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Unshakable Peace - Don't You Think P.

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There on.

We sit down with our family and frankly analyze our past as we would our [illegible] We are careful not to criticize them. We realize and admit their defects. They may [illegible] but the chances are that our own actions were largely responsible. So we continue with the family, asking each morning in meditation that Our Creator show you the way of patience, tolerance, kindliness and love.

The spiritual life is not a theory. We have to live it. Unless your family expresses a desire to live upon spiritual principles, however, we think we ought to leave them alone. We should not talk incessantly about spiritual matters to them. They will change in time. Your practice will convince them more than your words. We remember that ten or twenty years of drunkenness would make a skeptic out of anyone.

Many of us have some wrongs we can never fully right. We don't worry about them if we can honestly say to ourself that we would right them if we could. Some people we consider may -- send them an honest letter. And there may be a valid reason for postponement in some cases. But we do delay if it can be avoided. We try to be sensible, tactful, and considerate. We humble without being servile or servile. We try to be An one of God's people who has to stand on your feet; we crawl on your belly before anyone.

Being painstaking about this phase of your development, we were amazed before we knew it how far through. We have found a new freedom and happiness. We do not regret the past nor wish to shut the door on it. We comprehend the word serenity and know peace. No matter how far down the scale we have gone, we see how your experience can benefit others. That feeling of uselessness and self-pity disappears. You lose interest in selfish things and gain interest in your fellows. Self-seeking slips away. Your whole attitude and outlook upon life change. Fear of people and of economic insecurity will leave you. You intuitively know how to handle situations which used to baffle you. You suddenly realize that God is doing for you what you could not do for yourself.

The One Chance To Free Ourselves From Criticism

Many of us thought these extravagant promises. You say these are extravagant promises. They are not. They are being fulfilled among us -- sometimes quickly, sometimes slowly. They will materialize in you if you work for them.

This thought brought us to step ten, which suggests we continue to take personal inventory and continue to set right any new mistakes right as we go along. You have vigorously commenced this way of life as you planned up your past. You have entered the world of Spirit. Your new function is to grow in understanding and effectiveness. This is not an overnight matter. It should continue for your life time. We continue to watch yourself for selfishness, dishonesty, resentment, and fear. When these crop up, we ask God to remove them. We discuss them with someone immediately. We make amends quickly if we have harmed anyone. Then we resolutely turn our thoughts to someone we can help. Love and tolerance of others is your code.

And we have ceased fighting anything or anyone -- even alcohol. For by this time your sanity will have returned. We can seldom be interested in liquor. If tempted, we recoil from it as we would from a hot flame. We react sanely and normally. We find this has happened automatically. We see that your new attitude toward liquor has been given you without any thought or effort on your part. It just comes! That is the miracle of it. We are not fighting it, neither are we dodging temptation. We feel as though we have been placed in a position of neutrality. We feel safe and protected. We have not even sworn off. Instead, the problem has been removed. It does not exist for us. We are neither lucky, nor are we afraid. That is our experience. That is how we react so long as we keep in fit spiritual condition.

