

# *The Message of I Paul*



## **I, The Alcoholic**

**LEGACY  
SERIES  
Collection**

**The Family of LIFE & LIGHT**



# THE MESSAGE

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O F I P A U L

## I, THE ALCOHOLIC

“Er reist fun sick shtiker”

*“He tears himself about”*

Frank K.  
(1976)

**For Those Seeking What I Have Found**

**DEDICATED TO A POWER GREATER THAN MYSELF**

For only the Lord, the God, of my understanding  
can restore me from “sekhor” (*insanity to sanity*)

**The Family of LIFE & LIGHT**

# Dedication

*To the members of The Family of LIFE & LIGHT  
and to the scattered strangers of this world . . .*

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## **KLEINLITERATUR**

The Sub-literary group of compositions which does not employ the artifices of artistic, literary writing is not concerned with its public.

In such writings the personality of the author retires to the background, rendering the presentation anonymous in tone.

Topography, chronology and character portrayal are neglected. There are no efforts to compose, just to flow what is felt.

# **THE CURSE OF ALCOHOLISM**

**“Sobriety”**

## PREFACE

This entire work is written exclusively for the alcoholic, or those who feel they may have or are beginning to have a problem with alcohol. Ego, dishonesty, ignorance and intellect are not its proponents. It's one man's story of his past experiences, his present knowledge and his aspirations for the future. Some who read this may not identify.

In today's well-informed, free society anyone of legal age has a lawful right to drink alcoholic beverages. It is my opinion that this right to drink, though, must carry with it at all times certain unalterable responsibilities. These responsibilities must in some ways be clearly defined and made known to everyone who chooses to exercise their freedom of choice in regard to the consumption of alcohol and, in doing so, opens the door to their possible affliction of the disease known as alcoholism, whether it exists or not.

Without such an understanding, for alcoholism to be controlled, reduced, managed or, hopefully, eventually eradicated as a public health disaster would be virtually impossible.

Alcoholism is universally recognized today as a treatable disease and quite possibly through this recognition, it may in time be brought under control: but, if



prostitution is the oldest profession in the world, I wouldn't argue against the fact that alcoholism is the oldest universal disease of the world. The progress in eliminating either of these two oldies is about where it was when they both surfaced on the face of mankind.

I don't have any answers or any bold list of inherent responsibilities and how to make them workable.

What you are about to peruse is one man's thoughts gleaned from personal experiences of his own alcoholism over a period of thirty-four years and what he has done to combat the disease of alcoholism. This is not a work for publication or material gain.

Any active alcoholic who believes he owns any individual liberties will always be a wet alcoholic. To get dry and, more importantly, to stay dry he must surrender not only his will, but his heart, his spirit, his judgment, his advantage and his liberty. He not only cannot do it alone, he won't. It's his nature.

The great enemy is not alcohol. The greatest enemy of an alcoholic is the defiance and tyranny within ourselves. The alcohol is but an agent of our illness' selection.

We alcoholics fear sobriety more than we fear death or total insanity and what can be more insane than this. Once

we stop seeking equality in booze and start working for freedom, then and only then do we have a modicum of a chance for liberation from the bondage within which we entirely exist. And although we are in bondage and mastered, it is also a tragedy that we become slave owners and hold in servitude, others who are entirely innocent of our wrongs and insanity due to our illness (dis-ease). We must first free ourselves. When our shackles loosen, so will they be set free. When we are restored and reborn, we give new life and new hope for continued recovery to those we love, but more importantly we give these things to ourselves. We must come first or we will always finish last. It's the nature of the thing called alcoholism.

## On Wanting To Stop Drinking - What Such an Act Can Lead To

So you say you want to get sober. How badly and how truthfully do you really want to get sober? Remember that, right now, how you answer this question is what you are saying to yourself, not to anyone else on the face of the earth. You can con everybody else, but you can't con yourself. You know and only you really know whether what you say is truth or a big mound of nothingness. Are you mouthing words or are you for once in your life speaking and thinking truth?

If it is the truth, then what you have to do is have the courage and the faith to daily give your all toward a continuous and deepening humility which must be accompanied by your never-ending devotion to willingly accept and immediately act upon clear-cut responsibilities that lead directly to a process of continued growth.

You have to be willing to do anything, go anywhere and take everything that comes your way without reaching for a drink. And don't give me any jazz about old habits and idiosyncrasies either. Shortcomings are, in truth, nothing more than your failure to live up to whatever reasonable responsibilities that are yours and character defects are

nothing but your continual habit of doing, saying or causing things that you know, right well know, you shouldn't do, say or cause to happen. If you can break the addiction to alcohol, and you can, then it stands to reason you can destroy all the short-comings and your character defects in the same manner if you give it space and, of course, your undying attention. You do this and things, life, cannot help but get better one day at a time.

People far worse off than you and who have had less to work with than you have proven this. I have proven this and I started out from a deep personal conviction that what this program held out to me was really a lot of fancy talk to get a drunk like me off the street for a while. That was my mentality at the beginning and today I can truly and happily laugh at the old me, the old fool Frank. Today I let alcohol go fool somebody else. You know, it doesn't have to be you. Not anymore. There is a way out if only you will step into it and follow the directions as so many other so-called helpless cases have. AA works if you work. It's a partnership with one of the biggest sharing, loving and understanding board of directors that you can find anywhere on the face of the earth. The day you say you have a desire to stop drinking you become a member of the board regardless of what it is you bring into the program. If you thoroughly follow our path, you will be successful and you will reap all the benefits that

the program promises you, which is sobriety one day at a time. AA doesn't hold out riches or domestic bliss. Only sobriety. AA is not a loan company or an employment agency, nor does it fix traffic tickets or anything of the kind. AA is designed to allow you to live comfortably one day at a time with your disease of alcoholism and that's all AA really promises you. There isn't anything in AA that promises it will get you sober or keep you that way. It simply gives you a timetable and a program of events for a single day. What you do with it one day at a time is really up to you, although AA people will give you all the help you want when and if you want it. AA doesn't sell anything. It gives much away, but if you don't take it and use it properly, you're really only wasting your time. You can't waste AA time because there isn't any such a thing. The program is always there no matter where you are and where you are is your problem and not AA's. The program of AA, the big book and the twelve steps to recovery don't have minds. They can't think or change for they are fixed words on paper and they remain constant whether you do or not. You have a mind and you have a consciousness and a lot more whether you realize it or not, but you can find it out and you can utilize it for what God Himself intended for you. If you're an alcoholic, then you begin on the way in AA, for it is the starting place for most alcoholics. Many never get far and some others get

