



## Three Spiritual Gifts On Five Pathways With Ten Mission Elements

The life founded in Reality would not have the problems many of us do, if we would have stayed awake, but we did not. For sure our spiritual, mental, physical, emotional, and social experiences were shaped, filtered and formed by our personal “reality”. This personal “reality” is made up of everything we have experienced from the time we came into this world. Everything done, felt, thought, seen, heard, experienced in any way that we did or did not, plus who we did or did not do it with, Real or illusion, makes up our filter system. We mostly react as though the experience is Real. We may even draw other beings or facts into our conscious experience, but that alone does not make it Real. We believe that each individual creation starts off with a pure Divine Design. As that pure Design passes through our personal “reality” filter system we may distort it so badly that it does not look anything like our Father’s original pure Divine Design.

Nature at times will shape a tree contrary to its Divine Design within the seed. For example a tree along the coastline is subject to a prevailing wind; the tree bent and shaped to reflect the winds influence. Our habits of thoughts and feelings are much like the prevailing wind’s effect on our Father’s original individual Divine Design. We designed this workshop to uncover and discover our personal “reality”, giving us an opportunity to own it. Our part is a willingness, commitment and faith in our Higher Power. We need to ask our-

selves, “Am I willing to have an open mind and open heart”? “Am I committed to do all the daily assignments”? “Most important do I have faith in my Higher Power to do for me what I cannot do”? This workshop is to help us change what we feed our personal “reality”. Once we own our personal “reality” we can take part in its transformation. We change our personal “reality” back into thoughts then we replace our thoughts. We can surrender these to our Higher Power because we own them. Our Higher Power can transform these thoughts and feelings into His image and likeness, His will. He upgrades our personal “reality”. By the grace of our Higher Power we can experience the **Three Spiritual Gifts: Awakening, Love, our Mission**, deeper than words through the **Five Pathways: spiritual, mental, physical, emotional and social**. Many of us have received the fruits of these Spiritual Gifts on our serendipity journey Home. We’re given the action tools to share these Spiritual Gifts, we call these the **Ten Mission Elements. These action tools are: loving, healing, teaching, forgiving, empowering, enlightening, enriching, communicating, co-creating and awakening to the One Source.** This gives us a new meaning of abundance. Today we are realizing the next frontier in practicing these principles in all our affairs, which will include fulfillment of the spiritual, mental, physical, emotional and social pathways.

Let Down Your Bucket      There is a story in Around the Year with Emmet Fox that will help expand our goal through this workbook. A party of shipwrecked sailors were drifting in an open boat on the Atlantic Ocean. They had no water, and were suffering agonies from thirst. Another small boat came within hailing distance, and when the shipwrecked mariners cried out for water, the newcomers said, “let down your bucket.” This sounded like cruel mockery. But when the advice was repeated several times, one of the sailors dipped the bucket overboard and drew up clear, fresh, sparkling water!  
For several days they had been sailing through freshwater and did not know it. They were out of sight of land, but off the estuary of the Amazon, which carries freshwater many miles out to sea.

Conscious Union      We live in the Presence of our Higher Power 24/7, but we are not conscious of the Truth, the Reality we live, and move, and have our being in, that Power which created each of us. Breathing or any sign of life is proof of that Divine Presence within each of us, no matter what we did or did not do.

This workbook will help us improve our conscious contact with our Higher Power, our Higher Selves and all others. Our personal “reality” needs an upgrading, a reconciliation reuniting our individual created purpose, our mission. Our personal “reality” in its selfish, self-centered fearful world view made up illusions of separation, the root of the problem between our Higher Power, ourselves and all others. By grace our Program transforms our selfish, self-centered interest into enlightened self interest. We will intuitively know what our Boss would have us do next. Each daily assignment reminds us who and what we are, an open channel and agent of our Creator. There are a great many benefits sharing this workbook with another person or a group. Some of these are:

- We get the benefit of others experience, strength and hope.
- We begin to build a unity consciousness each time we meet.
- With each question our understanding, awakening, love and ability to share will increase.
- As we awaken and grow our responses become more useful, wise, enriching, fulfilling.
- Of course our illusion of separation diminishes while our enlightened Self-interest grows.
- Our Higher Power invites us to rethink the judgments we made up.
- Now – how about you take this workbook for a forty day TEST DRIVE?

## *Three Spiritual Gifts On Five Pathways With Ten Elements*

A Tri-Partnership is an optional useful tool. Are you willing for 40 Days to enter a Tri-Partnership with your Higher Power and one other person to help you move toward your Heart's Desire? Are you willing to commit to your Higher Power to improve your conscious contact with Him or Her? You are to make a personal contact each day with your partner in person, by telephone or email, with an open mind, open heart, as willing, honest and trusting as you can, demonstrating your commitment. Ask your Higher Power for guidance to setup your three goals. Act as a coach for each other, sharing when on or off the mission path. Once you

have written your three goals and committed to living them for the next 40 days the fun begins.

This 40-Day Tri-Partnership is as follows: State a Long-term goal or your Heart's Desire – That which is important to you. Treat this as your Mission in life as you see it now subject to change. You may choose a relationship or a different way of life. In other words any important goal you would love to realize or experience. Ask your Higher Power to remind you just what your Heart's Desire is. We believe He or She from time to time whispered in your heart what it is.

Write your Long-term goal - Heart's Desire.

For example start with the workshop goals using a form of an affirmation.

***"I accept the Three Spiritual Gifts with a humble and grateful heart. I manifest these Gifts on all Five Pathways. As an agent of our Father I channel these Gifts, His will through my Ten Mission Elements."***

Intermediate goals:

What will it take for you to realize your Long-term goal? What are the spiritual, mental, physical, emotional and social equivalents or skills you need to build or develop, which will enable you to realize your Long-term goal, Heart's Desire? List these: (You will add to this list as you work the workbook).

