

Notes from **Are the Stones Properly in Place** workshop held on Zoom during the Covid-19 lockdown in the first half of 2020. Facilitator and guide Michael McKinsey.

Set Aside Prayer

God please enable me to set aside everything I think I know for an open mind and a new experience.

2 lists

1. Things I am trying to stop doing but can't stop.
2. Things I am trying to do that I cannot do.

Doctor's Opinion Questions

1. Do I ____ primarily because I like the effect produce by ____?
2. When I form the habit of ____ and cannot break it, when I lose my self confidence in my ability to rely on myself to control my ____ do my problems seem to pile up on me and become astonishingly difficult to solve?
3. Even though I know ____ is bad for me after some time can I not differentiate the true from the false so it seems completely normal to me to ____ in order to relieve me from a state of being uneasy, easily annoyed, and never satisfied?

4. Do I pass through the stages of a spree when I ____ and then tell myself I am not going to ____ like that again and have I repeated this over and over?
5. Once I start ____ does ____ sometimes become more important than all other interests even though I have a very good reason not to ____?
6. Does it seem like once I start ____ I cannot rely on my mental control to control how I ____?
7. Have I been in situations where I was willing to make unreasonable sacrifices rather than continue to fight to stop ____?

Bill's Story Questions

1. Did ____ start to take a more important part in my life and start to become more serious?
2. Did ____ ever seem to cease being a luxury and become a necessity?
3. Did I think I could control ____ when I actually could not so things got worse?
4. Does just knowing that ____ is probably a bad idea keep me from ____?
5. Have I become overwhelmed when I think about trying to stop ____ forever?
6. Has fear ever stopped me from ____ for a while but then I ____ again?

There is a Solution Questions

1. Do I have trouble discussing ____ honestly with people close to me and professionals who might be interested in helping me stop ____?
2. Do I realize that even if I stop ____ this will probably be only a beginning because it is part of something far larger going on in my life?
3. Have I ever ____ even though I had very good reason not to?
4. Can I choose to either stop or control how I ____ as soon as a very good reason to not ____ becomes clear?
5. At some point did I lose control of how I ____ once I started to ____?
6. Did I ever ____ again when it was almost impossible to understand why I would ____ even though I had hundreds of experiences to show me that ____ was not a good idea?
7. Can I be positive based on my own experiences that if I start ____ something will happen to me both in the bodily and mental sense that will make it virtually impossible for me to control the way I ____?

Meeting #7 – The 2nd half of Bill's Story.

What am I willing to do, what am I going to do, and why am I going to do it?

- The goal is to abandon myself to a power greater than myself.
- My idea of what I need to be OK is incorrect.
- Truths about myself that I think I won't be able to survive.
- I am not changed forever and that I will never have to face myself again (analogy of taking a shower).
- The life I think I need to create to relieve my fear problem doesn't exist.

THERE IS SOMETHING BETTER!

It can all be OK but it's not what I think. I have to give up the vision of my will—must be removed from the path of chasing my will—give up my vision of what a life that works for me looks like.

SELF RELIANT POV

If I don't make this happen then it is not going to happen.

My understanding of a spiritual way of life when I am coming from a self-reliant place is a lie.

If I don't protect myself people are going to hurt me.

I DON'T KNOW WHAT ABANDONING MYSELF LOOKS LIKE.

DESTROY SELF – stuff that is in your way of relying on God.

THE PRICE IS THE PAYOFF.

SELF RELIANCE IS NOT VALUABLE.

ATTACK THE STUFF THAT IS BLOCKING US AS WE GO FORWARD.

IF I LET THINGS GO IT DOES NOT MEAN I WILL LOSE THEM.

I GAVE UP THE PLAN THAT I HAD RE: DRINKING AND A MIRACLE HAPPENED – BRING FOR THIS NEW WORK.

Meeting #8 – There is a Solution.

If I have alcoholic addiction to something I am going to lie to myself about it.

MIND=consciousness – body and brain are not mind – illness centers in my mind (consciousness) – Solution is in consciousness – the way I look/approach/see the world.