stuck in forever. Others like myself have found that there is no limit, no end of where you go and what you can do here on earth. If you want to know more or want to join me, then come along. It only requires that you prepare, follow and come, as I am doing every day, one day at a time, as we AA people are fond of saying. For me, time, as they express it, is nothing but what a lot of gears joined together and called a clock is telling you. I don't worship or recognize clocks. Clock-time is an illusion. I carry all "my time" with me, past, present and future, for I am time, not a clock.

Love, Peace and Sobriety among many things,

Frank.

## **I Love AA, I Respect AA, I am Grateful to AA But I am a Prisoner to Someone Higher!**

AA might point the miserable drunk to the road he must travel, and it does give to him the proper direction to walk but to give him the strength to walk the distance is something it can never do. For no person, no place and no thing of this world can ever do what is strictly in God's Hands and God's Power only. The AA Program is noble, and it deals well the practical solution of a drunk getting dry but where it attempts to do God's work it is weak. No true, no real, believer can ever tell another human being to accept a person here or a group of people here or a thing here as their Higher Power. God is the Higher Power and Christ is his appointment maker. That's the reason I can now say truthfully that I may not "out AA" a lot of people in the AA Program, but I have, and I am going to continue to outlast a lot of them because I am in Christ, not this earth, free as a bird, living in Christ, not this earth, free as a bird, living in the Christ attitude and Christ environment. Life to me is Christ! Nothing less will do. That is why I have put "life" in sobriety and not sobriety in life! No man can ever have God in his debt, God has every man immeasurably in His - it's a terrible spectacle to watch a person bargaining with his God. What he has forgotten is, that if God should mark iniquity,

there is not a human anywhere which could stand before Him for a second. So when I say to you “Christ in me” I am saying Christ is the living power bearing me along with Him! It’s the only way I’ll ever get to stand before God. Sobriety is only one grain of sand of the total whole I need to carry along to the new worlds. The barrier of alcoholism has been lifted! In Christ I am free!

Peace, Love and Happiness, in Freedom!

Frank.



## **The Book - Alcoholics Anonymous**

Preface - declares this book to be a basic text for members.

Foreword to first edition (1939).

Main purpose of book - "To show other alcoholics precisely how we have recovered . . ." (This involves a little over one hundred men and women) - most of whom were business and professional people! They clearly state that their alcoholic work is an avocation - i.e., Subordinate to a vocation - diversion.

Each member is asked to remain anonymous and omit their personal name when writing or speaking publicly about alcoholism.

They state they are not an organization in the conventional sense of the word - no dues or fees - the only requirement for membership is an honest desire to stop drinking. The word "honest" was later eliminated - there is no affiliation with any particular faith, sect, or denomination, nor do they oppose anyone - they simply wish to be helpful to those who are afflicted - i.e., to alcohol. This is made clear in later writings and speeches of the co-founders, etc.

Foreword to second edition (1955).

## These are AA Figures!

In 1939 the membership was in the hundreds.

In 1955 the membership was over 150,000.

In 1971 the membership was over 475,000.

All of this began in June 1935 when the co-founders met and held their first meeting. It is interesting to note that AA Claims as “proof” that one alcoholic could affect another as no non-alcoholic could. It is also indicated, they claimed, that strenuous work, one alcoholic with another, was vital for permanent recovery. (“Avocation” belies this.) After the big book was published “it was found to the astonishment of everyone, that AA’s message could be transmitted in the mail as well as by word of mouth!” After much publicity the membership mushroomed, and AA had “become a national institution.” At that point the membership faced a test to see if these large numbers of erratic alcoholics could meet and work together without quarrels over membership, leadership and money. Would there be striving for power and prestige? Would there be schisms? The answer was of course yes to all of these questions.

AA Came to the realization that it had to unify its membership if it was to survive. Principles evolved by which AA and its multiple groups could survive and function. No

alcoholic could be excluded from the society. Its leaders might serve but never govern. Each group was to be autonomous and there was to be no professional class of therapy. There was to be no dues or fees - expenses were to be met by voluntary contributions from within. Organization was to be held at the barest minimum - even in the central office. All public relations were to be based on attraction rather than promotion. All members ought to be anonymous and in no circumstances was an AA to give endorsements, make alliances, or enter public controversies. (The twelve traditions must be studied for the actual substance of the above).

All of this was confirmed at the 1st international conference held in Cleveland in 1950.

AA grew by leaps and bounds, it is claimed, because of all who entered its doors 50% got sober at once and remained that way (an unsupportable claim), and 25% sobered up after some relapses (also an unprovable claim), and the remaining 25% who remained (an unknown percentage) showed "some improvement." Of the thousands who came and left AA states that two out of three returned as time passed which is another unprovable statistic which like the others above are useful only as propaganda.

AA makes it clear it is not a religious organization nor does it take any particular medical point of view. Of course this is not quite the “whole truth.” AA does make the claim that alcoholism is a disease - a threefold disease of the mind, the body, the spirit, i.e., as spiritual values.

The “disease” claim of AA is medical, and its spiritual foundation is clearly religious - both of these claims are carefully and subtly worded as not to offend anyone’s distaste, likes or dislikes. AA’s main concern is always alcohol over all other matters and admits in face of the total alcoholic problem that AA has made only a scratch on its surface and admits that in all probability it shall never be able to touch more than a fair fraction of the alcohol problem in all its ramifications.

AA makes no claim of a monopoly upon therapy for the alcoholic, yet it is the great hope of AA that the book *Alcoholics Anonymous* will guide many to the answer to their particular problem.