Examples:

***"I need to learn more about prayer, meditation and contemplation to help me awaken."***

***"I need to learn more about the different ways to express love."***

***"I need to learn more about practicing the Ten Missions in all my affairs."***

Short-term goals:

What can you do here, now, today that will contribute to the building or receiving of your Intermediate goals or skills that will enable you to realize your Long-term goal, Heart's Desire, most likely your Higher Power's Will for you? Or what did you do or not do that was contrary to your Intermediate or long-term goals? As long as you do not dwell on what was contrary, no harm done. When negativity comes up you need to own them as part of your personal "reality", discredit them, and take back the power you gave them. Surrender negative stuff to your Higher Power to heal or transform into an asset. If you cannot not stop thinking or feeling negative stuff, choose one of A.A.'s greatest tools - get out of yourself by helping someone else. See what you can do to help another person. Don't tell them about your problems, but focus on helping that person find a solution or acceptance. Action is the magic word. Each day write out your desired plan of action:

Now-term goals – Now - the only time we can make decisions or take actions. Examples:

***"I am using the Big Book to contribute to my Intermediate goals which contributes to my long-term goals."***

***"I am practicing what I am finding in the Six Loves workbook @www.12stepworkbook.org."***

***"I am using this workshop and the Twelve Steps and Twelve Traditions book to improve my skills."***

These three goals, Long-term, intermediate and the here and now goals, are what you are to share with your two partners for 40 days, thus helping each other stay on the path or to get back on it. Your Long-term goal, Heart's Desire will draw you toward it as you focus on it. Your Intermediate goals will enable you consciously and consistently realize your Heart's Desire. Our decisions and actions here and now make it possible to receive our Higher Power's grace. If we fail we can choose once again to get back on the path, and when we have a little success we can choose to increase what works.

Your two partners for the 40-day Tri-Partnership are: Your Higher Power and:

2. \_\_\_\_\_ Home # \_\_\_\_\_ Office # \_\_\_\_\_ Cell # \_\_\_\_\_

## *Three Spiritual Gifts On Five Pathways With Ten Elements*

CAUTION: THIS COULD BE HAZARDOUS TO YOUR OLD WAY OF LIFE.  
USE THIS WORKBOOK, OR ANY OF ITS CONTENTS, AT YOUR OWN RISK.

Doing what's suggested in this workshop may cause you to let go of some of your personal "reality," and even become less limited. You may stop blaming other people, places, and things. You may stop being a user and become an owner of your own stuff. You may find yourself giving up some of your old resentments, pains and fears. You could even find yourself with a new understanding, awakening. You may find your Higher Self. Neither this workshop nor any of its contents are for sale. They are for sharing. Pass it on freely to those you love and those you don't.

**WORKSHOP'S  
PRIMARY  
PURPOSE** This workshop's primary purpose is to offer you a set of useful tools. These tools can enable you to be conscious of the *Three Spiritual Gifts on Five Pathways with Ten Mission Elements*. Ways to apply these tools in our everyday life. We will introduce you to this set of useful tools; however, tools are worthless unless we learn how to use them and then use them. Well that's what this little workshop is about. Our main focus is learning new ways to expand our application of the program of Alcoholics Anonymous. To help you awaken to the powerful spiritual principles embodied in the *Twelve Steps (Recovery), Twelve Traditions (Unity) and Twelve Concepts for World Service (Service)*. This little workshop will be on the Three Spiritual Gifts and the Five Pathways with Ten Mission Elements within the Program. *Awakening (Gift One)* we believe is the appropriate word because it does happen as the result of applying the spiritual principles, which open us up to our Higher Power's grace. We can choose to use this information and understanding to chip away all that is not the *Love* we are (*Gift Two*). We will realize our God-created Self with purpose and meaning, our true *Mission (Gift Three)*. This workshop will help us realize our Spiritual Gifts, our true nature. We will apply these Gifts in each area of our human condition: Spiritual, mental, physical, emotional and social. We will express our loving Mission by the gift of grace. We will awaken to our individual Mission with its Ten Mission Elements: loving, healing, teaching, forgiving, empowering, enlightening, enriching, communicating, co-creating and awakening to our Higher Power. Using these tools we are more likely open to our Higher Power's loving grace, mercy, miracles and the promises.

### *Our 1<sup>st</sup> Spiritual Gift Awakening*

"Lack of power that was our dilemma. We had to find a Power by which we could live, and it had to be a *Power greater than ourselves*. Obviously. But where and how are we to find this Power? Well, that's exactly what this book is about. Its main object is to enable you to find a Power greater than yourself which will solve your problem." (*Alcoholics Anonymous* page 45 reprinted with permission) The main object of this workshop is to be in concert with that. Working the first eleven Steps will assure us of having a personality change, a shift in our perception sufficient to cause a spiritual awakening. Our 1<sup>st</sup> Spiritual Gift is the first part of Step Twelve, "*Having had a spiritual awakening as the result of these steps*". This spiritual awakening is our first Gift of our three primary goals of this workshop.

### *Our 2<sup>nd</sup> Spiritual Gift Our Love*

One of the most common human needs is love. The second part of Step Twelve is; "*...we tried to carry this message.*" This is sharing; this is Love. We give but little when we give of our possessions, it is when we give of ourselves that we truly give. In the act of giving, "passing it on", what we have received, we realize that giving and receiving are the same. In fact, the only way we can become a Master Receiver is to share with others everything we want for ourselves. We can love because our deepest nature is love. The messenger is the message.

### *Our 3<sup>rd</sup> Spiritual Gift Our Mission*

Our Mission: Awakening to the created individual Self that we are with purpose and meaning. In other words, consciously and consistently living our mission, our Heart's Desire, God's Will for each individual. The third part of Step Twelve is: "*...and to practice these principles in all our affairs.*" The only way we can fully realize who we are is to share what we currently are as the result of this Program. When we're God-centered even for a moment we have all the power and wisdom we need. In that moment we're told or shown what to do, say, think and feel in a way we can currently hear, understand and follow. *Practicing our Mission in all our affairs through the Five Pathways: Spiritual, mental, physical, emotional and social, using our Ten Mission Elements is our goal.*

### *Remember this:*

Silence is our first language; everything else is a poor translation. Love is our Creator's primal action, we are love. We're called often to use words to communicate, but remember words are symbols of symbols which are twice removed from reality, ever changing, use them wisely with love. At each beginning seek your Higher Power's guidance which goes deeper than words.

