

More on Working with Change In Our Lives

June 27, 2025

How fortunate are we to be sober in Alcoholics Anonymous.

Scott Beck - "Alcoholism is a blessing."

He said it forces us into community. I believe that but I believe it forces us in ways we seemed to not have knowledge of... and moves us in ways we did not expect.

Much misunderstanding about life.

* Pain has been our friend - forcing us into new ways of seeing - and moving - - -

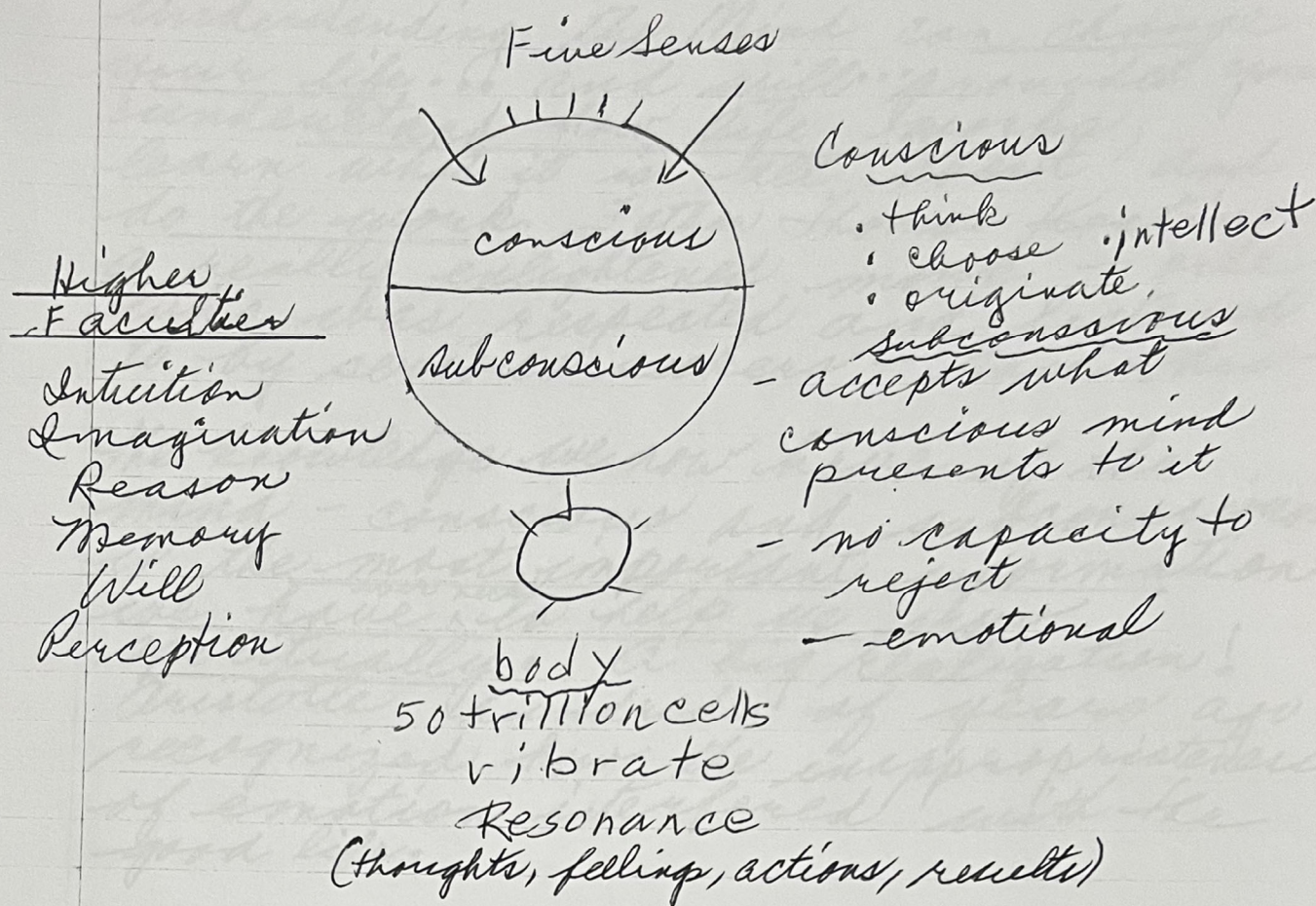
God is either everything or nothing.
• What is your choice?

