldn't. Notice that this is past tense. The 12 Step Program is the admission that you have evolved and are in Heaven. Even the Twelfth Step says having had a spiritual awakening, we continue to do it, but our problem has been solved by our continual contact. There's no necessity to indicate another solution. Our certainty that the problem cannot be solved is the continuing admission of this contact with God. ***Today I will judge nothing that occurs.***

But we couldn't. Now, ***with all the earnestness at our command,*** all of it, with everything that we can tell you as a mind who came to know this, that we can possibly give you, ***we beg of you to be fearless and thorough from the very start.*** Look at all of this conceptual world as not being able to be understood. Say immediately, everything here is only totally chaotic. ***Be fearless and thorough from the very start.*** Why is this necessary? ***Some of us have tried to hold onto our old ideas and the result was nil until we let go absolutely.*** That is a direct statement

from *A Course In Miracles*. You think you're getting a result from your own retention of resentment but the result is actually nil. You are getting no result at all except the continuing fear within your own mind. *The result was nil until*, you're not going to like this sentence, *until we let go absolutely*. Is that all right?

Remember that you're dealing with an ego/alcoholic/self-identity. You're dealing with the necessity to sedate yourself, to give yourself credit for your associations, to justify the resentment and fear that you feel in your own mind. Jesus would say of the ego: it's ***cunning***, it's ***baffling***, and it's ***powerful***, and ***without help, it's way too much for you to ever do***. You need the Holy Spirit to bring you to the attention that you cannot solve the problem. ***But there is One who has all power – that One is God. May you find Him now!*** That's a high prayer. May you find Him. It's a request that you find Him through your determination not to solve this. ***May you find Him now! Remember, He isn't lost, you are!***

Half measures availed us nothing. Half measures avail you nothing. A compromise of your determination to correlate the sickness, pain, death and loneliness of earth with eternal love and joy and happiness of Heaven will not work. ***Half measures availed us nothing.*** A full measure is what God is. A half measure is what separation is. It will avail you nothing. You cannot avail of your own death wish and expect to solve the problem.

Where did you stand? ***At the turning point.*** When Jesus teaches this in the *Course*, again and again and again, He will say, you're at a turning point now. Are you able to see that this is a turning point? Will you allow your mind to come into this point

that you have always come to before, and then, determine to see a result in half measure, rather than what? As this sentence says, ***we asked His protection and care with complete abandon.*** This is the core of the teachings of *A Course In Miracles*.

My joy and happiness, guys, those of you who want to hear this, you can make this academic if you want to, you can study all the reasons and the reassociations you want to; the fact of the matter is that my peace and joy are my complete dependence on God or a higher power, a certainty that of and by myself I am nothing. It has nothing to do with what I am dependent on. What is that? That's *complete abandon*. Notice that the joy is in the abandon. You can direct it to God but only if you understand Him anyway. Abandonment in that sense is giving, isn't it? I'm going to abandon my need. I'm going to only give. I will not be possessed by the necessity to hold on and to retain. I will abandon that and I will say, "Father into thy hands I command my spirit."

Here are the steps we took. Past tense – it worked didn't it – a day at a time. As a program of recovery we admitted what? ***Step #1 – We were absolutely powerless over everything and our life was unmanageable.*** We are powerless. I don't care what it's over. I can't solve this problem. You know in your hearts you can't solve this problem and you've covered it up. I don't care how much joy you're getting out of the certainty that you can. Fundamentally, you know that you can't solve the problem or you wouldn't be seeking happiness. You are seeking happiness with the admission that you can solve the problem, but you can't. The problem is not solvable in that sense.