## *Three Spiritual Gifts On Five Pathways With Ten Elements*

### *Our Ten Elements of Our Mission*

I believe we receive by grace the action tools, the Ten Mission Elements that enable us to share with those we're drawn to. First we're opened to the love we are. We're created by Love, for love, to love, therefore a **beloved lover loving (BLL)**. Each of us living this program experience healing within one or more of the Five Pathways, which makes us a **healed healer healing (HHH)**. Because we become teachable we're **taught teachers teaching (TTT)**. Through our Higher Power's mercy we're forgiven, which makes us a **forgiven forgiver forgiving (FFF)**. If we live the Program the best we can we're enabled, allowed and supplied with the means to carry out our mission. In other words an **empowered empower-er empowering (EEE)**. When we're Spiritually awakened we're enlighten to some degree, which makes us an **enlightened enlighten-er enlightening (EEE)**. Many of us become enriched within one or more the Five Pathways, which makes us an **enriched enricher enriching (EEE)**. We find ourselves communicating better with others, ourselves and our Higher Power, which makes us a **communicated to communicator communicating (CtoCC)**. Starting our day with prayer and meditation we co-create our day. This means we are a **created co-creator co-creating (CcoCcoC)**. As the results of practicing this Program we awaken to our Higher Power which can do for us what we cannot do alone and unaided. The tenth Mission Element is: an **Awakened Awakener Awakening (AAA)**.

**DAILY ASSIGNMENT:** *Each time you start your daily practice - ask your Higher Power for guidance and inspiration and thank Him or Her when you have finished that Daily Assignment.*

a.) Note the current Day Number. b.) One of the three Spiritual Gifts. c.) Daily Assignment: the questions and statements you are to respond to in the right column of one of the following seven Response Boxes. The questions and statements start with how you experienced your early days in the Program up to the present day. In the response column write what first comes to mind, do not analyze it. Remember, there are no wrong answers.

**RESPONSE BOXES:** *The first two Response Boxes are:* d.) Note one of the Ten Mission Elements you're able to apply to the Spiritual Gift of the day, write your response in the right column. e.) States that you're unable to apply that Mission Element to that Spiritual Gift, writing the reason in the right column. These Ten Mission Elements are: awakening, loving, healing, teaching, forgiving, empowering, enlightening, enriching, communicating and co-creating.

In the **following five Response Boxes** column one notes one of the Five Pathways, which are: f.) Spiritual, g.) mental, h.) physical, i.) emotional and j.) social. In column two write an example of how you can or cannot apply this Pathway to b.) The Spiritual Gift of the day

a.) Day #	b.) One of the Three Spiritual Gifts	c.) Daily Assignment
d.) Able to apply this Mission Element		
e.) Unable to apply This Mission Element		
f.) Spiritual		
g.) Mental		
h.) Physical		
i.) Emotional		
j.) Social		

k.) Write what will increase what works and decrease what does not work or is too limited or harmful.


If you need more writing space, use the facing page or a separate sheet of paper.

**Three Spiritual Gifts On Five Pathways With Ten Elements**

**Al Kohallek's example:**

Day 0 <i>Example</i>	Gift Two Love	Today's Mission Element, a beloved lover loving. In what ways have you experienced love since you came into the Program? At some level most of us have known we were more loving than we could prove. The Program teaches us if we want more love then be more loving. How do you give or receive love: spiritual, mental, physical, emotional, and social?
Able to love		<i>I was able to give love, in the form of service, before I was able to receive it. I was so lucky to join a group of AA lovers. They included me in every kind of service.</i>
Unable to love		<i>I was unable to love anyone for a long while. I hated myself for what I had done and what I had become. The saying that we are to love our neighbor as we love our self – poor neighbor. I did not trust anyone.</i>
Spiritual		<i>I had no type of Spiritual guidance when I came to the Program. To the question. Did a Higher Power love me? No. Maybe He loved a few – the chosen ones but not the likes of me.</i>
Mental		<i>I first thought that AA members would find out something bad about me and blackmail me into staying dry. After all I had been to a picnic and a county fair, I had the T Shirt. I “knew” what they were thinking. Thoughts of love were out of the question. They were too nice so they want to use me.</i>
Physical		<i>Due to the way I was living, if you want to call it that, I had cut myself off from physical love, which would include making love or loving my physical body and world. I did not know how to take care of my physical body or world.</i>
Emotional		<i>All the joy had gone out of my reach. The primary expression of my emotions was anger, violence which turned out to be fear. When someone tried to love me I abused them or pushed them away. What I could have I did not want, and what I wanted I could not have. I wanted to not wake up some mornings. I had a great fear of love.</i>
Social		<i>The way I reacted at first coming to the Program was distrustful of those who freely shared. I knew they were after something for nothing, in other words they were trying to con me.</i>

What can you do to increase your love and decrease your lack of love?

<i>I must trust enough to take a few love risks. I can start by silently extending the love I want to others. I can pray that a Higher Power will extend His love, mercy and grace.</i>
<i>I can decrease my lack of love by loving and serving. I can make a few friends. I can stop withholding and withdrawing.</i>

***Three Spiritual Gifts On Five Pathways With Ten Elements***

Day 1	Gift One Awaken	Today's Mission Element, an awakened awakener awakening. What was your understanding of a spiritual awakening when you first came to the Program? When are you able to awaken and when are you unable? How did you judge others or yourself about a spiritual awakening? Give examples spiritual, mental, physical, emotional and social?
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Able to awaken	
Unable to awaken	
Spiritual	
Mental	
Physical	
Emotional	
Social	

What can you do to contribute to your awakening and decrease what is contrary to my awakening?