Following the foreword an insert precedes chapter I entitled, “the doctor’s opinion,” which AA claims to be the medical estimate of the plan of recovery described in the big book. A letter “to whom it may concern” from Dr. W.D. Silkworth, M.D. follows in which the doctor praises the founders of AA and states, “And you may rely absolutely on

anything they say about themselves.” He is talking about a hundred or more people he doesn’t know and the majority of which he has never laid eyes on! It is not surprising that AA “Solicited” this letter from the good doctor and another (also given) that he was asked for in which he concludes that all AA’s must confirm that the body of the alcoholic is quite as abnormal as his mind! This is the basis for the claim that alcoholism is a disease (not just a mental or moral maladjustment to life) and one of the body (physical) as well as of the mental and spiritual make-up of our total being. To AA’s, any picture of the alcoholic which leaves out this physical factor is incomplete. The doctor called it an allergy and that was of great interest to official AA’s for to them it made good sense. Good sense in the manner that it could be used to explain “many things” for which they were unable to account for or cover for up to that time - i.e., weakness, sinful, mental defectives, babies, spoiled brats, bums, irresponsibles, four-flushers, etc.

AA then says “Though we work out our solutions on the spiritual as well as on any altruistic plane, we favor hospitalization for the alcoholic who is jittery or befogged. The brain needs to be cleared before he can understand and accept what we have to offer. The doctor in the second letter says that “once a psychic change has occurred” the seemingly doomed person suddenly finds himself easily

able to control his desire for alcohol - the only effort necessary being that required to follow a few simple rules. The main rule of the doctor is total abstinence.

## **Chapter 1 - Bill's Story**

This is a typical story - the fight to be "somebody" - to be successful - a big shot, etc. Finally drying out in a hospital, drastically underweight and suicidal it relieved Bill somewhat "to learn that in alcoholics the will is amazingly weakened when it comes to combatting liquor, though it often remains strong in other respects." Bill concludes from this that self-knowledge was the answer to all his problems. But it was not for the day came when he drank again - when he was again physically undone as well as morally undone he wound up hospitalized again. He felt finished. When he left the hospital fear of a wet brain kept him sober for a while until he started all over again. It was his last drinking bout - he was soon "to be catapulted" into what he liked to call the fourth dimension of existence where he was to know happiness, peace, and usefulness that increased steadily as time passed. He met a friend, Ebbie, who telephoned him at home, came over and told him he had "got religion." Bill says he was aghast - here was his old schoolboy chum - once an alcoholic crackpot and he suspected, a little cracked about religion because he had that starry-eyed look. Ebbie,

who died a drunk, didn't rant or rave to Bill then - he simply told him about a simple religious idea and a practical program of action that worked - after all Ebbie had himself now been sober for two months! They talked for hours and Ebbie made the point-blank declaration that God had done for him what he could not do for himself - yet Bill still had old prejudices about God but Ebbie said "why don't you choose your own conception of God?" And that hit Bill hard, he says. He saw that growth could start at the point of accepting a power greater than himself (of course he was sitting there drinking gin at the time which was already a power greater than himself but he didn't recognize this). Bill bought the concept and he said a new world came into view. Back to the hospital he went to dry out but he qualifies this by stating that he showed signs of delirium tremens! While there he claims he humbly offered himself to God to do with him as he pleased, admitting that of himself he was nothing - he ruthlessly faced his sins and became willing to have God take them away, root and branch. He never took another drink from that time he says. The price to be paid for all this was the destruction of self-centeredness and a turning to God in all things. Bill agrees that if an alcoholic fails to perfect and enlarge his spiritual life through work and self-sacrifice for others they would not survive. Faith, he says, has to work twenty-four hours a day, in deadly

earnestness, in and through us or we perish.

Obviously, the contradictions within the book are many. Bill himself turns to medicine and to religious tenets to make his point. In fact, the following chapter is what I call the religious theology of AA.

## **Chapter 2 - There is a Solution**

This chapter clearly states that solution as “Just and only this, and nothing less. That we have had deep and effective spiritual experiences which have revolutionized our whole attitude toward life, toward our fellows and toward God’s Universe.”

AA Clearly states that these spiritual experiences are religious experiences and personality changes and that most of them are of the educational variety simply because they develop slowly over a period of time in most people (Bill W.’s was instantaneous). The Big Book says that eventually it dawns upon the alcoholic that he has undergone a profound alteration and that such a change could hardly have been brought about by himself alone. What often has taken only a few months could seldom have been accomplished by years of self-discipline. With few exceptions AA members find that they have tapped an unsuspected inner resource which they presently identify with their own conception of a power greater than



themselves - which in AA eventually comes to mean God and God only! AA states that its more religious members call it “God Consciousness” (see step eleven of the twelve steps of AA).

AA says most emphatically that “Any alcoholic capable of honestly facing his problems in the light of our experience can recover, provided he does not close his mind to all spiritual concepts (recovery, as well as cure has to be included here). He can only be defeated by an attitude of intolerance (biased) or belligerent denial (of cure for instance?). We find, it says, that no one need have difficulty with the spirituality of the program. Willingness, honesty, and open mindedness are the essentials of recovery. But these are indispensable.

AA is built upon the foundations of religion and fellowship. The philosophy of AA as outlined in “There is a Solution” is God and the brotherhood of man - with qualifications!” It teaches total, absolute abstinence within its membership only - it is not an external temperance society but an internal, (exclusive then) temperance fellowship which preaches absolute abstinence as the only way for its membership. AA calls the “solution” a common one that all can agree upon which harmony and brotherhood become manifest. This “common solution” is the great news this book carries to those who suffer from

alcoholism, it says. Sort of like a New Testament with its gospels, i.e., “good news or great news.” All are sorry for the poor cancer victim but no one is angry or hurt! But not so with the alcoholic’s illness because that wipes out all the things worthwhile in life. (I’m still wondering what it is that cancer wipes out?)

The chapter speaks briefly about the proper approach one alcoholic in the program has to make to a sick one and if the approach is in line with the teaching usually, after such an approach “many take up their beds and walk again.” Further, it says “none of us makes a sole vocation of this work, nor do we think its effectiveness would be increased if we did.”