Step #2 – We came to believe, through the futility of our own expressions, ***that a Power greater than ourselves could restore us to sanity.*** What a lovely use of the word sanity and insanity. The *Course* teaches you directly that you are insane and that all of your efforts in regard to this don't require a definition of what insanity is. I've known a lot of alkies in my day who admit they acted very insanely when they drove a car or did all the crazy things that they do in their continuing unmanageability. The admission that the whole association is insane and that the manner in which they could be restored to sanity transcended their capacity is the second step of the Program, which goes to the third, which is literally the Workbook of the *Course*:

Step #3 – Made a decision to turn our will and our lives over to the care of God as we understand Him. I'm going to turn it over. I'm not able to solve the problem. Is that okay? "That's very weak. Isn't that an admission of your powerlessness?" Yes! Yes, those of you who are determined to assert yourself. You can do that, but you will then continue to what? Assume the guilt for the necessity of your self-identity and you're going to take on that burden of guilt. It's going to give you a sense of resentment because you're going to demand justice within this association, aren't you.

What do you do after you've done all that? Step #3 – You've done this and it's working. You've turned your will and your life over to the care of God and you're having, this is the Workbook now, you're having all of these lovely experiences and your whole life is changing. But now, there's some necessary things to do. This is the Workbook along with the rest of the Steps of the Program.

Step #4 – We made a searching and fearless moral inventory of ourselves. Now, if you want to get caught up in what moral means, go ahead. Remember that the emphasis is on *fearless*. You cannot be forgiven until you make a fundamental admission of your guilt. You can go out and teach all you want, “I’m not guilty” and, “I’m forgiven.” The direction is that you are in a condition of the guilt of self-inflicted pain, and that it’s perfectly proper for you to take an inventory of the associations in which you find yourself. Notice that it doesn’t say that the inventory must always be degrading. They will allow you to have all the pride you want in your necessity to compare yourself with what you consider to be the injustices around you. But remember, the relinquishment of your resentments against yourself and your surroundings (in the *Course* Jesus calls them grievances) is absolutely necessary in order to experience the peace of God.

Look to this day, for it is life, the very life of life.

Now, if you’re going to do **Step #5**, the requirement is that you admit or undergo an atonement in your incapacity to deal with the sin in which you find yourself. This is actually an on-going process in the miracle. Who do you have to admit to? ***You admit to God, to yourself, and to another human being the exact nature of your wrong doing.*** Is it necessary for you to? Admitting to God is pretty easy, admitting to yourself is pretty easy; admitting to another human being requires the necessity for you to forgive yourself in your relationship with him and it can be very valuable to you. So this is an admission of our capacity to share a union or a new identity based on the surrender of our self-will. We are becoming ready to accept forgiveness of ourselves

and those around us. *Today, well lived, makes every yesterday a dream of happiness and every tomorrow a vision of hope.*

The Sixth Step is a particular step that is taught in *A Course In Miracles* as a continuing examination of your association. *We're entirely ready to have God remove all these defects of character.* In our associations with Bill Wilson, we talked about whether you can ever be entirely ready to do anything. But remember, there is a determination here that you have turned your will and your life over to the care of God. So that while you cannot determine your readiness, you can stay vigilant in your dedication that the miracle is working in your own mind. This is greatly emphasized in the Workbook of the *Course*. Stay single-minded and you cannot fail.

Step #7 – Humbly ask Him to remove our shortcomings. Father, help me to see myself as you see me. I have fallen short of the goal of perfect love and happiness you set for me. Don't let my resentment of my own shortfall blind me to the light of this new life.

Now you're going to what? **Step #8 – Make a list of all the persons you harmed, and became willing to make amends to them all.** First it says you don't make the amend immediately, you evolve a willingness to do so. That's a very interesting idea. That the willingness comes before the action itself. Not that it can be measured, but somewhere there's a discipline involved in your willingness to admit to the people you have harmed, through your old dedication to remain in your own selfish, possessive association with yourself, that you have discovered through a spiritual experience a new you! That a miracle has happened and is happening!