***Three Spiritual Gifts On Five Pathways With Ten Elements***

Day 2	Gift Two Love	Today's Mission Element, a beloved lover loving. How did you react to others that were freely sharing with you when you first came to the Program? Were you able to receive or give love or unable? Could you tell when someone was on or off the Love Path? Was it hard for you to trust yourself or others? What do you recall about your loving, giving or receiving: spiritual, mental, physical, emotional and social?
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Able to love	
Unable to love	
Spiritual	
Mental	
Physical	
Emotional	
Social	

What can you do to increase your love and decrease your lack of love?


***Three Spiritual Gifts On Five Pathways With Ten Elements***

Day 3	Gift Three Our Mission	Today's Mission Element, a healed healer healing. It's a good that our Program talks about practicing these principles in all our affairs after we have had some experience in the Program. When were you able to experience healing and when not able? When did you first get an idea of what these healing principles were and how to practice them? Give examples of how you practiced these healing principles spiritual, mental, physical, emotional and social.
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Able to heal	
Unable to heal	
Spiritual	
Mental	
Physical	
Emotional	
Social	

How can you increase healing and decrease what causes the call to healing?


***Three Spiritual Gifts On Five Pathways With Ten Elements***

Day 4	Gift One Awakening	Today's Mission Element, a taught teacher teaching. What did you learn from your first spiritual awakening? Who was your first spiritual teacher? When did you realize the importance of being teachable? What fostered your spiritual awakening? What blocked your spiritual awakening? What did you learn when you were teachable: Spiritual, mental, physical, emotional and social?
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Able to teach	
Unable to teach	
Spiritual	
Mental	
Physical	
Emotional	
Social	

How can you become more teachable and decrease what causes your un-teachable-ness?


***Three Spiritual Gifts On Five Pathways With Ten Elements***

Day 5	Gift Two Love	Today's Mission Element, a forgiven forgiver forgiving. Awakening to the love we are is one of the greatest gifts many of us have received as the result of practicing this way of life. Is this true for you? In the early days of your Program were you able to share that love? We cannot over-emphasize forgiveness. Were you able to forgive yourself and others or were you unable to forgive, blocking your love? Give examples of sharing the love you are through forgiveness; spiritual, mental, physical, emotional, and social.
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Able to forgive	
Unable to forgive	
Spiritual	
Mental	
Physical	
Emotional	
Social	

What can you do to increase your ability to forgive and decrease your unforgiving?


***Three Spiritual Gifts On Five Pathways With Ten Elements***

Day 6	Gift Three Our Mission	Today's Mission Element, an empowered empower-er empowering. To empower means to enable, allow us consistently in difficult times. When, what, who and how were you empowered, supplied, and enabled to consciously live your mission? When, what, who and how were you disempowered? What did you experience early in the Program, which later became part of your Mission: spiritual, mental, physical, emotional and social?
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Able to empower	
Unable to empower	
Spiritual	
Mental	
Physical	
Emotional	
Social	

What will increase your empowerment, and ability and decrease your lack of power?


***Three Spiritual Gifts On Five Pathways With Ten Elements***

Day 7	Gift One Awakening	Today's Mission Element, an enlightened enlightener enlightening Have you ever been in the presence of an enlightened person? How were you able to realize that enlightened one? What is or was your resistance to a Higher Power, religion or a Spiritual way of life? What can or did you do about this resistance or what have you been unwilling or unable to do? How does or did this resistance affect your spiritual, mental, physical, emotional and social way of life.
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Able to enlighten	
Unable to enlighten	
Spiritual	
Mental	
Physical	
Emotional	
Social	

What can you do to increase your enlightenment and decrease what isn't enlightening?


***Three Spiritual Gifts On Five Pathways With Ten Elements***

Day 8	Gift Two Love	Today's Mission Element, an enriched enricher enriching. How was or is your life enriched by love? How was or is your life impoverished by the lack of love? When you were new in the Program would you say the one who shared with you used tough love or a gentle love? How has that early experience influenced the way you share? Give examples: spiritual, mental, physical, emotional and social.
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Able to enrich	
Unable to enrich	
Spiritual	
Mental	
Physical	
Emotional	
Social	

What can you do to increase your enrichment and decrease what doesn't enrich you?


***Three Spiritual Gifts On Five Pathways With Ten Elements***

Day 9	Gift Three Our Mission	Today's Mission Element, communicated to communicator communicating. List the ways you use global statements such as: I never, I always. In affect global statements appear as principles, making it difficult to change. If you can recall one exception to a global statement, it's a habit, which means it can be changed. The most effective way is replacing it with another more desirable habit. Give examples of how you communicate: spiritual, mental, physical, emotional and social.
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Able to communicate	
Unable to communicate	
Spiritual	
Mental	
Physical	
Emotional	
Social	

What can you do to improve your communication skill and decrease what you do not want to communicate?


***Three Spiritual Gifts On Five Pathways With Ten Elements***

Day 10	Gift One Awakening	Today's Mission Element, a created co-creator co-creating When we are in alignment with our Creator's will we co-create. When we are responding from our personal "reality" worldview, we tend to make things up (illusions). What are the prayers, meditations and affirmations you have used and how effective were/are they? Are these a carryover from your childhood? How has your prayers and meditation changed since coming into the Program? Give examples of how your prayers, medication and affirmations contribute to your awakening: spiritual, mental, physical, emotional and social.
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Able to co-create	
Unable to co-create	
Spiritual	
Mental	
Physical	
Emotional	
Social	

What can you do to increase your ability to co-create and decrease your making things up instead of co-creating?


***Three Spiritual Gifts On Five Pathways With Ten Elements***

Day 11	Gift Two Love	Today's Mission Element, an awakened awakener awakening. When did you awaken to the Gift of Love? Once awakened what can we do to stay awake. What was the most unselfish thing you can recall that was done for you? What was the most unselfish or selfless thing you did for someone else? How were these expressed or can now be expressed: spiritual, mental, physical, emotional and social?
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Able to awaken	
Unable to awaken	
Spiritual	
Mental	
Physical	
Emotional	
Social	

What can you do to awaken and decrease your sleepwalking?