The chapter then goes on to say that “of necessity there will have to be discussion of matters medical, psychiatric, social, and religious,” and realizes that these matters are controversial - “nothing would please us so much as to write a book which would contain no basis for contention or argument. We shall do our utmost to achieve that ideal. Most of us sense that real tolerance of other people’s shortcomings and viewpoints and a respect for their opinions are attitudes which make us more useful to others” (truths need never be fearful - just untruth or half-truths or slanted truth). The chapter goes on about different types of drinkers and ignorance and misunderstanding of

people who do not have a problem and finally it asks “but what about the real alcoholic?” (To this day nobody really knows what alcoholism is - it is described only in theories - many of them which disagree with each other in varying degrees - all the way from moral weakness to a mystery as yet unsolved - many opinions then, but no proof.) AA says “he” is the one who loses all control of his liquor consumption, once he starts to drink! A real Dr. Jekyll and Mr. Hyde, seldom mildly intoxicated, usually more or less insanely drunk - a nice guy when sober but crazy when drunk - disgusting and dangerously anti-social - a genius at getting drunk at exactly the wrong moment - often perfectly sensible and well balanced concerning everything except liquor!

The book goes further but it is not necessary - they ask the question, “Why does he behave like this? Why? What has become of the common sense and will power that he still sometimes displays with respect to other matters? The book says, “Perhaps there never will be a full answer to these questions. Opinions vary considerably as to why the alcoholic reacts differently from normal people. We are not sure why . . . we cannot answer the riddle.” As long as he doesn’t drink, it goes on, he reacts much like other men but when he picks up even one drink something happens, both in the bodily and mental sense which makes it virtually

impossible for him to stop - of course if he didn't take the first drink nothing would happen - so the problem - the main problem of the alcoholic centers in his mind rather than in his body. (This virtually eliminates the physical from the threefold disease concept, i.e., mental, physical, spiritual.) It says the alcoholic is full of alibis and only rarely tells the truth and the truth is that the alcoholic usually has no more idea why he took that first drink than you or I (?).

The book then goes on to say that the alcoholic's problem is that he has no control. He has lost the power of choice in drink. His "so-called power" becomes practically non-existent. We are unable at certain times, to bring into our consciousness with sufficient force the memory of the suffering and humiliation of even a week or a month ago. We are without defense against the first drink. The book cites some examples of this casual thinking and goes on to state that when this sort of thinking becomes manifest in an individual with "alcoholic tendencies" he has probably placed himself beyond human aid - he needs to be locked up or he may go permanently insane or die (the two ogres of AA - insanity or death). The book cites these as stark and ugly facts and ones that have been confirmed by legions of alcoholics throughout history - "but for the Grace of God, there would have been thousands more convincing demonstrations, so many want to stop but cannot." "There

is a Solution.” Pick up the simple kit of spiritual tools laid at your feet by the program. “We have found much of heaven and we have been rocketed into a fourth dimension of existence of which we had not even dreamed.”

“The great fact is just this, and nothing less: that we have had deep and effective spiritual experiences which have revolutionized our whole attitude toward life, toward our fellows and toward God’s Universe. The central fact of our lives today is the absolute certainty that our creator has entered into our hearts and lives in a way which we could never do by ourselves.

To such serious alcoholics, therefore, there was and is no middle of the road solutions. If you are beyond human aid you had only two alternatives - one is to go on to the bitter end and the other was to accept spiritual help (or the non-human kind) - how do you do this? The books says, “This we did because we honestly wanted to, and were willing to make the effort! Turn to God or die drunk and insane is the AA message and total abstinence is its way.

## **“I Listen to Many Alcoholics . . .”**

I listen to many alcoholics talk about the physical suffering of their drinking and usually they simply gloss over the mental suffering.

I am sure that I can still drink physically. A complete and competent physical check-up backs up this statement.

But I am an alcoholic, and what alcohol in my system does to my mentality is what I cannot and never again want to have to live through.

When I was drinking alcoholically, I suffered more from the mental throes of the disease than I did any real physical problems. The lack of any spiritual values during my drinking added to my mental alcoholism. Of course, if I continued to drink alcoholically, I realize that I would have, also, completely deteriorated physically.

In my case, my spiritual illness was a deficiency. I couldn't be spiritually ill without any spiritual values to begin with. Nothing or the total lack of nothing cannot get ill.

0 from 0 is 0.

As a non-drinking alcoholic who has come to believe in this program, I now have experienced spiritual alcoholism

when I know I have sinned. I still am very much mentally alcoholic.

Physically, since I'm not drinking, I really am not suffering, which is the case with most of us who are alcoholics.

Alcohol is the only trouble I can't handle. It is, in fact, the only major problem in my life. That is of course, only possible because today I am physically sober, mentally dry and spiritually improving daily.

## Introduction

It's a known fact that you just can't live in this modern world without shelter of some kind, the abusive drinker's living out in the cold without shelter away from the mainstream of controlled drinkers, the social drinkers who are sheltered in comfort. The alcoholic wants to enter into that shelter, even if he denies it, with these controlled drinkers to get out of the cold, but he's at a loss of either how to do this or totally helpless to accomplish this without help from those within. There is no legal or moral power of God or man available that can make a drunken alcoholic sober. The will, the way, to accomplish this must come from within. Once the desire from within surfaces, then God and man can direct the way to total recovery from any evil, habit, sin, addiction or illness. Attempting to sober up and quit drinking without any outside help is a futile and a totally unnecessary exercise of irrationality. One bottom step follows another deeper into the quagmire, a meandering afterthought of useless and meaningless irritation.

A frustrated frustration says it all and just when you believe it's all over, it erupts, erupts and arises all over again to engulf and smother you and lay waste to all your dreams and aspirations. Someday you just might get lucky when your breath starts bleeding and you finally seek outside



help, but to really make it, you have to surrender, total unconditional surrender. You have to humble yourself more than the alcohol has humbled you. When you do this and follow the path as herein related to you, then you are on your way home! Sobriety is a very simple thing if you can only desire it more than you desire anything else on the face of this earth and once having captured it and once having owned it you can turn around and take a drink in safety - but you must walk The Way!