ALLERGY is an analogy. It doesn't matter why if I am lying to myself.

I can't decide to stop.

I must be powerless for the spiritual approach to work. NEED BOTH PARTS:

1. Know I am powerless
2. Adopt a spiritual way of life.

1st step experience is a motivator to adopting a spiritual way of life—to push me through the rest of the steps—looking at the truth about the hopelessness of my situation.

CAN I BRING THIS TO GOD RIGHT NOW—IT DOESN'T HAVE TO SINK TO A PARTICULAR DEPTH—CAN IT PUSH ME THROUGH THE REST OF THE STEPS?

WILLINGNESS TO FACE THE TRUTH ABOUT MY SITUATION.

Meeting #9 – The 2nd half of There is a Solution.

UNDERSTANDING THE PROBLEM IS NOT THE SOLUTION.

SELF RELIANT BEHAVIOR – that I can't see the truth about "This is who I am" I can't imagine a world where I'm not doing _____.

The things I do in self-reliance invite the pain I'm trying to keep away from.

Coming to a place of truth where I am willing to stop things that aren't working for me – things I once needed to survive. That I am now in a place of truth – where a window is opening to take it through the steps. – this is the product of a spiritual life.

STARTING TO SEE THE TRUTH.

Powerlessness can feel like hopelessness – a good place to move into the steps.

p. 18 We are joined by a common solution (not a common problem).

p. 25 Hopelessness and futility are what bring us to the first step.

p. 25 The two choices: A) go to the bitter end or B) accept spiritual help. WE WANT C – some other way – BUT C is usually A in disguise!

ACCEPT SPIRITUAL HELP—LET IT IN. You called 911 and help has arrived (if you make it to p. 25) LET IT IN...ACCEPT.

Meeting #10 – More About Alcoholism.

God doesn't give me things so that I can hold onto them and defend them (even people). God is perfectly capable of doing this (defending the truth of the universe).

RELEASE EVERYTHING TO THE UNIVERSE (it doesn't mean they go away).

I will use the stuff that God gave me to finally get my life right. I will learn the inner workings of my mind, etc. THIS IS MY SELF RELIANCE – MY ALCOHOLISM. Self-knowledge is not the answer.

THE CONSEQUENCES OF NOT EMBRACING A SPIRITUAL LIFE WERE ALWAYS GOING TO LEAD TO A SPIRITUAL OR PHYSICAL DEATH.

I NEED GOD IN MY LIFE TODAY AS MUCH AS I DID WHEN I STOPPED DRINKING!

ONCE I DO THINGS THAT I DECIDED NOT TO DO I'M IN TROUBLE.

THERE IS NEVER GONNA BE A LIFE RUN ON SELF WILL THAT'S GOOD FOR US.

NO NEW LEGS...NEVER GROW NEW ONES.

DESTROY EVERYTHING IN YOUR LIFE THAT IS NOT GOD.

Questions for the Bedevilments on P. 52:

1. Can I on my own power manage and control this?
2. If nothing changes and I stay in the problem can I drink over it?
3. If this was the way I wanted would I drink over it?
4. CAN I SEE THESE PROBLEMS ARE INSIDE MYSELF RATHER THAN OUTSIDE?
5. Can I see that these are manifestations of my unmanageability, untreated alcoholism, and my spiritual malady?

Meeting #11 – Unmanageability/Spiritual Malady/Alcoholism
(p.52)

Because I am sober it is not proof that I am living on a spiritual basis.

ROLLING THE DICE—Stubbornness, pride, ego, and bullshit.

Question #4 – manifestations of self – things are showing up in my life because things are true about me that I don't know are true about me. My view of myself and the world are not lining up with God. What I do to treat my condition does not match the severity of my condition. I can NEVER manage.

Leads to question #5 COMMON_PROBLEM—NOT ALCOHOL but SPIRITUAL MALADY/ILLNESS.

COMMON SOLUTION_– NOT AA but RELIANCE ON A POWER OF THE UNIVERSE.