***Three Spiritual Gifts On Five Pathways With Ten Elements***

Day 12	Gift Three Our Mission	Today's Mission Element, a beloved lover loving. Sharing is a universal expression of love. Do you agree with the statement, "You have to give away what you want to keep or expand?" In reality our Program teaches us that giving and receiving are one? Do you consciously and consistently share what you want? What about the times you could not share the love you wanted? Share your loving experience: spiritual, mental, physical, emotional and social?
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Able to love	
Unable to love	
Spiritual	
Mental	
Physical	
Emotional	
Social	

What can you do to increase sharing the love you are and decrease your withholding love?


***Three Spiritual Gifts On Five Pathways With Ten Elements***

Day 13	Gift One Awakening	Today's Mission Element, a healed healer healing. No matter how you experienced healing it is a gift that only you can pass on. What was or is this gift you are to share? What does it mean to you to be a Spiritual: Infant, Child, Adolescent, Adult and an Elder? If you can accept the level you are here and now you can surrender it to your Higher Power. Pick from these five levels how you have manifested them: spiritually, mentally, physically, emotionally and social.
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Able to heal	
Unable to heal	
Spiritual	
Mental	
Physical	
Emotional	
Social	

What can you do to increase your capacity to heal and decrease what calls for healing?


***Three Spiritual Gifts On Five Pathways With Ten Elements***

Day 14	Gift Two Love	Today's Mission Element, a taught teacher teaching. Did you know that everyone you're drawn to brings you a gift and you have a gift for that person? Each of us is teacher and student? The lesson we teach is both the good and not good that we express. Remembering this will bring you closer to the love you are. Give examples of when you teach only love, spiritual, mental, physical, emotional and social.
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Able to teach	
Unable to teach	
Spiritual	
Mental	
Physical	
Emotional	
Social	

What can you do to increase your teaching skills and decrease your useless or harmful teaching?


***Three Spiritual Gifts On Five Pathways With Ten Elements***

Day 15	Gift Three Our Mission	Today's Mission Element, a forgiven forgiver forgiving. If we are unforgiving for any reason we cannot practice our loving Mission. Practicing our Program by forgiving here and now we undo the past by living consciously in the present, at the same time we release the future. How can living in the present undo the past and release the future: spiritual, mental, physical, emotional and social?
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Able to forgive	
Unable to forgive	
Spiritual	
Mental	
Physical	
Emotional	
Social	

Can you accept you are disappointed in ***not*** carrying out a wrong you were tempted to do and now forgive yourself?


***Three Spiritual Gifts On Five Pathways With Ten Elements***

Day 16	Gift One Awakening	Today's Mission Element, an empowered empower-er empowering. Too often we think of power as negative and empowerment as self-serving. Do you agree that empowerment is the ability to do something? If not, what is empowerment to you? How does prayer and meditation empower you to awaken and change: spiritual, mental, physical, emotional and social?
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Able to empower	
Unable to empower	
Spiritual	
Mental	
Physical	
Emotional	
Social	

What can you do to increase your Mission's power and decrease your Mission's powerlessness?


***Three Spiritual Gifts On Five Pathways With Ten Elements***

Day 17	Gift Two Love	Today's Mission Element, an enlightened enlightener enlightening. We can feed someone a fish for a day (12th Step). We can teach one how to fish and you feed her or him for a lifetime (Sponsorship). That is effective love and enlightenment. The enlightened lights the way even on an ordinary loving highway. Let us lovingly pass on the enlightenment we receive here and now and give it or share it freely: spiritual, mental, physical, emotional and social.
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Able to enlighten	
Unable to enlighten	
Spiritual	
Mental	
Physical	
Emotional	
Social	

What can you do to increase enlightening love and decrease any darkness you brought to love?


***Three Spiritual Gifts On Five Pathways With Ten Elements***

Day 18	Gift Three Our Mission	Today's Mission Element, an enriched enricher enriching. Our personal "reality", habits of thoughts and feelings has an extraordinary ability to enrich our human experience or impoverish it for a short time. When that experience reaches its limit we are likely to have a rebound. If we turn to our Higher Power and surrender the extreme high or low we're given an enriched understanding. What are your experiences with the high and low rebounds: spiritual, mental, physical, emotional and social?
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Able to enrich	
Unable to enrich	
Spiritual	
Mental	
Physical	
Emotional	
Social	

What can you do to increase and enrich your Mission and decrease the blocking or limiting of your Mission?


***Three Spiritual Gifts On Five Pathways With Ten Elements***

Day 19	Gift One Awakening	Today's Mission Element, a communicated to communicator communicating. Do you have someone that you can communicate with openly, holding nothing back? Do you have others that are difficult to communicate with beyond surface talk? As we awaken we are likely to realize that our Program is Spiritual in its nature, which will expand with its use. Material and ego decline with use. Can you give contrasting examples: spiritual, mental, physical, emotional and social?
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Able to communicate	
Unable to communicate	
Spiritual	
Mental	
Physical	
Emotional	
Social	

What can you do to awaken your communication effectively and decrease your useless or boring communication?


***Three Spiritual Gifts On Five Pathways With Ten Elements***

Day 20	Gift Two Love	Today's Mission Element, a created co-creator co-creating. When we co-create we are in harmony with our Higher Power's will for us. When we are operating out of our personal "reality" we make up illusions. As our love skills increase by giving of ourselves we find that we need others less but delight in loving them more. What has been your experience: spiritually, mentally, physically, emotionally and socially?
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Able to co-create	
Unable to co-create	
Spiritual	
Mental	
Physical	
Emotional	
Social	

What can you do to co-create the love you want and decrease the harmful made up illusions about love you don't want?


***Three Spiritual Gifts On Five Pathways With Ten Elements***

Day 21	Gift Three Our Mission	Today's Mission Element, an awakened awakener awakening. For a bird's-eye view of your personal "reality" take a look at what you are experiencing real or illusion, good or bad, often contrary to what your conscious mind has been telling you. Those experiences unaddressed will block your awakening. List some of those experiences: spiritual, mental, physical, emotional and social, in which you said to yourself; "I don't want to do this or that and I do it anyway or "I say do and I don't do it", that's part of you personal "reality".
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Able to awaken	
Unable to awaken	
Spiritual	
Mental	
Physical	
Emotional	
Social	

What can you do to awaken to a deeper meaning of your Mission and realign the surface meaning?