Then what? **Step #9** – Then you *make direct amends*, literally, *to such persons wherever possible, except when to do so would injure them or others*. I want to say this to you, and I want you to hear this and this goes for 12 Step Programmers as well as Miraclists: The result of the amend that you are willing to make has nothing at all to do with the amend itself. The purgation that occurs at your capacity to confess or ask for forgiveness is the necessity. In truth, whether your amend is accepted or rejected matters not. Many of you are very fearful of the result you're going to get by asking for total forgiveness. In the *Course* Jesus teaches this: that the ego is going to be affronted by you. No matter how much you demand that it forgive you, it is not going to forgive you in that association, and you are looking for a limited result of the purgation of your own mind, that is, a necessity for you to justify the forgiveness in the first place. And to the direct extent you look for a *quid pro quo* or an exchange of the mutualness of your guilt, you will not do a satisfactory step. The cleansing is always individual through the forgiveness or the recognition that you are as God created you. And there is, literally, no reciprocity involved in it. I know to some of you that may seem selfish because you're going to continue to demand a necessity to justify the evil that you think you did in order that you can continue to share it. That is not what this says and it's not finally what you must do. Remember you must be and are always only perfect as God created you.

Now to **Step #10** – *Continued to take personal inventory and when we were wrong promptly admitted it*. This is a crucial part of the 12 Step Program and also of the *Course in Miracles* program. Your ability to stay in a continual condition of

confession where you don't lay up the stores of resentment that have held you in your situation or bondage to the grievance are important keys to the teachings both of the 12 Step and Miracles Program. ***“Easy Does It Now...” “I'm doing this to myself.”***

Perhaps now you think that the application of Step #10 is not so important. Perhaps you've fallen into all sorts of philosophies and perceptions about what the *Course in Miracles* is. Listen: *A Course In Miracles* is nothing but a psychology of total forgiveness and the value of taking an inventory at night before you go to bed, about seeking not to have harmed anybody, and making that amend immediately, and that will keep you on the track to salvation. And I'm speaking from deep experience in this, because working the Program, or the discipline of running an inventory in your mind at the end of the day so that you don't carry over the possession of the grievance, is crucial. Why? If you carry it, you will justify it in the resentment of the association of your old, meaningless conceptual mind. Don't let the sun set on a grievance, because if you can only do it now, the necessity to hold onto the resentment justifies the past action and holds you in the bondage of your old association. Cause no one pain. Wow! Talk about a day at a time! Or as the *Course* teaches – an hour or a minute or a *Holy instant!*

You look at the condition of the resentment of the world in its determination to continue to punish and justify an old association and you can see exactly what you need to look at in your own mind. And to live a life in order to justify that somebody be continually punished, or held in prison or killed is just a waste of your life. What a terrible waste it is to watch these television programs where there's a confrontation that “you did this to me

twenty years ago and I'm going to hold onto that until the day I die." That's a wasted life, guys. What a useless, meaningless condition of existence. You listen to me. I'm going to offer you a little therapy. I'm not at all concerned about how you hear this. I'm telling you that any grievance is simply bondage to pain, loneliness and death. Any association, in its demand for vengeance, is inflicting pain on itself and that "self." What is the difference between a prisoner and a guard? Nothing. Both are condemned to that association of the grievance. See that? What a terrible thing to go through life as what the perceptual mind is, a constant need to get even; to punish these other associations, which are really nothing but your determination to hold onto your grievance, and to suffer pain and death.

So you continue to take a personal inventory and when you're wrong, promptly admit it. This is exactly the same teaching as don't lay up stores. But it's very difficult for you to see. Every possession that you hold onto binds you to the retrospect of the necessity to justify the death that you're proceeding to. Do you see how this is?

Each day this whole teaching, and the manner in which many of you initially obtained sobriety or the direction of turning your will over to the care of God, came about by the admission of "today is today." I will not be concerned about yesterday or last week; those things are gone and there's nothing I can do about that but ask for release from them. They cannot be changed because they're already gone. How deep is the resentment of an alcoholic mind, or a perceptual mind, who is determined to base his reality on a resentment or a miscalculation or a mistake or what he calls a sin that happened to him twenty years ago; ten,

twenty, thirty, forty, fifty years ago? And the inevitability of the frustration he feels by his inability to change it, and he is condemned, then, to suffer the result of that. Why? He has sequenced time in his own mind and he is determined to base his reality on that previous experience. All previous experiences are only grievances. And this is the first thing my sponsor told me on the Program. Don't ask for justice, ask for mercy. When I first came to meetings, I began to say things like, "Well I know, but I had..." He said, "Stop it! Ask for mercy, dummy."