This is the cement that bonds us together.

YAY! We are in STEP 2!

For meeting 12 (We Agnostics) think about GOD IS NOTHING.

BROAD VIEW—HUMAN PROBLEMS – THE SOLUTION HAS ALWAYS BEEN THERE.

Meeting #12 – We Agnostics

INTELLECT CAN'T CONTROL CONSCIOUSNESS – IT'S A LOSING BATTLE.

Iceberg analogy – intellect is a snowball on top of an iceberg.

2 choices like on p. 25 go on to the bitter end – No God. Accept spiritual help – GOD.

I communicate with the spirit not with my intellect but with the unconscious.

GOD IS EVERYTHING RIGHT NOW!

Not tomorrow, not next week. Self-reliant ideas of how the Universe works – the deals, the agreements do not work. Contact with God is now! Not a story in the future.

The self-reliant concept of what it means to live on a spiritual basis is not what it means to live on a spiritual basis.

SET ASIDE

For meeting #13 what does your list look like if God is everything? Can I imagine? If not, am I willing to let my intellect let God be everything – what if this is possible?

Meeting #13 – The 2nd half of We Agnostics

CHOOSING GOD IS EVERYTHING – NOT GOD IS A LITTLE BIT.
Connected to God is everything in the moments.

SELF RELIANT MIND MAKES GOD IS EVERYTHING IMPOSSIBLE.
Beating myself up when things go wrong or when I get off track.
I will have moments when **GOD IS EVERYTHING.**

My IDEA of God is everything sets me up for failure. **IT IS ONLY POSSIBLE TO LIVE IN GOD IS EVERYTHING RIGHT NOW.**

SELF RELIANCE (I'm going to make stuff happen). WE AGNOSTICS WANTS THE CONSENT OF THIS PART OF YOU TO TAKE A SPIRITUAL JOURNEY – to places where my intellect (fear, love, prejudice) can't go. SET ASIDE PREJUDICE.

CHOOSE TO DO SOMETHING YOU DON'T BELIEVE IN – go forward with the process that will allow you to create a moment where God is everything.

HONESTY – WILLINGNESS – OPEN MINDED HUMILITY.

MY GOOD PLANS ARE NOT LIVING ON A SPIRITUAL BASIS.

The goal of continuing on with the steps is to unblock me. I am giving consent to go on with a process that will change my beliefs.

You did not choose nor can you control your beliefs. Shit happens to you that form these ideas and YOU can't change them. Cooperation from the intellect=SURRENDER.

TIME AND THE PROBLEM OF EVERYTHING. Spiritual time is living in the moment that I am in. The goal is God is living in the moment that I am in.

FOR NOW USE YOUR WILL AS A TOOL –CONSENT TO GO FORWARD – APPLY YOUR WILL TO THE PROCESS.

Meeting #14 – How it Works/Watching the Detectives

THOROUGHNESS – WHAT YOU CAN DO – IT IS SELF LEVELING.

CANNOT/WILL NOT Can't or won't. The opportunity to do this is a gift from God. AN OPEN WINDOW. An alcoholic asking for help is a miracle – divine intervention – we must get you to a condition where you'll be able to survive until the window closes.

From the first step – this is the easiest softest way – better than living a lie.

Holding onto old ideas results in nil – NOTHING – I can and will have ideas, I just can't hold onto them.

CUNNING, BAFFLING AND POWERFUL – It's what's going on in me – not the alcohol. BUT ITS GOT WEAKNESSES. THE CONSCIOUS PART OF MY MIND CAN'T GET TO IT – self-reliance robs me of all the moments that could have been.

Other things now are stealing from me but they leave clues – but self-reliance shows up as the detective. IT WILL BE EASY – LEAVE IT TO THE PROS – It's the criminal playing cop. One of the clues self-reliance leaves are the things I can't stop doing that I want to stop. Resentment is also a clue – so you look at it but then self-reliance starts hiding them better. It hides them better to keep the power. I NEED A NEW DETECTIVE – the

power in the universe – FIND IT NOW! God will show me how to deal with this criminal.