## Chapter 1 - Understanding

Is Alcoholism a disease?

The National Institute of Mental Health - National Institute on Alcohol Abuse and Alcoholism states in D.H.E.W. Publication No. (HSM) 72-9127 the following comments in "Problems, Programs and Progress."

"At present there is no formal definition of Alcoholism or of an alcoholic person which is universally, or even generally accepted. Perhaps the definition most widely considered as authoritative is that of Mark Keller of the Center of Alcohol Studies at Rutgers University: "Alcoholism is a chronic disease, or disorder of behavior, characterized by the repeated drinking of alcoholic beverages to an extent that exceeds customary dietary use of ordinary compliance with social drinking customs of the community, and which interferes with the drinker's health, interpersonal relations or economic functioning."

From the same pamphlet, in an excerpt from the forward piece, Dr. Morris E. Chafetz, Director, National Institute on Alcohol Abuse and Alcoholism, had this to say: "It is equally important that the public be informed. The results of research must be communicated to adults and young people in our society. It is important for them to

recognize, for example, that Alcoholism is an illness, not an example of moral weakness, and that it can be overcome. It is important, too, for them to know that how much one drinks may be less important than when he drinks, how he drinks, and why he drinks.”

In 1971 the House of Delegates, American Medical Association, issued the following:

### **STATEMENT ON ALCOHOLISM**

“The American Medical Association identifies Alcoholism as a complex disease with biological, psychological and sociological components and recognizes Medicine’s responsibility in behalf of affected persons. The Association recognizes that there are multiple forms of Alcoholism and that each patient should be evaluated and treated in an individualized and comprehensive manner.”

So what is Alcoholism? The “disease” that is called Alcoholism is said to be made possible, but not caused by alcohol.

There are hundreds of descriptions of what Alcoholism is and what the things are that cause it, but in general there is agreement by those who label it that it is a disease, the cause unknown and no cure available. You can recover, but you are never cured, as is not the case of most known

illnesses. The truth of the matter is that trying to pin a label on and find a cure for Alcoholism has in fact created its own little disease.

What, really then, does a doctor have to work with? Sociologist Harold A. Mulford stated it best, to wit: “Asking busy physicians to apply a treatment that does not exist, to an illness that has not been defined, in a population that does not want to be bothered, is not fair to the doctor and is not likely to solve the alcoholism problem.”

The 1971 statement on Alcoholism is no longer in effect, as it has been replaced by a new AMA statement, drafted and approved at its 1977 Convention which places Alcoholism, its discernment and cure squarely in the hands of that branch of medicine that deals most effectively with mental disorders.

Today some doctors won't treat alcoholic patients or mistreat them through ignorance or their failure to see through the alcoholic's defenses of “his right to drink.” Alcoholics will lie about their drinking even when it's killing them. Long before anybody else, and especially long before the physician labelled the problem a disease, Alcoholics Anonymous was very quietly expounding that belief to all who came to it for help. Alcoholism, a three-fold disease, mental, spiritual, physical.

One of the co-founders of AA, Bill Wilson, recalled in one of his talks that:

“The emphasis was straightway shifted from sin to sickness - the FATAL MALADY - Alcoholism. We quoted several doctors to the effect that Alcoholism . . . consisted of an obsession of the mind coupled to an increasing body sensitivity. There were our twin ogres - Madness and Death. It might shatter the drunkard completely - maybe then the alcoholic might turn to the God of the theologian, there being no other place to go. Whatever truth there was in this device, it certainly had practical merit.”

Later on Bill Wilson added this further view of the disease concept of Alcoholism:

“The concept caught on like wildfire. The phrase “Alcoholism is a disease” became a slogan . . . I use the word “slogan” advisedly. A slogan is something spoken often enough and loud enough so that one finally develops a conviction that what one is saying is the truth.”

“Actually, the idea that Alcoholism is a disease was reached empirically by pure inferences. It had never been really proved, nor does there seem to be much disposition to validate the concept . . . We are skating on pretty thin ice.”

On the 25th anniversary of the fellowship of AA, Wilson

stated: “Why . . . at this particular point in history has God chosen to communicate His healing grace to so many of us? Who can say what this communication actually is - so mysterious and yet so practical? We can only partly realize what we have received . . .”

In the AA pamphlet, “Alcoholism the Illness,” Wilson describes the essential AA approach to a prospective member:

“The more utterly we can smash the delusion that the alcoholic can get over Alcoholism on his own, or that someday he may be able to drink like a gentleman, the more successful we are bound to be. In fact, we aim to produce a “crisis” to cause him to “hit bottom” as AA’s say . . . Once he has accepted the fact that . . . he is powerless to recover unaided, the battle is half won . . . he is hooked. This reduces him to a state of complete dependence on whatever or whoever can stop his drinking. Under these conditions, accepting the spiritual implications of the AA program presents no difficulty even to the sophisticate.”

The only requirement for membership in Alcoholics Anonymous is a desire to stop drinking. The only recovery from Alcoholism known to man today is total abstinence. Whether you go to a doctor or to AA, the answer is always the same. The dis-ease just won’t tolerate its symptoms.

Only I can say I am an alcoholic. Only I can stay sober. Of course, I need all the help I can get, until he comes.

Now that you have read what the experts think and say, let me tell you my concepts of what I felt and thought about my affliction of Alcoholism:

### **IS IT A DISEASE?**

As an admitted alcoholic I had to wrestle with this question within myself. Did I believe my preoccupation with alcohol was a sickness of morals or did I believe I was truly the unwilling victim of an illness, something I had no control over any more than, say, for the sake of comparison, a disease of the heart. I had absolutely no control over my drinking, although I believed I could turn it off anytime I wanted to. I was powerless to fight it alone. I was at the same place in regard to my powerlessness that I would be if I had suddenly suffered a heart attack. Whether to have or not to have one was entirely out of my control. It just happened due to my inability to foresee its chances of coming and doing something about it over thirty years ago. It started with the first drink. It will end when I end here on earth, maybe!