The teaching is "you're on borrowed time" anyway. The whole teaching is that you've borrowed just a moment from eternity. Can you hear this? Now that you've got this chance, call it a *Holy instant* and use it to recognize your return to Heaven, you see that there is a way that you can live rather than die. You borrowed eternity and put a moment of it into time. That's a lovely idea, isn't it? This is the same idea as the conversion and enlightenment of your mind. It's the same idea as having a death experience where you understand that you're alive by a grace that transcends your self-identity, and this will make you very happy. You're in grace. What? You've commended your spirit to God. That's the whole idea. That's personal inventory, isn't it? That's your own deep dark secrets about yourself – the one you blame your neighbor for. The heck with that! Let go and let God! Each one of you retains one particular special grievance. Do you know that? Would you care to look at that one? I have one. It's the whole world. And I assumed responsibility for my determination to help lead you out of this hell.

Miracles teachers see immediately that **Step #11** is a description of the entire program of transformation that is the Workbook of

the *Course in Miracles*. Listen! ***Sought through prayer and meditation to continually improve our conscious contact with God*** as we didn't understand Him, whoops, ***as we understand Him, praying only for knowledge of His will for us and the power to carry it*** through the spirit.

And then the very beautiful last step, #12: ***Having had a spiritual awakening as a result of these steps*** – notice this is past tense. It's happening to you! First you work it, then it works you. First you apply the discipline of the Workbook, then you discover that the Workbook is real. It really works! Once you discover that the miracle of God contact is real, the discipline becomes simple. And finally, there's no discipline at all because the natural occurrence of the joy is the turning of your will and your life over to God. ***Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics***. We tried to carry it to other human sufferers – to other “mortalholics.”

This is you as a teacher of God, isn't it? This is you as the Savior of the World. ***And to practice these principles in all of our affairs***. That is all you're asked to do. The discipline is to stay in this constant necessity for the reassociation of your mind with the admission that the miracle is always working all about you if you'll let it. Can you see this? It's always happening to you. Step back – feel the indescribable happiness of your true reality! The resistance is always in your own perceptual mind. We can't tell you what love and God is, but we can tell you what the obstacle to love is. This is the determination of yourself to hold yourself in this bondage of ego, in this bondage of the addiction to the necessity for your self-identity.

“Wow,” some of us said. “I’m not going to go through with that. What an order!” ***What an order! I can’t go through with it.*** And many of the associations that will come in contact with the teachings of *A Course In Miracles* will say, “What an order! I can’t go through with it.” ***Do not be discouraged. No one among us has been able to maintain anything like perfect adherence to these principles.*** Why? There is no definition of perfection. I’m not teaching you to an establishment of the manner by which I accomplished this. I’m telling you it’s a continual reassociation of your own mind. You’re the one that is seeking for the result. I’m not offering you result. There’s no manner by which you can do this. The admission of our powerlessness, our helplessness, is what salvation is. And this is actually what this says: ***We are not saints. The point is we are willing to grow along spiritual lines.*** In that sense, we are claiming only momentary spiritual progress to this determination because the result is not here. But we open our hearts and our minds. We have the experience of the miracle of the loss of the conflict of our perceptual identity and we enter into a union with God which is the basis of all of the teachings. ***“God is the Mind with which I think.” “Thy will not my will de done.”***

Here’s our ***description of the human, and there’s a chapter to the agnostic*** (those of you who believe that the *Course in Miracles* is written in the vernacular of Christianity, and tend therefore to reject it, for example), ***and your personal adventures, which are a part of your own mind before and after, make three things very clear:*** That we were unmanageable, ***that we were alcoholic***; that we were in our own perceptual self and that ***we could not manage our own***

lives no matter what we did; and that *no human power could have relieved our alcoholism* or our fearful human condition because we were locked in the disease of mortalism. But *that God could and would if He were sought*. It doesn't say "found." Does it? It says, "*sought*." It doesn't say God could and would if He were found. God isn't lost. The act of seeking God is what the peace of God is. The act of the release is what the peace is. "Thank You." That's a prayer, isn't it? "*My Father gives all power unto me*."