IT'S A CONNECTION TO GOD

NOT THE STORY OF MY CONNECTION TO GOD.

Oh Joy! It's time for the 3rd Step Prayer!

Meeting #15 – Resentments

THERE IS NO FINISHED IN THE STEPS.

STEPS ARE NOT AN EVENT. I'M DOING THIS TO STOP PLAYING GOD.

RESENTMENTS:

People, institutions, classes of people, principles.

It works if you are not fooling yourself about values.

Self-reliance shows up in inventory

Anything that cuts me off from God is of no value.

1st COLUMN – Resentments about being hurt, interfered with (in my way), angry, threatened. Top 20 for this workshop.

God please help me see the truth about who/what needs to be on this list.

Meeting #16 – 1st & 2nd Columns

Almost no wrong way to do a fourth step.

If I do this whole heartedly the right answers will come.

Being too focused on the mechanics can end up with no access to God.

Resentment – my logic only has access to the most egregious resentments I have. Some are blocked from consciousness – they are troubling so I hide them. Try to find them through meditation.

Choose God is everything from your intellect as you go on the ride.

2nd STEP CHOICE ABOUT RESENTMENT – GOD IS EVERYTHING IN THE MOMENT.

We examine moments when God is nothing (self-reliance) and we are learning how to turn them into God reliance moments.

Emotional immune system – self-reliant mechanism to keep me safe. I need it to survive, to keep me from getting too upset.
BUT IT ALSO CUTS ME OFF FROM THIS POWER IN THE UNIVERSE.

Resentment is how my self-reliance gets stuff done in the world. The mistake in that is that it doesn't account for God.

FLIP IT – God reliant life with moments of self-reliance.

God show me the resentments that will help reveal the nature of my defects.

2nd COLUMN – write down what they did, why you have the resentment.

ENGAGE THE RESENTMENT – put yourself in the place you were in when you had that resentment and ask God to reveal the why.

Principles are usually connected to fear.

Write enough in second column so you know what you're talking about.

THE LEAST IMPORTANT THING ABOUT INVENTORY IS ON THE PAPER—as long as it reminds you of what the problem is.

Meeting #17 – 3rd Column

Thoroughness = depth not amount.

TAKE GOD TO THE MOMENT.

Meeting #18 – 3rd Column (cont.)

Just be where you are.

The goal is to stop fooling yourself about values.

How are your resentments working out?

What are you getting out of your resentments?

Why are they valuable or worthwhile?

What is the price you pay?

You can use your intellect to run ideas by your consciousness – check against your gut.

I come with the resentment and plug you into it.

I'M IN THE RESENTMENT BUSINESS TO SOLVE MY FEAR PROBLEM AND IT DOESN'T WORK.

LIVING A LIFE TO STOP THE FEAR PROBLEM – THIS IS WHY GOD IS EVERYTHING OR NOTHING.

DEEP RESENTMENTS ARE DEEP! WE HAVE TO GO DOWN AND GET THEM.

Meeting #19 – 3rd Column (cont.)

Being disconnected from power is NOT OK.

Being OK with resentments is a third choice.

The object of 3rd column is to get rid of stubbornly holding onto a resent based style of life.

Use the readings on pp. 66, 67, & 68 to remind you of what you are doing.

Meeting #20 – 3rd Column (cont.)

It is my natural condition to deny resentment – and the fear may be hidden. IT'S WORTH IT TO LOOK AT THE TRUTH.

Resentment is a self-reliant response to fear. It's more about my fear that what's being done to me.

The most important problem I have is being blocked from God.

Understand the futility and fatality of the way I'm living.

3rd column helps create doubt that self-reliance is the answer – that it is somehow good for me.

Convincing you I'm OK does not make me OK and it is not a relationship with a higher power.

Meeting #21 –The Realization

It's not what I learn about my resentments that will solve my resentment problem. If I show up different for them that is still self-reliance. Showing up with better traits is still self-reliant. We're not the ones that fix the resentment problem. Things may start to get better because I show up with better traits so I confuse that with something that I am not. I AM WALKING AWAY FROM GOD.