Neither Alcoholism nor heart attacks are prejudiced. They both strike insidiously at all ages and at all levels of our society. People who suffer heart attacks and survive need

help, not just temporary help, but a continuous “rest of their life-time” type of help. They need to change their life styles and they need to change their habits and most of them need to change their mental attitudes in order to survive and live a near-as-possible normal life as their disease will allow them. As an alcoholic I find I, too, must do exactly as the heart attack victim in order to survive, plus other things he may not have to do. After the initial attack the heart victim lives, if not in fear, then at least fearful of old ways as a constant reminder of what he can return to if he is not at all times eternally vigilant . . . if he lives, mind you.

I find that I, too, must remember constantly the past and be fearful of it, lest I, too, return to the old life and suffer the pains or death of my dis-ease, Alcoholism!

The heart victim, until he adjusts to his condition and his new way of life, lives in fear and worry that another might take him before his new routine has built up enough time to assure him enough safeguards to live without the everyday, constant fears and worry of suffering another attack. So, by necessity, he follows all of his physician's suggestions to the best of his ability.

I find that, as an alcoholic, I, too, went through this period of adjustment beset by fear and impending doom, but I survived and am surviving through the suggestions of



those who have been at my place in time earlier and have also survived in a wondrous manner. I find my program of recovery to be a healer and builder of self-confidence (it leads to total recovery).

The heart victim, having recovered sufficiently enough to again resume living near normal, takes for the first time a good look at the physician's suggestions and probably stares at them in disbelief. These aren't suggestions, says he, they are obstacles, impossibilities, a whole new way of life. But, as he looks further, keeping in the back of his mind what he has been through, he slowly sees that these suggestions not only can be, but will be followed to the letter or to the best of his ability if he wants to live.

As an alcoholic I said much the same thing about the program suggested to me for my recovery. But keeping in mind what I had been through and my desire to stop drinking and to live, I quickly realized that I not only could follow the suggestions, but I very definitely would, because I wanted to survive.

Most heart-attack victims, I'm sure, ask themselves following their attack, why me? What have I done to deserve to this? Haven't I lived the good life, am I not faithful, and on and on and on? What utter futility!

Somehow as an alcoholic, all of this and more sounds

pretty familiar to me and, of course, today I recognize it for what it is. Self-Pity, Pride and Ego.

All the heart-attack victims, I'm sure, suffer certain degrees of pain and discomfort and after-effects, ranging from partial paralysis, loss of Memory, speech defects and even total incapacity.

Alcoholics suffer certain degrees of pain also, ranging from the pain of guilt, remorse, self-hate, anger and unknown fears. On top of these are the physical pains related to associated illnesses such as Pancreatitis and Cirrhosis, wet and dry heaves, shakes, convulsions and the delirium tremens. Pile on to that the mental pain of loss of self-respect, family, job and friends and I gather we alcoholics know our share of pain.

I, as an alcoholic, have some knowledge of pain, whether it derives from the chest or finds its conception in the mind. And as many heart-attack victims end up totally incapacitated, so do many alcoholics whose brain cells dry out. They become vegetables and can no longer fend for themselves.

The heart-attack victim can no longer afford himself or herself the indulgences of gluttony or sloth. Neither can the alcoholic.

The heart victim, by necessity, must avoid frustration, worry, depression and lasting anger and fear.

So, too, must the alcoholic avoid such pitfalls. In the heart victim such emotions and afflictions could easily trigger another coronary, perhaps a fatal one.

I never had any doubts in my mind that a heart attack was anything but a dis-ease and a killer. There isn't any particular germ or bug that causes it. It's caused usually from the overall way you have lived your life and abused your body and/or mind.

The disease (and I now firmly believe that it is a dis-ease) that I was afflicted with comes from the way I lived and abused my body and mind. No germ or bug caused it. I drank alcohol abusively. Some heart-attack victims ate abusively.

When I drank abusively, I suffered. I got sick of body and of mind. Unlike the heart victim, my alcoholism seemed permanent. I thought I could never drink again in safety. The heart-attack victim can still eat! Alcoholism seemed to progress whether or not you continued to drink. Heart attacks, by rule, never progress. Heart disease can be cured. Alcoholism is usually not cured and no case until now has ever been proven except - today there is a cure and a walking example - one for one and all to see - and to hear.

Heart attacks are the number-one killer in the world today. Alcohol has replaced Cancer as the number-two killer of mankind in the world today. Someday it may just get to be number one. Is alcohol a disease? No - Alcoholism is without a doubt an emotion - something easily cured if, I repeat, if, you can in honest effort Receive the Mind of Christ!

## Chapter 2 - Was I Sane?

The Memory of my sordid past should be enough to deter me from further bouts with alcohol. It isn't as if my Memory deceives or forsakes me, because it's always giving me positive testimony free of error. The problem is that I'm careless, impatient and too presumptuous to fully examine these recollections properly. Whenever I drank, my Memory of my last drinking fiasco suffered from impeccable poverty.

On the other hand, at times I was being pursued by a tremendous feeling of inadequacy and a peculiar feeling of discomfort which I know now was arising from the insidious and the insatiable craving for a drink of alcohol. The only cure I ever knew that dissolved all my worldly problems instantly was alcohol.

Although I feel I am endowed with my share of intellectual activity, I find myself lacking in the area of freedom of will. When I pick up a drink, I do it purposely, but at the same time I label the act as involuntary and completely out of my control. This is part of the insanity of Alcoholism as I've lived it and once having reached this point in my illness, the power over alcohol was lost to me forever.

So now, although I was fully conscious and cognizant

of my blemished and my wasted self, I was completely powerless and totally ineffectual in bringing about any change in my life or its conditions.

I felt terribly inferior and I believed I was insane, because I didn't feel, nor would I accept that I could be or was powerless over everything, not me and especially not over a drink!

There has been a tremendous need and unexplainable urgency within me to define that which shapes me and attributes to all my failures. Being frustrated, I favored radical changes within me and all the things around me, but I was unable to find the solution, any solution, or I blindly hadn't been able to recognize my failure and my inadequacy for what it really was.