So is this a prayer meeting that we're having? Is this a communion with God? Have you made an agreement among yourselves not to discuss your own personal grievances because they're meaningless? Somewhere. Somewhere you have undergone a transition where you have no intention of bringing your individual grievances or self-identity into this attempt at union with God. This is the admission of a conversion, a freedom from the bondage of this world of death. A meeting of Mortalholics Anonymous! This is the whole basis and only purpose of *A Course In Miracles*. I'm not going to bring my grievance into the meeting and justify the grievance. I'm going to come to an AA meeting, I'm going to come to a *Course* group, and simply acknowledge that I am perfect as God created me. And through the release of the necessity to hold the grievance, I will have the experience of the joy and happiness of God. "*I am the Light of the world*."

How exciting that, at last, this world has a purpose: to teach and learn together the unlimited power of the whole universe that is ours through the creative love of God – the revelation that you are experiencing in the release of your own conceptual self-identity. The core of the curriculum is that you are no longer feeling

responsible for the sickness and pain and death that is inherent in the human mind; and that you are, in fact, undergoing this enlightenment or experience or miracle of the turning of your self-will over to the will of God. All right. And it's the act of doing it, that is what the miracle is. And it is continuous and it is going on all the time. What an incredible discovery! The *Workbook of A Course In Miracles* is nothing but a practice in prayer. It is a catechism on how to pray, only because you need the discipline of how to pray. This is a prayer session and we'll do a couple of prayers for you.

Feel the magnificently divine truth of these prayers as directed to you by the resurrected mind of Jesus Christ:

How foolish, Father, to believe Your Son could cause himself to suffer! Could he make a plan for his damnation, and be left without a certain way to his release? You love me, Father. You could never leave me desolate, to die within a world of pain and cruelty. How could I ever think that Love has left Itself? There is no will except the Will of Love. Fear is a dream, and has no will that can conflict with Yours. Conflict is sleep, and peace awakening. Death is illusion; life, eternal truth. There is no opposition to Your Will. There is no conflict, for my will is Yours. Forgiveness shows us that God's Will is one, and that we share it. Let us look upon the holy sights forgiveness shows today, that we may find the peace of God. Amen. (Lesson 331)

I will not wait another day to find the treasures that my Father offers me. Illusions are all vain, and dreams are gone even while they are woven out of thoughts that rest on false

perceptions. Let me not accept such meager gifts again today. God's voice is offering the peace of God to all who hear and choose to follow Him. This is my choice today. This is my choice. And so I go to find the treasures God has given me. I'm not going to participate, I'm going to lay down this burden of self and I'm going to find the treasure of my own awakening. I seek but the eternal. For Your Son can be content with nothing less than this. What, then, can be his solace but what You are offering to his bewildered mind and frightened heart, to give him certainty and bring him peace? Today I would behold my brother sinless. This Your Will for me, for so will I behold my own sinlessness. (Lesson 334)

Listen! Here's everything you ever need to know about your recovery from the meaningless journey into fear that is your perceptual self-identity:

I've come to know that *I am affected only by my own thoughts* and I am determined that I am a thought only of you as you have created me. *It needs but this to let salvation come to all the world* because I have created all the world in my fearful thoughts, but I am being affected only by my own thoughts. *For in this single thought is everyone released at last from fear.* I intend to release my brother from the judgment I have laid on him in order to keep my own identity. I'm not going to hold a resentment in my mind in order to justify our relationships. *Now has he learned that no one frightens him, and nothing can endanger him.* I have no enemies, and I am safe from all external things. My thoughts can frighten me, but since these thoughts belong to me alone, I have the power to change them and exchange each fear thought for a happy thought of love. I am crucifying myself.