***Three Spiritual Gifts On Five Pathways With Ten Elements***

Day 22	Gift One Awakening	Today's Mission Element, a beloved lover loving. It has been said we are like a chain as weak as its weakest link. This is but a half-truth – we are as strong as our strongest link, which is our Awakened Highest Self, which is love. Give examples of your weakest and your strongest links: spiritual, mental, physical, emotional and social.
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Able to love	
Unable to love	
Spiritual	
Mental	
Physical	
Emotional	
Social	

How can you increase love's awakening and decrease your fear of love?


***Three Spiritual Gifts On Five Pathways With Ten Elements***

Day 23	Gift Two Love	Today's Mission Element, a healed healer healing. Great is the gift we've received as the results of sharing this Program. To experience giving of ourselves unconditionally, asking nothing in return, is love indeed. We're called to share the healing love as the results of living the Program with someone who cannot repay us; we temporarily have more to share with those who temporarily have less. How so: spiritual, mental, physical, emotional and social?
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Able to heal	
Unable to heal	
Spiritual	
Mental	
Physical	
Emotional	
Social	

Love is a healing power touching everything into wholeness, so increase your love and decrease not loveing?


***Three Spiritual Gifts On Five Pathways With Ten Elements***

Day 24	Gift Three Our Mission	Today's Mission Element, a taught teacher teaching. Were you taught your Mission by your Higher Self or by your personal "reality"? A question I ask myself, am I insane or stupid? How is it we may know all about hygiene and live unhealthy lives? If we do not practice the wisdom we learn it's a liability not an asset? Can we practice these realities until these new habits of thought and feelings become our personal "reality" replacing the too limited or harmful habits: spiritual, mental, physical, emotional and social?
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Able to teach	
Unable to teach	
Spiritual	
Mental	
Physical	
Emotional	
Social	

If teaching is part of your Mission how can you become more teachable and decrease any closed-mindedness?


***Three Spiritual Gifts On Five Pathways With Ten Elements***

Day 25	Gift One Awakening	Today's Mission Element, a forgiven forgiver forgiving. Without forgiving we cannot have an open heart and open mind. Having a closed heart or mind will block us from awakening. How do you stay spiritually awakened after you become awakened? Give examples of what you do to stay awake or reawaken: spiritual, mental, physical, emotional and social.
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Able to forgive	
Unable to forgive	
Spiritual	
Mental	
Physical	
Emotional	
Social	

Forgiveness opens the doors to awakening, how can you increase the flow of forgiveness and stop unforgiving?


***Three Spiritual Gifts On Five Pathways With Ten Elements***

Day 26	Gift Two Love	Today's Mission Element is, an empowered empower-er empowering. A compulsive, obsessive person can identify with the caterpillar, consuming all they can. At some point over consuming stops working and we make up a self-imposed prison. Within that cocoon, our prison, we turn into mush. We may choose to join this loving way of life. Emerging from our self-made prison as a free graceful butterfly. We're empowered by our Higher Power to experience our transformation. How have you experienced this process: spiritual, mental, physical, emotional and social?
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Able to empower	
Unable to empower	
Spiritual	
Mental	
Physical	
Emotional	
Social	

Love, empowers love how are you increasing love's power and how do you decrease the powerlessness of not love?


***Three Spiritual Gifts On Five Pathways With Ten Elements***

Day 27	Gift Three Our Mission	Today's Mission Element, an enlightened enlightener enlightening. We cannot awaken or enlighten by directly learning or being taught by humans alone and unaided. What skills you can practice to improve your chances of staying awake once awakened and sharing the wisdom of enlightenment? To live this Program's way of life is the highest form of "practicing these principles in all of our affairs". Give examples of the skills given you to practice these principles: spiritual, mental, physical, emotional and social.
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Able to enlighten	
Unable to enlighten	
Spiritual	
Mental	
Physical	
Emotional	
Social	

How can you make your Mission enlightenment brighter, remember darkness is only the absence of enlightenment?


***Three Spiritual Gifts On Five Pathways With Ten Elements***

Day 28	Gift One Awakening	Today's Mission Element is, an enriched enricher enriching. Indeed the end of the "world "is coming. Each time we awaken some part of our old world that we made up as our personal "reality" passes away. If we replace our old habits with new habits that we want then this life Program is serving us well. Where, what or who are you enriched by: spiritual, mental, physical, emotional and social?
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Able to enrich	
Unable to enrich	
Spiritual	
Mental	
Physical	
Emotional	
Social	

How can you increase enriching your awakening and decrease the impoverishment you made up?


***Three Spiritual Gifts On Five Pathways With Ten Elements***

Day 29	Gift Two Love	Today's Mission Element, a communicated to communicator communicating. How can you communicate with your Higher Self? Forgiveness is a vital part of love. "Forgive us debts and we forgive our debtors." Our personal "reality" is filled with the judgments responsible for our debts and debtors. Try this: Ask your individualized created Self to forgive your personal "reality" self, spiritual, mental, physical, emotional and social.
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Able to communicate	
Unable to communicate	
Spiritual	
Mental	
Physical	
Emotional	
Social	

How are you communicating love through your Mission and how do you fail to communicate the love you are?


***Three Spiritual Gifts On Five Pathways With Ten Elements***

Day 30	Gift Three Our Mission	Today's Mission Element, a created co-creator co-creating. In practicing these Spiritual principles in all our affairs we are co-creating. When we do co-create we are in alignment with our Higher Power's will. This practice gives us the ability to co-create within a full range of life, including what we call good and bad. We are wise to face our fears and pains instead of running away. Fears and pain are important messengers. What are these messengers and their messages telling us: spiritual, mental, physical, emotional and social?
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Able to co-create	
Unable to Co-create	
Spiritual	
Mental	
Physical	
Emotional	
Social	

How are you co-creating your Mission throughout the day and how do you make up illusions of separation?


