

A.A. IS A SPIRIT

It cannot be touched, nor can it be completely understood. It is as wide as the world, yet small enough to fit snugly into the mind and heart of a man. It has brought light where only darkness dwelt. It has given hope to the helpless and help to those who yearned in despair. It has nourished forgiveness in those who know no pity. It has given strength to the weak and humility to the strong. It has given greatness to the common. It has spurred to higher goals those who strove for nothing. It has brought to the destitute a home. It has transformed sorrow into a weapon of happiness. It has given purpose to the trackless and shelter to the lost. It has taught patience to the hurried and action to the slothful. To youth it has given vision. To the aged – promise. To the lonely – companions. To the restless – rest. To the sick it has been a doctor. To the dying it has revived the desire to live. To those who have fallen, it has been a helping hand. It has no judgment against the unteachable, nor has it praise for those who learn. To the outcast it has been a family. To the childless it has given children. To the ignorant – wisdom. To the wise – tolerance. It has given to all that which is most precious – it has give love for truth with enough left over to share each other.

MATERIAL LIFE

Life Based on Selfishness, Self Centeredness and Fear

Actions:

Pride, Anger, Lust, Envy,
Gluttony, Greed, Laziness, Lying,
Cheating, Stealing, Manipulative,
Abusive, Controlling, Lewd
Conduct, Impurity (Motives)
Idolatry, Hostilities, Bickering,
Jealousy, Outbursts of Rage,
Selfish Rivalries, Dissensions,
Factions, Drunkenness.

Fruits of a Selfish, Self Centered Life:

Fear,
Isolation,
Anxiety,
Resentment,
Self-Pity,
Terror,
Frustration,
Lonliness,
Despair.

SPIRITUAL LIFE

Life Based on Service to God and our Fellows

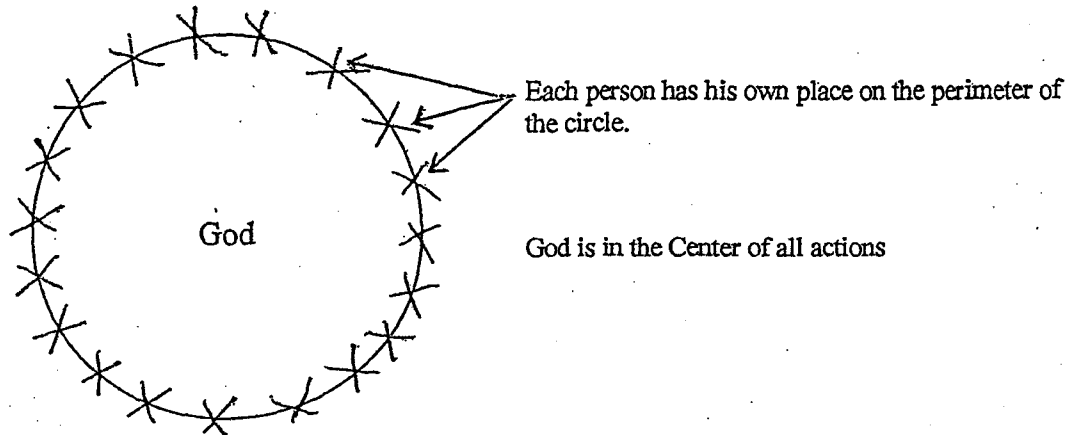
Actions:

Love others
Comfort others,
Understand others,
Usefulness,
Purity (Motives)
Honesty,
Unselfishness.

Fruits of a Spiritual Life:

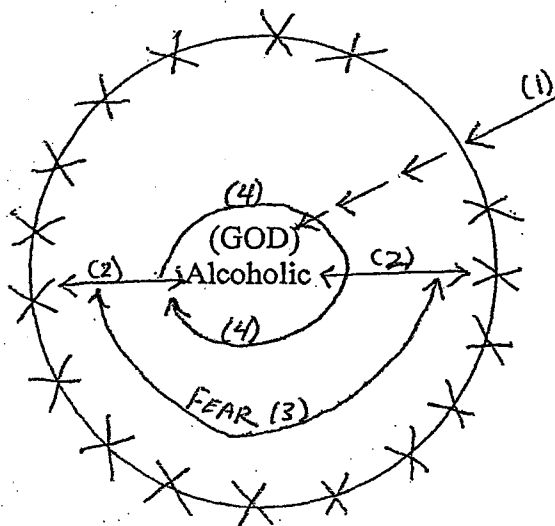
Love,
Joy,
Peace,
Patient endurance,
Kindness,
Generosity,
Faith,
Mildness,
Self-Control.