THE MOST VALUABLE SKILL IS TO KNOW WHEN I AM DISCONNECTED FROM GOD.

THE REALIZATION

I never have resentment against someone who isn't acting like me. I have a resentment because they are acting like me (or I think they are).

The thing is I don't know how I act.

STEP BACK

People are sick like me because they are PLAYING GOD.

IT'S NOT THE TRAITS – It's that we are managing our lives the same way. We are both showing up as the director and we both have symptoms we wish we didn't have. THIS IS THE SKILLSET – TO STOP PLAYING GOD.

SECOND COLUMN=REALIZATION

How were they the same as me? How I did what they did?

Is it what they did or did I show up with a pain that they activated.

We're all fighting the same fight and losing it the same way.

Face the truth about how you've been living.

God reliance is the easiest softest way. Less to do.

One job – is to clear a path to God. STOP DOING THE THINGS THAT DON'T WORK. NOT ONE THING – EVERYTHING. GOD IS EVERYTHING.

Self-reliant base lives ANY VERSION YOU TRY DOES NOT WORK.
STOP. DON'T GET BETTER AT SELF-RELIANCE.

Become a human being seeking God – not a human being trying to make life work.

God's the one that saves me from my resentments not me.
Nothing I write on paper saves me. The power we connect to saves us. THE PERCEPTION IS THE PROBLEM – SEE FROM A NEW ANGLE.

Meeting #22 –Return to Resentment

Only God can do the things you are trying to do with resentment. Stop fooling yourself about value – resentments just make it worse. Say the prayer about each resentment. It's not about figuring out how to figure it out resentments but how to bring God to them.

Prayer for resentment p. 67:

God please help me show your children the same tolerance, pity, and patience that I would grant to a sick friend. God please show me how I can be helpful. Please save me from being angry. Please show me how to take a kindly and tolerant view of everyone. Thy will be done.

Meeting #23 – Return to Resentment (cont.) 4th Column

Resentments are how I keep from looking at me. I bring you into my life so I can have resentments to keep from having to look at myself. YOU DIDN'T DO ANYTHING TO ME. When me playing God fell apart I blamed you.

I do it to myself and impose them on you.

I create the reality that I believe I deserve.

You show up to do the 12 steps because you want a different life. You don't even know what to ask for – what to want.

4th COLUMN

How I separated myself from God. How I get to the place that has no God.

Nothing you do separates me from God. I'm already separated and I bring you into it.

FEAR SETS THIS ALL IN MOTION. Take the fear to God and the ball never starts rolling. My reaction to fear is a lot like stealing. I'm doing it to get something from you, to keep myself safe but instead I am creating a debt in the universe. FEAR IS THE DRIVING FORCE – IT CREATES THE RESENTMENT. THIS IS WHERE WE OUTGROW FEAR – WE RELY ON GOD.

I CAN CREATE A PERSON THAT I CAN STAND BEING. IT'S ABOUT FIXING MY RELATIONSHIP TO GOD – NOW.

Write on first 2 areas of 4th column.

SELF SEEKING – what we did.

SELFISH – what we were thinking.

Actions and attitude – how was I playing God – what was my attitude about playing God. Write to remind you of the experience.

Meeting #24 – 4th Column

The pain you feel right now is looking at the truth about the person you can't stand.

THE PAYOFF IS THAT YOU CAN BECOME A PERSON WITH A LIFE THAT'S WORTH LIVING – CONNECTED TO THE POWER OF GOD. I CAN USE MY WILL TO TURN TO GOD.

Meeting #25 – 4th Column/Harms

You have to want to see the truth in order for this to work.

Start HARMS. Don't worry what you are going to do about it.

Meeting #26 – Fear

Fear review – go back through and find your fears.

Here is where you are relying on God. But you get afraid of being disconnected – YOU ARE MAKING PROGRESS – YOU NOTICE WHEN YOU ARE DISCONNECTED.