I'm not going to do it anymore. God has a plan that His beloved Son will be redeemed and was redeemed. *Your plan is sure, my Father – only Yours. All other plans will fail. And I will have thoughts that will frighten me, until I learn that You have given me the only Thought that leads me to salvation. Mine alone will fail, and lead me nowhere.* Just my own, just my own idea. *But the Thought You gave me promises to lead me home, because it holds Your promise to Your Son.* (Lesson 338)

These are the prayer lessons of the Workbook of *A Course In Miracles*. Our meeting together today was an attempt to get you to enter into the experience of the release of the necessity to continue with your addiction to pain and death and time. And this under the auspices of the direction of your own mind through the 12 Step Program which came from a miraculous intervention. And your life-saving *Course in Miracles* Program that is resurrected mind awakening you from your own nightmare. You, individually, in your own dream of death and pain can undergo the experience of the miracle. The steps to awakening from your dream of death begin with the admission and recognition of your incapacity to deal with this and the discovery that there is another way to live that is not constituted in your perception as you identify yourself. Literally, an expansion of your own mind. To what? A communion and a union with the power of the Universe which is what you are.

Heavenly Father, we Thank You that this has come about in us and we are certain now of the glory of the revelation of these steps and of this Program. And we are happy that we have found ourselves in this late sojourn of mind among those willing to make the confession of pain and death and the need not to be found guilty in their own self-identity

with the admission that God only forgives because God is what your Universal Mind is. In this, we remain thankful. And in this, we abide. And in this, our truth is, forever and ever. Amen.

I want you to understand that when I am speaking of this, I am speaking directly from my own personal experience of surrender that founded my program of sobriety and serenity and of a continuing need to carry this message that fostered my passage to enlightenment. It is very possible for you in an awakening mind to rummage through what brought you to this. And if that's an expression of continual gratitude, the total power of God's love will be yours as you give it away. If it's an expression of the necessity to reassociate, to demand the attention to what you think are the needs of your self-containment, of your own determination to sustain yourself, you're going to remain in the temporal order of the futile existence of mortalism. Isn't this so? That's a statement of fact. How very simple it finally is!

***I can only give to myself.
If I defend myself I'll be attacked.***

You are causing your own grievance and you are not going to do it anymore. It's amazing how far the 12 Step Program or what you call *A Course In Miracles* programs can get off the track in regard to what it offers and guarantees. And the reason is that it is both difficult and simple at the same time. They both declare literally that peace and joy come from a renunciation of your own self-conceived associations. There's no other way that this can occur. It requires the experience of sharing the joy of the certainty of the confession of your helplessness and the experience of a whole new reality not of temporal existence, but a part of Eternal Life.

Having shared an incredible need for justification of life on this earth, I understand the calamity of the word surrender. While I was perfectly willing to finally admit that I had suffered from a powerlessness and that a continuing recovery from my addiction was occurring, the idea of the total surrender, which was the continuing mechanism of my enlightenment, was difficult for me. What many will discover as I did, was that my necessity to carry the message in the twelfth step practice allowed me to observe the miracle of sudden recovery in action.

What happened was, and what happens with many of you, your revelatory reassociation causes you to recognize the 12 Step Program as a healing mechanism in which you immediately enter. The same thing will happen with many consciousnesses who have had revelatory reassociations in broad ranges of self when they pick up *A Course In Miracles*. They will immediately be able to see it or discern it at that level of the recognition of their own mind. This, then, is just a practice of a continuing new visionary experience of reidentification of yourself within your own mind. But the value is never in the mechanism or method. The value is only in the continuing grace of this newly-discovered reality.

You're where you belong at last. When you discover a group that is in full admission of the sharing of an experience of recovery, you will feel virtually immediately the release of your own necessity to protect and justify the fearful possession of your own resentments. You have come together to share the miracle of a complete healing from a fatal disease of mind and body. The serene certainty of your recovery is privately acknowledged and protected through honoring your individual anonymity. You are in this world, but not of it.