Life as seen by a healthy, spiritual person



The circle represents the circle of Humanity, each person has his own spot on the perimeter of the circle and God is in the center. All that we say goes to God and from God to the person we are speaking to. There is nothing to Fear when the person is on the perimeter, he can see everyone and everyone can see him. Thus, a healthy, spiritual person comes from a place of love and can give and accept love. He leads a useful life and receives the fruits of the spirit.

Life as seen by an alcoholic



As a result of self seeking decisions the alcoholic believes that he has moved from the perimeter to the center of the circle. (1)

He is now in opposition to all other People. (2)

He is blind to reality, thus, he lives in Fear because he only sees half of what is actually occurring. (3)

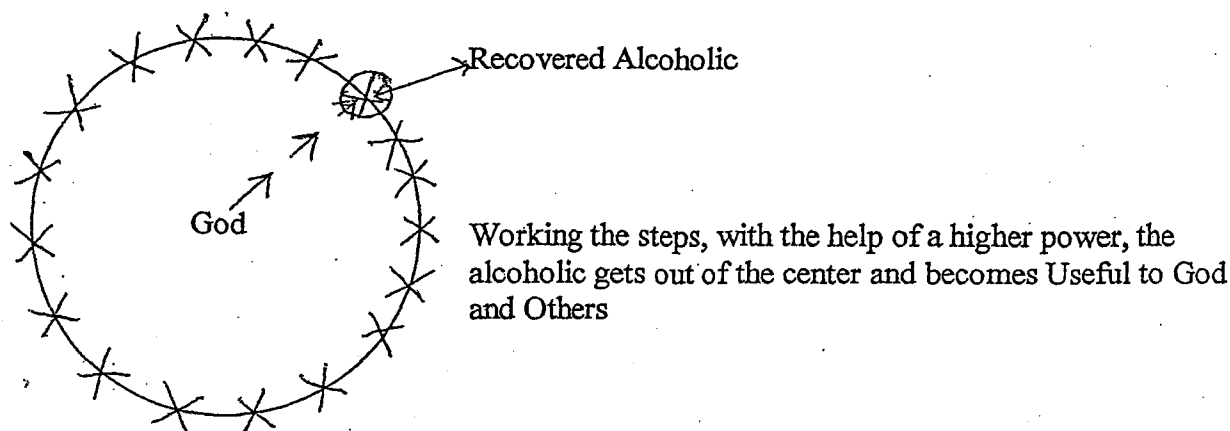
In an effort to calm his Fear, he tries to manipulate and control people as he spins around the Center trying to see what is going on around him. (4)

In this state, he is unable to connect with other human beings and lives in a hell of his own making – separated and isolated from God and man. He believes he is always the victim.

The alcoholic lives a life based on material pursuits, his decisions are based on self, which is a prime characteristic of adolescent thinking. Adolescent choices based on selfishness and self-centeredness ordinarily begin to decrease in the later teenage years. The alcoholic, unable to face the prospect of growing up (acting responsibly and thinking of others, first) turns to alcohol and/or other mood altering drugs which create an illusion

of life that leads the alcoholic to believe that he is in the center of the circle. From that perspective, the alcoholic is in opposition to all people, cannot find God because he believes that he is occupying God's place. From the center of the circle, the alcoholic can only see half of what is going on at any one time, he must constantly move in a circle around the center trying to see what is going on behind his back. The darkness behind his back creates fear and he tries to manipulate and control the people that he believes are in his life. As he spins around the center of the circle, his fear increases because no one is responding to his manipulation and control. This leads to feelings of self-pity and victimization. Because he is unable to connect with another human being, the alcoholic is completely isolated and lives in terror, remorse, frustration and despair.