KWP

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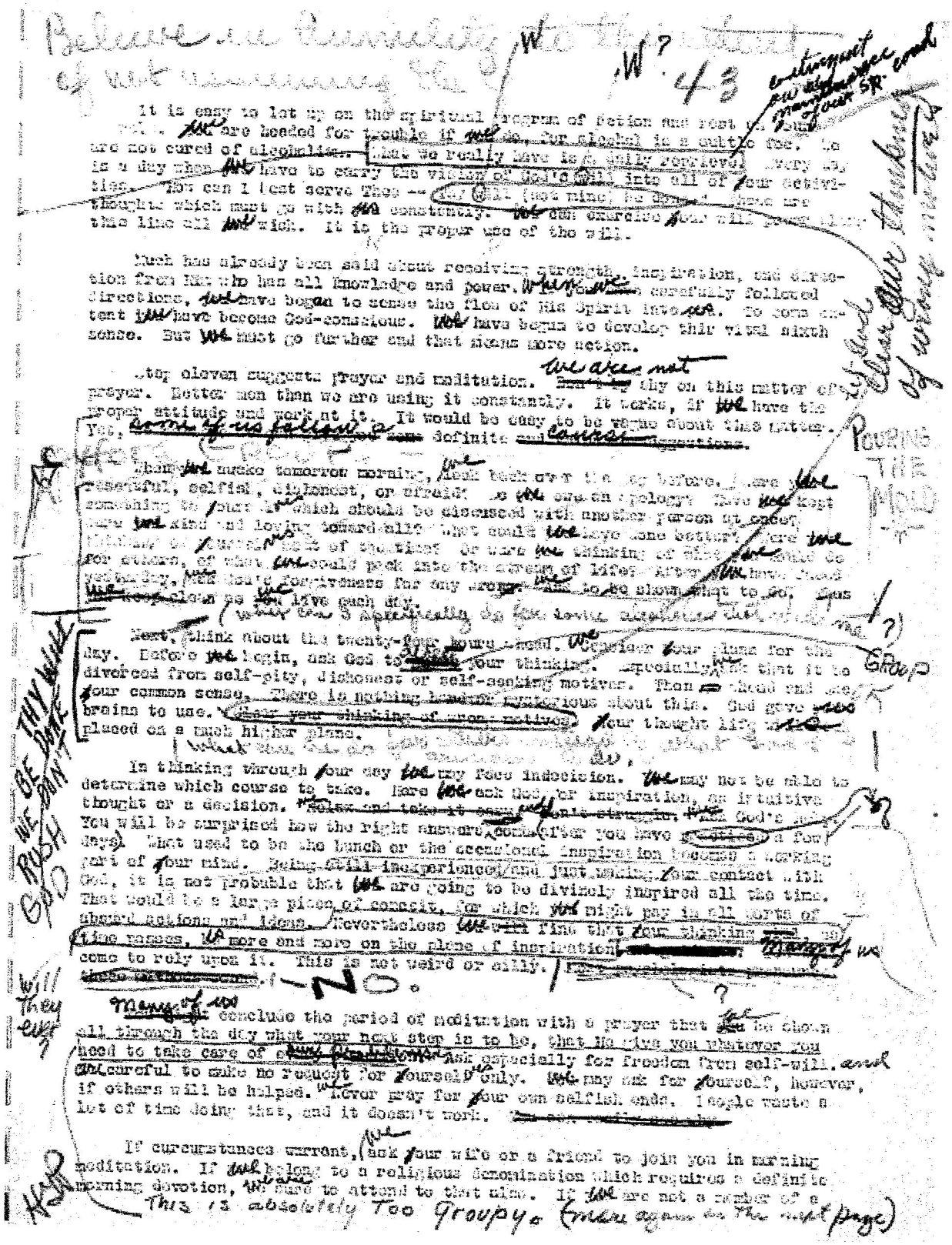

It is easy to let up on the spiritual program of action and rest upon our laurels. We are headed for trouble if we do. Our alcohol is a subtle foe. We are not cured of alcoholism. What we really have is a daily reprieve. Every day is a day when we have to carry the vitamin of God's Will into all of our activities. How can I best serve Thee -- Thy will (not mine) be done. These are thoughts which must go with us constantly. We can surrender our will only this one all day with. It is the proper use of the will.

Much has already been said about receiving strength, inspiration, and direction from Him who has all knowledge and power. When we have carefully followed directions, we have begun to sense the flow of His Spirit into us. To some extent we have become God-conscious. We have begun to develop this vital sixth sense. But we must go further and that means more action.

Step eleven suggests prayer and meditation. We are not sure why on this matter of prayer. Better men than we are using it constantly. It works, if we have the proper attitude and work at it. It would be easy to be vague about this matter. Yet, some of us failed to find definite answers.

When we awake tomorrow morning, may we look over the day before. Were we resentful, selfish, dishonest, or afraid? Do we owe an apology? Have we kept something to ourself which should be discussed with another person at once? Were we kind and loving toward all? What could we have done better? Were we thinking about what we want for others, or what others could get out of life? Where we have failed on the matter of shortcomings, we should promptly admit it. Were we sorry enough to set these matters straight at once? Then we should ask for forgiveness for any wrongs and to be shown what to do. Thus we shall keep clean as we live each day.

Next, think about the twenty-four hours ahead. We consider our plans for the day. Before we begin, ask God to direct your thinking. Especially ask that it be divorced from self-pity, dishonest or self-seeking motives. Then we should use our common sense. There is nothing basically mysterious about this. God gave us our brains to use. Let your thinking of course, motives, your thought life will be placed on a much higher plane.

In thinking through your day we may focus indecision. We may not be able to determine which course to take. Here we ask God for inspiration, an intuitive thought or a decision. Relax and take it easy. Don't struggle. Let God's will flow. You will be surprised how the right answers come after you have practiced a few days. What used to be the hunch or the occasional inspiration becomes a working part of your mind. Being still-inexperienced and just making your contact with God, it is not probable that we are going to be divinely inspired all the time. That would be a large piece of conceit, for which we might pay in all sorts of absurd actions and ideas. Nevertheless we will find that our thinking will, in time, become more and more on the plane of inspiration. We may come to rely upon it. This is not weird or silly. No.

Many of us conclude the period of meditation with a prayer that we be shown all through the day what our next step is to be, that He give us whatever we need to take care of the situation. We ask especially for freedom from self-will, and be careful to make no request for ourself only. We may ask for ourself, however, if others will be helped. We never pray for our own selfish ends. People waste a lot of time doing that, and it doesn't work.

If circumstances warrant, we ask our wife or a friend to join us in morning meditation. If we belong to a religious denomination which requires a definite morning devotion, we are glad to attend to that also. If we are not a member of a

This is absolutely Too Groupy. (Enter again on the next page)