In spite of all this, I really wanted to change, but I internally resisted it and couldn't rationalize why, or I subconsciously blocked it out. I'm honestly not sure which even to this day.

I still felt strongly that I had the ability to be useful and to make a better life for myself, if not better, then just different would have been acceptable. But that character within me wouldn't let me, or I wouldn't let me. In other words, I knew better than to drink, but I did it anyway. I didn't know how not to.

Now I know that's weakness, weak as hell, and I still repeated over and over again that which I knew and believed to be wrong to myself, but I still failed to heed my own warnings. I was powerless and in regard to alcohol, I was a victim of an unsound mind.

When I fill my mind with hopes and dreams today (and I can't help doing this in spite of all I've learned), when I get to feeling that I'm on my way, that's when I must proceed most carefully. For always in the past it is here I have failed. I rarely failed in the little things of life, and if I did, who noticed? I always failed in the major things, the important things in life, and everybody noticed, especially me. I just couldn't stand prosperity or I wouldn't remember the past. You know, go away, you're history, you're old hat!

I truly desired to rid myself of my unwanted self and so did everyone around me. I only wanted to retain my good self and get rid of the bad self. I just couldn't understand why one wouldn't let go of the other. I was full of self-renunciation on the one hand and self-praise on the other. I just wasn't able to allow one to gain control over the other. Insane pride and insane ego had me in their clutches.

I kept on hoping to be reborn, to start a new life, and there weren't any spiritual thoughts in my mind whatsoever. Spiritually I was bankrupt. I kept on telling

myself that what I really should do is muster up the confidence to go on living the old life without the use of alcohol. Hell, I wasn't a bad guy at all as long as I wasn't drinking, or so I thought. But it wasn't easy.

Anybody can get sober. Retaining it in the face of any and all adversity is where the rub comes in strong. Being physically sober is simple. Just don't drink. Being physically and mentally sober is extremely evasive and difficult for a non-drinker let alone a full-blown alcoholic. Wanting it isn't really enough. Something else is greatly involved and that something else eluded me in all my years of intermittent searching and drinking. It was driving me insane. I was, in fact and in truth, doing insane things. Draw your own conclusions, but I believed I was insane and I was about ready to give up and accept my lot in life and die a drunk. I was in the throes of self-pity and the clutches of pride and egotism.

To have been this frustrated, even a substitute, any substitute, for alcohol would seem excusable, but my good self somehow told me - no, keep searching.

For me, the past and present were completely spoiled. I had only whatever future time I had left. I kept telling myself to use it wisely, but I couldn't. I kept looking for someone or something to tell me, but that failed. I finally decided that



only the future could tell and it wouldn't. I finally reached the end of the road. I was nobody. Nobody knew my name and even I forgot it at times. Nobody wanted me and I had no place to go. I had no home, no money, and no clothes other than what I had on. I was totally unemployable and completely useless in the state I was then in. This hadn't happened suddenly. It took over thirty years to perfect this state of complete hopelessness and incapacity. I didn't drink because I wanted to drink. I drank because I had to drink, even when it made me deathly ill. From that point in my life until today I have survived because a few people saw in me something nobody else could see, nor wanted to be bothered with seeing. How can I explain the love and care and understanding that rescued me from death, care that I flaunted on three separate occasions in order to assert my will and try drinking again? Each occasion was a separate disaster that again should have claimed my life, but was thwarted by these same caring, loving and understanding people whom I didn't ask for help because I didn't know how to!

I did pitifully little to help me. I was indifferent, arrogant, truthless, trustless, angry, hateful, spiteful, selfish, egotistical, prideful and thankless. And if that isn't enough, I was criminal and totally without feelings for anything and anyone. I wasn't capable of loving anyone, but

somehow, even though I couldn't fathom it, some people displayed love for me, but I just knew there had to be an angle involved somewhere, but where? I didn't have anything that anybody could want or use. If I wasn't insane before, I was now, in trying to figure this all out in my mind which was only working at about three percent of capacity. The facts are that I got well and that I am still getting well. How - will be gotten to in another chapter.

Was I insane and have I gotten better? Only the future will tell and as I said, it isn't telling. I have to find out one day at a time.

So I face it fully, knowing what I want to do, what I must do, fully realizing that I have been here at this place in time and circumstances before in my life, sober and trying to begin a new life, full of good and truth and understanding, all in my indomitable way.

I know how easy it is for me to lose my footing in the way of life. Please help me find the right path, but more importantly, please help me help myself to stay on it the rest of my natural life . . . I repeat this many times daily.

What ailed the frustrated like me? It was probably the inner awareness of my drained and stained self, the inner desire to rid myself of this blemished idiot at any cost or sacrifice, and the failure to be able to do so. Pride drove me

to despair and cowardice kept me alive. I can't fully explain the horrible feelings that self-revulsion laid on me and the futile attempts to fawn them off, forget them, bag them and hide them.

Today I own all the facilities for make-believe that I always had. I still have a relationship with hate, fear, impulsiveness and self-pity. The seven deadly sins are still roaming around inside me, waiting to break out.

I know today I need to practice self-discipline, self-sacrifice and, more so, the unification of mind and body toward one goal and one goal only, sobriety. I had to find a unifying agent along the lines of religion, but not religion. I looked at the inculcations of Alcoholics Anonymous on three separate occasions and decided it wasn't what I was looking for. To get sober for once and forever I believed that you had to be able to lie a little and omit a little, and that's not quite what religion or AA had in mind for me to do. I don't mean lie to yourself because I think that's difficult, probably impossible, to do even on a temporary basis or otherwise. If you don't agree, try it sometime and see if you can lie to yourself without knowing it. I know, because after short periods of sobriety I started to drink again, but I knew I couldn't really drink in safety. But something, that unknown something I call insanity, told me "to go ahead - you can do it now." And although not fully believing, I went

ahead and tried it anyway. Does that ring of soundness of mind?

In the past when I was off the street, such as in a hospital, a cell, an insane asylum or a half-way house, I didn't drink. I wouldn't drink and even though I did this, I don't know why. Alcohol was easily obtainable, but inside I didn't drink. But turn me loose and I was a tiger - you couldn't hold me back - and, believe me, on occasions I tried like hell.