This is not an intellectual exercise. I must avoid my intellect and pay attention to my physical connection to God.

It's a practice. A process.

Review fear back to the first step – how it interacts with everything in your life. Try to imagine a life where you're managing your fear on self-reliance and it's working.

Responding to fear with resentment makes the thing I'm afraid of happen or worse.

Pay attention to how self-reliance is no good at solving the fear or any problem.

Humility is required to keep your connection to God. It won't be there all of the time.

Self-confidence is bullshit.

Meeting #27 – Review

Start Sex inventory

Meeting #28 – Spiritual Transaction

Starting to contact power – trusting in God.

It is never your fault that I'm separated from God. It's never your fault that I have resentment.

We complete each other by trying to solve each other's 3rd column. We replace God with each other – the transaction

never works. It's codependence as a team sport – If you could just see me the way I am trying to see myself the I'd be OK – then I could keep the resentment. We could live OK together in our shared resentment – COLLECTIVE RESENTMENT IS POWERFUL – BUT IT'S NOT THE POWER OF GOD.

Every interaction I have with another human being is a spiritual transaction. How do I align these with the power of the universe? THE BEST SPIRITUAL TRANSACTION IS FOR YOU TO SEE THE POWER OF THE UNIVERSE THROUGH ME – YOU AND I GET MORE GOD.

True giving never diminishes me. It's not your fault that I am not OK and it's not your job to make me OK.

Meeting #29 – Sex Ideal

I'm not doing inventory to learn how to hide better. God reliance doesn't always feel good.

What would the relationship look like if God was here? WHAT WOULD I LOOK LIKE? Write it as a prayer. Use God to find out what's next.

The real danger is feeling OK when it's not – avoiding the truth about who I am.

Meeting #30 – 5th Step

Continuing to take inventory is not a writing exercise it is a living exercise.

I create my own suffering – my own fear – things are scary because I rely on myself.

UNDER MY OWN PROPULSION FEAR HAS THE POWER TO MAKE ME HURT YOU – WHEN I HURT YOU I MAKE MY LIFE WORSE – I HAVE MORE TO HIDE FROM.

5th Step – This is the moment where self-reliance loses – it fails.

Discover the truth.

Meeting #31 – 5th Step (cont.)

Zoom sharing 5th step experience.

Meeting #32 – 5th Step (cont.)

The 5th step is the key to the future – the thread that I can pull on to see what I really am: fear, pain, running away. It all piles up and then there is no room for God. The truth will set me free. The answer is not from seeing the truth about myself the answer is to stop hiding from the truth about myself. I can handle the truth about myself now. AL OF ME – GOOD AND BAD TO GOD.

Meeting #33 – 5th Step (cont.)

Places I lie to myself about who I am – there is no place for God.

INVENTORY NEVER ENDS.

Make the 3rd step real.

This is a practice – use the tools to identify when God is nothing and then move back to God – this is the only proper use of the will. As soon as I believe there is a third option I am in trouble. This is only about making the 3rd step real – about relying on God. This is about getting the tools to do that.

Meeting #34 – 5th Step (cont.)

Opportunity to live in the consciousness of who I am – to stop hiding from the truth about me.

Nothing you can do disconnects me from God. It's how I'm handling my relationship with God – It's up to me to make that connection. It's the only proper use of the will.

Meeting #35 – 5th Step (cont.)

The force in the universe that makes us all one. What comes next is between you and the power of God. You've gotten rid of the stuff that blocks – now you can connect with a power that you understand.

Nothing is worth me being disconnected from God.

COST BENEFIT – DECIDE TO LIVE DIFFERENTLY –EVALUATE AND DECIDE.

You now know the cost of resentment – how resentment goes to the core of my being – moving away from it opens my path to God. Stop relying on resentment to keep me safe. P.75 from spiritual belief to spiritual experience.

Meeting #36

Discussion of self-reliant sex inventory.

Meeting #37 – 5th Step Review and Step 6

ARE THE STONES PROPERLY IN PLACE?

Review the decision - God is everything or God is nothing – The dangers of separating myself from God.