Life in recovery



The alcoholic reaches a point of complete hopelessness and is faced with a choice of dying an alcoholic death or getting into recovery. The twelve steps are designed to guide a person from the center of the circle to the perimeter. Each step on the journey from the center to the perimeter requires the alcoholic to face each experience where he made a decision based on self and with the help of a higher power that he finds in AA he must make decisions based on others. The process results in the alcoholic growing up (becoming responsible and thinking of others) and he then becomes useful to God and others. Because he is now occupying his rightful place in the circle of life, he can give and receive love. The recovered alcoholic who has worked through and continues to work the steps now seeks to love, comfort and understand others. To the extent he continues to live a life of love and service to others, he experiences the fruits of a spiritual life and is happy, joyous and free.

ALCOHOLIC (OBSESSED) EGO

GOD

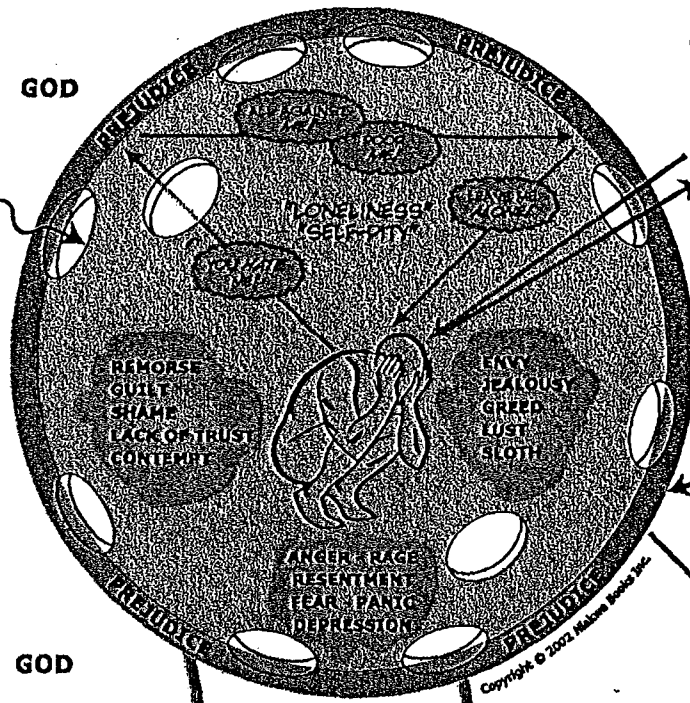
ONE problem which includes ALL problems

GOD

CHILDREN OF THE EGO
The obsessions of the Mind which cause us to drink

THERE IS NO LIFE APART FROM GOD BUT THERE IS EXPERIENCE APART FROM

GOD



WHERE WERE YOU?
GO TO HELL!

Any question that misses a "hole"....

.... just bounces off and is never heard

GOD

THE PATH

HEALTHY EGO

GOD

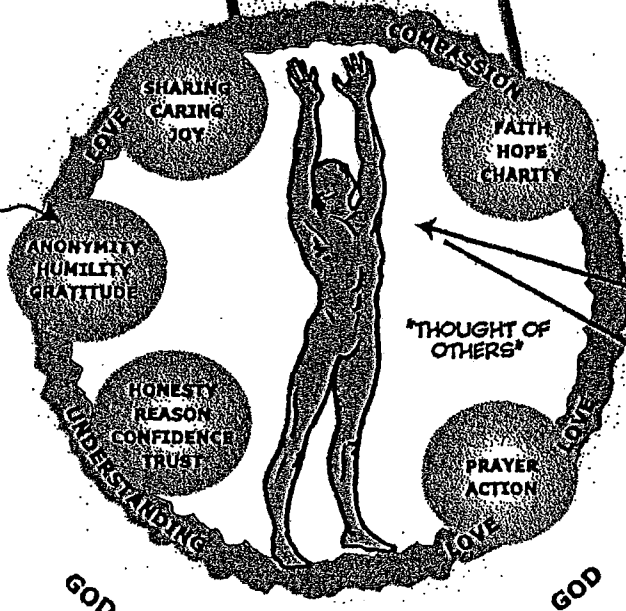
ONE answer which includes ALL answers

CHILDREN OF THE SPIRIT
The positive qualities of the Real Self

I CAN'T CHANGE THE REALITY OF MY OWN BEING. BUT - I CAN CHANGE MY EXPERIENCE IN REALITY

GOD

GOD



WHAT HAPPENED?

I WAS WRONG!!

"THOUGHT OF OTHERS"

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