***Three Spiritual Gifts On Five Pathways With Ten Elements***

Day 31	Gift One Awakening	Today's Mission Element, an awakened awakener awakening. We awaken that we're given the power to co-create, we can use as intended or abuse. Our need for love and value is our worse problem because we make up illusions instead of co-creating. Our misuse of the Spiritual Gifts is the breeding ground for our chaos, making up illusions of separation. As you awaken you learn to apply the Ten Mission Elements through the Five Pathways. How can you apply this awakening: spiritual, mental, physical, emotional, and social?
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Able to awaken	
Unable to awaken	
Spiritual	
Mental	
Physical	
Emotional	
Social	

Once you're awakened to the Presence of your Higher Power and your Higher Self how can you use it or misuse it?


***Three Spiritual Gifts On Five Pathways With Ten Elements***

Day 32	Gift Two Love	Today's Mission Element, a beloved lover loving. If we are living this Program we're forgiven, loved, taught and healed in one degree or another. We're privileged to pass it on. We can, if we choose, demonstrate all Ten Mission Elements within the Three Spiritual Gifts on and beyond these Five Pathways: spiritual, mental, physical, emotional and social. What can you express here and now by the grace of these gifts?
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Able to love	
Unable to love	
Spiritual	
Mental	
Physical	
Emotional	
Social	

Today's practice is all about love, how can you increase your giving and receiving demonstrating they are one?


***Three Spiritual Gifts On Five Pathways With Ten Elements***

Day 33	Gift Three Our Mission	Today's Mission Element, a healed healer healing. To the degree we are expressing the individual we're created as (our third Spiritual Gift) we are whole, healed at some level. Our message is clear. "What you are shouts so loudly that I cannot hear what you say." What are you radiating spiritually, mentally, physically, emotionally and socially, to the outer world from within?
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Able to heal	
Unable to heal	
Spiritual	
Mental	
Physical	
Emotional	
Social	

How are you healed practicing your Mission and how does that offers you opportunities as a healed healer healing?


***Three Spiritual Gifts On Five Pathways With Ten Elements***

Day 34	Gift One Awakening	Today's Mission Element, a taught teacher teaching. What do we teach? We are teaching what we believe by the way we express life. Our actions speak louder than our words. To compare the personal "reality" to the Higher Self is to compare the ocean's abundance with a few empty shells. What does your personal "reality" teach you compared with your Higher Self: spiritual, mental, physical, emotional and social?
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Able to teach	
Unable to teach	
Spiritual	
Mental	
Physical	
Emotional	
Social	

What have you learned from your awakening and teaching. What did you withhold when teaching?


***Three Spiritual Gifts On Five Pathways With Ten Elements***

Day 35	Gift Two Love	Today's Mission Element, a forgiven forgiver forgiving. Each creation is an individualized Love Unit, created in the image and likeness of our Creator. We have the capacity but not the ability to accept our Higher Self. Are you willing to forgive yourself for not accepting your Higher Self? How can you express your loving Higher Self: spiritually, mentally, physically, emotionally and socially?
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Able to forgive	
Unable to forgive	
Spiritual	
Mental	
Physical	
Emotional	
Social	

How does sharing the love you are do away with the need to forgive and when does your love call for forgiveness?


***Three Spiritual Gifts On Five Pathways With Ten Elements***

Day 36	Gift Three Our Mission	Today's Mission Element, an empowered empower-er empowering. We're empowered by grace to practice these principles in all of our affairs, why don't we 24/7? We have invested a great deal in our personal "reality"; letting it go is difficult to do. In our day-to-day experience we draw to us our complementary side of our personal "reality". Surrendering the cause of our patterns opens the possibility of a defect transforming, by grace into an asset. How are you empowered by surrendering your present understanding: spiritual, mental, physical, emotional and social?
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Able to empower	
Unable to empower	
Spiritual	
Mental	
Physical	
Emotional	
Social	

How does practicing your Mission empower (enable) you and when are you disempowered or unable?


***Three Spiritual Gifts On Five Pathways With Ten Elements***

Day 37	Gift One Awakening	Today's Mission Element, an enlightened enlightener enlightening. "Having had a spiritual awakening as the result of these steps". Have you experienced an awakening? At what point did you have that experience? Did you experience it as enlightening? Can you summarize any change you experienced since your awakening, enlightening: spiritual, mental, physical, emotional and social?
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Able to enlighten	
Unable to enlighten	
Spiritual	
Mental	
Physical	
Emotional	
Social	

Darkness is absence of light, closed-mindedness is darkness of the personal "reality", darkness goes when enlightened.


***Three Spiritual Gifts On Five Pathways With Ten Elements***

Day 38	Gift Two Love	Today's Mission Element, an enriched enricher enriching. How are you enriched by sharing our Program with others? Sharing is an expression of love and our Step Twelve Program abounds with opportunities to share, to love. Can you summarize any change in your understanding and or your experiences of love and enrichment since you began this workshop: spiritual, mental, physical, emotional and social?
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Able to enrich	
Unable to enrich	
Spiritual	
Mental	
Physical	
Emotional	
Social	

How can you richly endow your treasure house with love and cast the not love in a dumpster?


***Three Spiritual Gifts On Five Pathways With Ten Elements***

Day 39	Gift Three Our Mission	Today's Mission Element, a communicated to communicator communicating. It was our goal when we started this workshop to communicate the union between the Three Spiritual Gifts, the Five Pathways and the Ten Mission Elements, in order to practice these principles in all our affairs. Can you summarize any change in your understanding and or practice of these principles since you began this Program: spiritual, mental, physical, emotional and social?
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Able to communicate	
Unable to communicate	
Spiritual	
Mental	
Physical	
Emotional	
Social	

How can you increase your effectiveness communicating your mission and decrease what does not communicate it?