Am I holding onto anything?

Am I ready to let this stuff go?

The important thing is to know that I can't fix myself.

I don't have to understand what I'm letting go to let it go.

STEP 6

Meeting #38 – 5th Step Levels and 7th Step

7th step prayer is between you and God.

REVIEW OF STEP 5 LEVELS

Level 1 – Realization – I do to you what you do to me.

Sometimes must realign 2nd column.

Level 2 – How I do this to myself.

Level 3 – Why I do this to myself. It helps to ask when.

Something drove me to pretend I was someone else to myself.

Level 4 – You are the person doing this to you...NOW...RIGHT NOW.

You had to do this to get where you are. But for now what's the benefit and what's the cost?

THE ULTIMATE COST – I'M CUT OFF FROM GOD.

THE WINNING IS THE LOSING AND VICE VERSA.

SHOW UP FOR LIFE BEING WHO YOU ARE.

Questions:

Do you see objectionable behavior (how you treated yourself)?

Do you see on your own this was the best you could do?

Are we ready to have God take you to better things? To take this objectionable behavior?

Meeting #39 – 5th Steps 8 and 9

If I represent me in amends it's no good- REPRESENT GOD. The answer as to who you should make amends to is between you and God.

Do your amends, trust God. This is all about alignment with God – to remove the barriers that block me. I use inventory to get clear on what is blocking me.

This continues always in steps 8, 9, 10, 11 and 12.

Amends is the perfection of inventory.

IT'S NOT ABOUT WHAT THEY DID WRONG.

Meeting #40 Steps 10 and 11

Important part of the work – trying to keep living spiritually and something goes wrong. Why would we ever turn our backs on God?

THIS IS NOT AN ENDING.

It's not about proving I am a spiritual person. It's about keeping my spiritual connections and seeing when I'm not – AND THEN DOING SOMETHING ABOUT IT. This is not a failure! This is just a regular part of life. This is HUMILITY.

It's not easy to see self-reliance. I have to look for it in meditation and pull on the thread. Don't beat yourself up.

The goal is to stay vigilant and reconnect to God ASAP. TO KEEP FROM BEING COMPLACENT AND LETTING SELF-RELIANCE FOOL ME. DON'T USE 10 & 11 TO PRETEND YOU ARE CONNECTED TO GOD! USE 10 & 11 TO NOTICE WHEN YOU ARE NOT! THIS IS AN EASY MISTAKE. P 85-87.

Meeting #41 Step 10

Continue to take personal inventory – keep steps 4 & 5 alive. We will always need to take inventory. CONTINUE TO WATCH. Same instruction as 4 & 5. LOVE AND TOLERANCE IS OUR CODE.

Meeting #42 Step 11

Instruction for meditation – neutral state of mind. Pause – ask. My actions do not lead to outcomes. Trust in God and let the universe come through. STAY OUT OF THE WAY. Don't get attached to outcomes. There is no right way to meditate – find what's right for you. If it's not working pray to find something different.

TRUST GOD NO PERSON. FIND THROUGH GOD A PRACTICE THAT WORKS FOR YOU.

Meeting #43 Step 12

Practicing the principles and working with others are connected. Working with other keeps us on track. Being clear when you are off track is critical. Living a god centered life is

challenging – I can't always see the truth by myself. In any life you will become separated from God. Working with others will bring back that connection.

MAKING PEOPLE WRONG DOES NOT MAKE THEM WANT HELP.

An attitude of intolerance doesn't carry the message. If I can make you see how wrong you is not a good plan.

DEMONSTRATE THE POWER – KIND, TOLERANT, AND UNTHREATENED. ATTRACTION. Play the long game it could take some time. Keep the door open.

PEOPLE ARE ENTITLED TO THEIR OWN PATH.

I'm not trying to recruit. I am trying to be helpful. Trust God and they will come to you.

Meeting #44

Living in 10, 11, & 12.

There are no God reliant activities. I can be God reliant or self-reliant in almost any activity.

God reliance is a way of being.

What would you have me be?