Self is the root of our problems.
We have to be rid of this false self or it kills us. God makes that possible.

Deep within every man, woman and child is the fundamental idea of God.

Would you be thinking this way if alcohol had not "beat you into submission"? I would not, I expect.

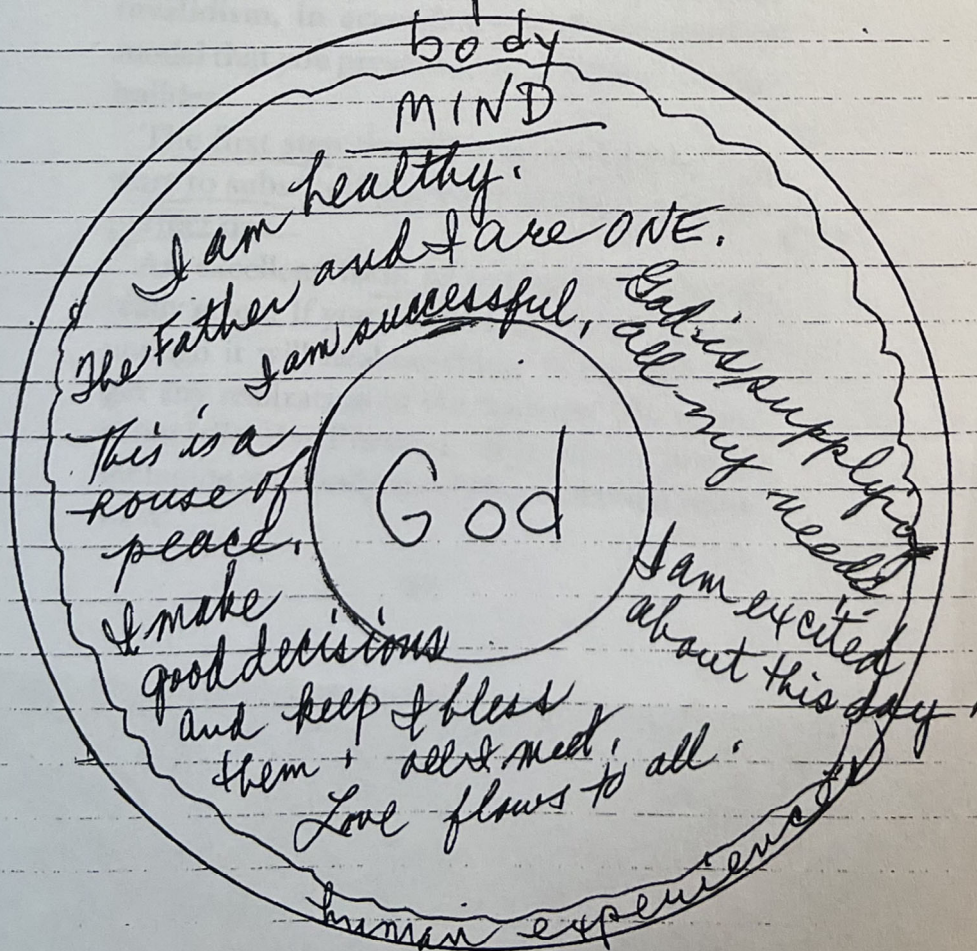
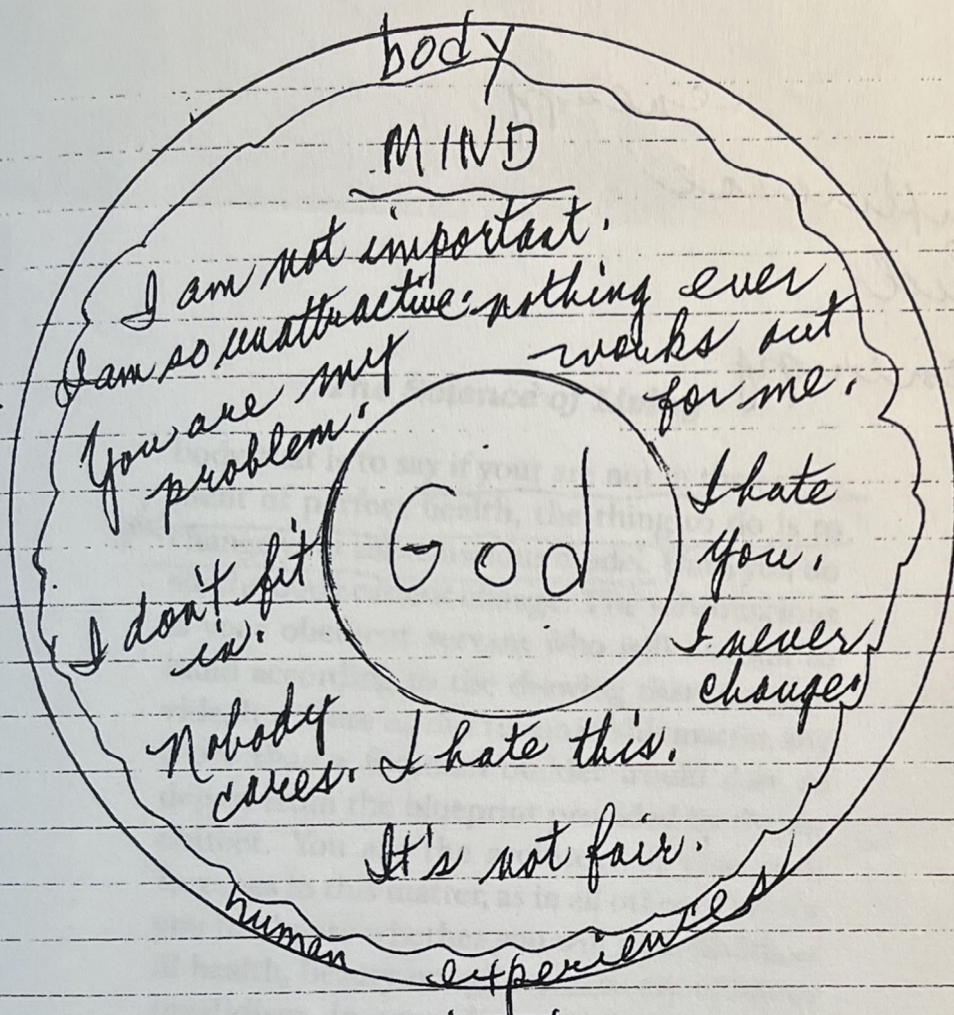
Conscious and Subconscious Mind ③



The Conscious Mind informs itself of the physical world by means of the five senses. It impresses whatever upon the subconscious mind. Also can use Higher Faculties.

The Subconscious

- a) builds and rebuilds the body
- governs all functions like breath, etc.
- b) has unlimited strength and power
- c) has a perfect memory (everything)
- d) will work out the natural sequence with infallible logic
- e) tends to express on the physical plane every idea presented to it (no discretion)



Process for Healing Emotional Upset

1. An event, situation happens. It is neutral for others but I feel disturbed. List it.
2. I feel. _____. (one emotion)
3. The voice inside is saying (old belief)
4. Is this the voice of God? Could it be? _____
Is this the voice of the false self? _____
5. Do I want to continue listening? _____
Is it telling me the truth? _____
6. What is the truth? Write the correction using the Changing Beliefs sheet.
7. Allow your inner world time to absorb the truth - to feel what/how this truth influences third dimension.
8. I recognize that I have no power to change myself, to clean out the false beliefs in my subconscious. So, I humbly ask the Great Power within to remove from my subconscious the belief(s) that disturbed me.
9. To you, in No. 1, I send a blessing, knowing we both have the Life Force within. OWE.
Thank you, God, for this opportunity.