**Three Spiritual Gifts On Five Pathways With Ten Elements**

Day 40	By grace we're now recreated co-creators co-creating. Each time we're in alignment with our created Self, our Higher Self, we're co-creators.
Gift One Awakening	Now we have awakened in a place we have always been, in the Presence of our Higher Power. The following are a few attributes of our Higher Power. Love, God is Love, so are we. Life, there is One Life that Life is God's Life, our life. Truth is another word for Reality, beyond our finite personal "reality". Wisdom is a combination of intelligence, love and timing. Consciousness or Spirit is the unseen Presence. Soul is our individualized created Self. Intelligence is infinite, deeper than words. Universal Spiritual Principles, these Principles have no limits. Omnipresence means Always Present, even our breathing is proof of His Presence. Omnipotence means All Power or to enable us by grace through working our Program to make a good difference. Omniscience means All Knowing, nothing hidden.
Gift Two Love	We're created by Love through love to love. I have shared the Program with a great number of people and few knew how to give and receive love well. The loves we experience by living our Program are many and deep within daily expressions. We hone these love tools into skillful tools. These love tools are: patience, kindness, generosity, humility, courtesy, unselfishness, good temper, good sense of humor, innocence and sincere. These tools can help us share the love we are, sharing the message of love we are. Check out the Workbook – Six Loves – Al Kohallek Goes on a love feast. @ 12stepworkbook.org
Gift Three The Mission	Most of us after working this workshop have a more clear insight into the individual we're created as, with purpose and meaning. Living and sharing our Mission through its Ten Elements enable us to: Love, heal, teach, forgive, empower, enlighten, enrich, communicate, co-create and awaken at a fuller understanding. We're given the characteristics of the most accomplished people throughout history to use. Here is a list these characteristics: Higher Purpose, focus, preparedness, conviction, faith, trust, perseverance, creative, risk taking, curiosity, resiliency, independent, courage and commitment. We have a better understanding of the meaning; "to practice the Principles in all our affairs."

How can you stay awake? How can you set your alarm to reawaken? Build an early warning system.


How can you consciously and consistently give and receive the love you are?


How can you consciously and consistently be the individual, that Divine Design you were created as?


Now it is time to rewrite your Heart's Desire – your Mission statement – your Vision Statement


## *Three Spiritual Gifts On Five Pathways With Ten Elements*

A certain scientist devoted his life to developing a strain of butterfly that would be the most beautiful combination of colors ever seen on this planet. After years of experimentation, he was certain that he had a cocoon that would produce his genetic masterpiece. On the day that the butterfly was expected to emerge, he gathered together his entire staff. All waited breathlessly as the creature began to work its way out of the cocoon. It disengaged its right wing, its body, and most of its left wing. Just as the staff was ready to cheer and pass the champagne and cigars, they saw with horror that the extremity of the left wing of the butterfly was stuck in the mouth of the cocoon. The creature was desperately flapping its other wing to free itself. As it labored, it grew more and more exhausted. Each new effort seemed more difficult, and the intervals between efforts grew longer. At last the scientist, unable to bear the tension, took a scalpel and cut a tiny section from the mouth of the cocoon. With one final burst of strength, the butterfly fell free onto the laboratory table. Everybody cheered and reached for the cigars and the champagne. Then silence again descended on the room. Although the butterfly was free, it could not fly.

The struggle to escape from the cocoon is nature's way of forcing blood to the extremities of a butterfly's wings so that when it emerges from the cocoon it can enjoy its new life and fly to its heart's content. In seeking to save the creature's life, the scientist had truncated its capacity to function. A butterfly that cannot fly is a contradiction in terms. (Invitation to love by Thomas Keating.)

If you are anything like I am, I find myself wanting our Higher Power to rush in and rescue me when I am in temptation or difficulties. He will not actively intervene because the struggle is opening and preparing every recess of my being for the divine energy of grace. He is transforming my defects into assets so I can enjoy His divine intent. I am reminded how important it was for me to hit my bottom when alcohol and everything else stop working.

Try the following affirmation (after adding your personal touch) for the next forty days and you will be amazed at the results. Affirmations are planting seeds now into the ground prepared for you. Tend to them until the time of harvest, gather the ripe, nourishing fruits and share them with whomever you are drawn to.

“Upon awakening I turn to You, my Higher Power, (I choose to call our Father – you choose), I am filled with love and gratitude for what you have in Mind for me today. I am now devoted, dedicated and committed to know and do your will. I am receiving whatever it takes to rewrite and rewire my personal “reality” with the Spiritual, mental, physical, emotional and social equivalents of your will for me on my serendipity journey Home to You. Let me remember even for an instant to hear Your Voice telling me your will for me in a way I can currently hear, understand and follow. I am an awakened awakener awakening, a beloved lover loving, a healed healer healing, a taught teacher teaching, a forgiven forgiver forgiving, an empowered empower-er empowering, an enlightened enlightener enlightening, an enriched enricher enriching, a communicated to communicator communicating and a created co-creator co-creating. It is You Father within me doing the works, I call life, I do love You, want You, need You. I say to all openly or silently – come and let me love you, heal you, teach you, forgive you, empower you, enlighten you, enrich you, communicate with you and co-create with you, and awaken with you, and I will, I have and I am.”

Now What? If you would like to expand your experience with these concepts, keep a working journal for at least forty days to include but not limited by the following:

1. Each time you experience one of the Three Spiritual Gifts (Awakening, Love and Mission).
2. Each time you experience or express one of the Three Spiritual Gifts on one of the Five Pathways (Spiritual, mental, physical, emotional and social).
3. Each time you experience sharing one of Ten Mission Elements (loving, healing, teaching, forgiving, empowering, enlightening, enriching, communicating, co-creating and awakening)

Keep something you can write or record with all times, even by your bed, so you can note each experience. If you are unable to take the time to reflect on the experience just write or record two or three key words to help you remember the experience later. It is ok to be brief; in fact it may be better when you review your journal. Write enough so it is clear and understandable later. This journal will help you practice your heart's desire, your mission, your individual purpose and meaning.

Have you had enough or you thirsty for more?

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