And that's literally a communicative experience. You don't limit yourself to the old impossible you. You have made the fundamental admission that you have gathered for the purpose of sobriety rather than to determine by judgment the value that you have in your own identity of yourself. Quite literally, "I can't solve this problem." "I can't either." "It's not solvable." "I know it." "How are you getting along?" "Fine, as long as I don't." Not: "How well are you dealing with it?" Rather: "How well are you *not* dealing with it?" "***I can't, He will if I let Him.***"

The admission in both teachings is that the resentment can be released immediately because you *are* the resentment. And the *Holy instant* is inevitably the moment that you release it because your addiction to your own self-willed existence is what the grievance was. Now are you whole and alive in the fullest measure as the miracle of God-dependence frees you from the bondage of self-inflicted pain, loneliness and death of this world. And now a joyous reunion of our minds occurs.

The sharing of the experience of the miracle is an imperative part of our awakening to the reality of Eternal Life. We offer to each other and the world our vision of a completely new meaning and purpose for this apparent aggregation in time and space.

That I was present at your miracle happening had to do with the certainty that I could share with you my miraculous experience of healing not as identified in the situation of the world. In the sharing of the healing grace of the love and light of God, our minds communicate the simple and incredibly exciting realization that we are whole and perfect and eternally alive as God created us.

This indeed is the entire healing process of the illumination of your mind through the process of *A Course In Miracles*:

The roads this world can offer seem to be quite large in number, but the time must come when everyone begins to see how like they are to one another. Men have died on seeing this, because they saw no way except the pathways offered by the world. And learning they led nowhere, lost their hope. And yet this was the time when they could have learned their greatest lesson. All must reach this point, and go beyond it.



It seems to you the world will utterly abandon you if you but raise your eyes. Yet all that will occur is you will leave the world forever. This is the re-establishment of your will. Look upon it, open-eyed, and you will nevermore believe that you are at the mercy of things beyond you, forces you cannot control, and thoughts that come to you against your will. It is your will to look on this. No mad desire, no trivial impulse to forget again, no stab of fear nor the cold sweat of seeming death can stand against your will. For what attracts you from beyond the veil is also deep within you, unseparated from it and completely one.



Each day, and every minute in each day, and every instant that each minute holds, you but relive the single instant when the time of terror took the place of love. And so you die each day to live again, until you cross the gap between the past and present, which is not a gap at all.

Such is each life; a seeming interval from birth to death and on to life again, a repetition of an instant gone by long ago that cannot be relived. And all of time is but the mad belief that what is over is still here and now. Forgive the past and let it go, for it is gone. You stand no longer on the ground that lies between the worlds. You have gone on, and reached the world that lies at Heaven's gate. There is no hindrance to the Will of God, nor any need that you repeat again a journey that was over long ago.



Not one light in Heaven but goes with you. Not one Ray that shines forever in the Mind of God but shines on you. Heaven is joined with you in your advance to Heaven. When such great lights have joined with you to give the little spark of your desire the power of God Himself, can you remain in darkness?

Seek for that door and find it. But before you try to open it, remind yourself no one can fail who seeks to reach the truth. And it is this request you make today.

Put out your hand, and see how easily the door swings open with your one intent to go beyond it. Angels light the way, so that all darkness vanishes, and you are standing in the light so bright and clear that you can understand all things you see. A tiny moment of surprise, perhaps, will make you pause before you realize the world you see before you in the light reflects the truth you knew, and did not quite forget in wandering away in dreams.

You cannot fail today. There walks with you the Spirit Heaven sent you, that you might approach this door some day, and through His aid slip effortlessly past it, to the light. Today that day has come. Today God keeps His ancient promise to His holy Son, as does His Son remember his to Him. This is a day of gladness, for we come to the appointed time and place where you will find the goal of all your searching here, and all the seeking of the world, which end together as you pass beyond the door.

Thank you for answering your call. The decisive imperative of your need to share your awakening from the *nothingness of this world* is much appreciated. I love you. -MT.

I Am Responsible

I am responsible...

I must give it away to keep it.
When anyone, anywhere,
reaches out for help, I want the
hand of AA always to be there.
And for that: I am responsible.

I am responsible...

When I am healed I am not healed alone.
I would share my healing with the world,
that sickness and death be banished
from the mind of God's one Son,
Who is my only Self.

***I walk with God in perfect holiness. I light the world,
I light my mind and all the minds which God created one with me.***

From the Big Book of Alcoholics Anonymous:

How It Works

Rarely have we seen a person fail who has thoroughly followed our path. Those who do not recover are people who cannot or will not completely give themselves to this simple program, usually men and women who are constitutionally incapable of being honest with themselves. There are such unfortunates. They are not at fault; they seem to have been born that way. They are naturally incapable of grasping and developing a manner of living which demands rigorous honesty. Their chances are less than average. There are those, too, who suffer from grave emotional and mental disorders, but many of them do recover if they have the capacity to be honest.

Our stories disclose in a general way what we used to be like, what happened, and what we are like now. If you have decided you want what we have and are willing to go to any length to get it – then you are ready to take certain steps.

At some of these we balked. We thought we could find an easier, softer way. But we could not. With all the earnestness at our command, we beg of you to be fearless and thorough from the very start. Some of us have tried to hold on to our old ideas and the result was nil until we let go absolutely.

Remember that we deal with alcohol – cunning, baffling, powerful! Without help it is too much for us. But there is One who has all power – that One is God. May you find Him now!

Half measures availed us nothing. We stood at the turning point. We asked His protection and care with complete abandon.

Here are the steps we took, which are suggested as a program of recovery:

1. We admitted we were powerless over alcohol -- that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of God *as we understood Him*.
4. Made a searching and fearless moral inventory of ourselves.
5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong promptly admitted it.
11. 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.
12. 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.

Many of us exclaimed, “What an order! I can’t go through with it.” Do not be discouraged. No one among us has been able to maintain anything like perfect adherence to these principles. We are not saints. The point is, that we are willing to grow along spiritual lines. The principles we have set down are guides to progress. We claim spiritual progress rather than spiritual perfection.

Our description of the alcoholic, the chapter to the agnostic, and our personal adventures before and after make clear three pertinent ideas:

- (a) **That we were alcoholic and could not manage our own lives.**
- (b) **That probably no human power could have relieved our alcoholism.**
- (c) **That God could and would if He were sought.**

Your Peace Is With Me, Father. I Am Safe.

Your peace surrounds me, Father. Where I go, Your peace goes with me. It sheds its light on everyone I meet. I bring it to the desolate and lonely and afraid. I give Your peace to those who suffer pain, or grieve for loss, or think they are bereft of hope and happiness. Send them to me, my Father. Let me bring Your peace with me. For I would save Your Son, as is Your Will, that I may come to recognize my Self.

And so we go in peace. To all the world we give the message that we have received. And thus we come to hear the Voice for God, Who speaks to us as we relate His Word; Whose Love we recognize because we share the Word that He has given unto us. (Lesson 245)

I Am In Need Of Nothing But The Truth.

I sought for many things, and found despair. Now do I seek but one, for in that one is all I need, and only what I need. All that I sought before I needed not, and did not even want. My only need I did not recognize. But now I see that I need only truth. In that all needs are satisfied, all cravings end, all hopes are finally fulfilled and dreams are gone. Now have I everything that I could need. Now have I everything that I could want. And now at last I find myself at peace. (Lesson 251)

This Is My Holy Instant Of Release.

Father, it is today that I am free, because my will is Yours. I thought to make another will. Yet nothing that I thought apart from You exists. And I am free because I was mistaken, and did not affect my own reality at all by my illusions. Now I give them up, and lay them down before the feet of truth, to be removed forever from my mind. This is my holy instant of release. Father, I know my will is one with Yours. (Lesson 227)

*Look to this day,
For it is life,
The very life of life,
In its brief course lie all
The realities and verities of existence,
The bliss of growth,
The splendor of action,
The glory of power -*

*For yesterday is but a dream,
And tomorrow is only a vision,
But today, well lived,
Makes every yesterday a dream
of happiness
And every tomorrow a vision of hope.*

Look well, therefore, to this day.

Sanskrit Proverb

From the Hazelden Twenty Four Hours A Day book