Today I have a program that gives me the same feeling, only different, so that I no longer am obsessed with alcohol. Possibly it works because I can identify with a group of equals all trying to accomplish the same thing, sobriety. It's a sense of finally belonging and sharing - of trusting and inter-helping. For me to drink under these conditions would be unmanly and tantamount to being cast out and re-forgotten. It's the bonded unity and distinct sense of purpose of all of us that helps control my otherwise foolish impulses and destructiveness. Most important, what I do today, not to drink, I do for myself because I just don't want to drink alcohol again in my life. If I have any chance to survive what's left of my natural life normally and sober, then I'll always have to come first. I'm weak and I'm fallible. I can't do it alone. I've proved that and I've accepted that. The question "was I sane," to me at least, has been

answered. What I have done about it and what success I have had in turning myself around and regaining some semblance of soundness of mind follows.

## Chapter 3 - Sobriety over All Things

Today I have but one ultimate and primary purpose in life, sobriety. Outside of the necessities of life, and I really don't need anything else, yet being human, I want something more. I can't help that. It's my pride getting in my way again.

Pride told me I could drink even when I knew better. I have come from a time where I have paid a price beyond even my own belief, so that only I, if ever I should revert back into it, could ever know or understand the folly of such a stupid act or its degradation. I have been many things in the past. I have done many sick things in the past. I have honored, hunted, loved and hated. I have been disowned. I have had moments of fame and times of fortune and my reputation has been impeccable at times and at other times unspeakable. Why? Because I am an alcoholic.

Today I am sober. I was never able to say that honestly before in my whole life. When I say I am sober today, what I'm really saying is that I'm physically sober. I am, through God's grace, gaining in my efforts to be spiritually sober and I know that this is a life-time job. I would like to think that I'm mentally sober also, but too many things keep popping up out of me, things of my own creation that keep proving to me that I'm not at all that sober after all. I'm dry as hell.

In fact, I feel better than just dry. If I didn't, I tell you I would have to try a different approach. The only difficulty here is that I don't know what I am, and I'm doing all I can about it most of the time. Sometimes I'd like to hurry it all up and get there more quickly, until I remember that today is all I have, so haste loses its importance.

Quality sobriety today means everything to me. Quantity of anything tomorrow is meaningless to me. One more today is worth all of my yesterdays put together and then some.

Every day I have to swallow my pride. I had to admit and I had to accept that I was different. I could not handle alcohol. I had to forego that other people could drink alcohol safely. I had to give up forever the notion that I could find a way to drink sensibly like other people. I wasn't like other people. Other people weren't alcoholics who were suffering like I was suffering. I had to admit that my life was unmanageable and my thinking was unsound. I had to finally say - the hell with what other people can or are doing. I had to finally look home, look inside me and start trying to take care of myself. So I decided - the hell with everyone and everything that gets in the way of my sobriety until I know how to stay well and until I practice it diligently one day at a time, day after day after day until I feel comfortable!

The arena of life and death was cleared of all its old battle vestiges and remnants. Only alcohol and I stood there now. We two were all that existed in the entire world. Nothing nor anyone else mattered. If I succeeded, then other things would in time reinstate their importance in my life if they were meant to be there. If I failed, of what importance were they anyway?

I went into that arena naked on the outside and full of fear, hurt and determination on the inside.

I had nothing and no-one to fight for anymore, just myself. I was putting first things first, and it worked and is working. Today I am winning, because today I am not drinking. Today I enjoy life in my own way, doing what I need to do and trying hard never to do what I shouldn't be wanting to do. Someday I know I am going to be very successful at this. I don't foresee that I will ever want to do anything different. There just won't be time if I continue to faithfully do the things I must do to stay sober.



## Chapter 4 - Beginning

When I finally accepted who and what I was, I needed to institute action without any delay and without any misgivings whatsoever. This was the most important decision I had ever had to make in my life. I wasn't starting over again. I had tried that starting over stuff and it never worked. I had to forget and forego everything I had heard and everything I thought I had learned. This time I wasn't starting over. This time I was beginning. I was now not only willing to do anything to defeat alcohol's hold on me, but I was prepared for it. Whatever I lacked in ability, I more than compensated for it with my total enthusiasm and determination.

The first of my problems was to comprehend my own nature. I could fashion no miracles in my inner city until I knew all the territory by heart and by name. I was an alcoholic and the who, what, when, where and why were really no longer important. The importance lay in my own comprehension of what I was and the acceptance of this understanding.

I was in total bondage to alcohol whenever I drank. Therefore, it governed my life and all my actions. It gave me no choice in the matter of what I would do, where I would go and when I would do these things. My life was totally

unmanageable and it remained so even when I had stopped drinking. My mind wasn't my own because of the terrible mental desire and obsession to have a drink. Just a drink. Since my mind wasn't really my own to command, I concluded that I was alcoholically insane. Insane not because I wanted to be, not because I needed to be, not because I didn't possess the intellect not to be, but because I had to be because I drank alcohol even when I didn't want to drink alcohol. Yes, it was and is hard work to be an alcoholic. The work of it is extremely difficult, the hours were terribly long and the pay stinks.

I know today why the curse of alcoholism is sobriety. The longer I stay dry, the harder it gets. It isn't the wanting to drink or the lack of drinking that's hard. It's the complete change of myself mentally, physically and spiritually, so that I can find some peace of mind and happiness. That's what's hard. There is no let-up, no rest periods or coffee breaks until - until you feel comfortable and you have established some order in your life. Action and order support sobriety! Sloth and disorder are the toys of the drinker. I have had to relentlessly pound that into every cell in my body every day.

When I quit drinking and became a part of AA, I was being torn apart daily by the compulsion to throw it all up and start drinking again, but the desire to live and to wait

for one more tomorrow when things just might possibly get better sustained me. Today I understand what is meant by “great” suffering and great love are the disciplinarians of AA - we need no others.”

Slowly I started to learn what life was all about. I started to gain insight and knowledge and finally I realized that knowledge brings obligations. This made sense to me. For what good was the knowledge if I failed to apply it, or at least try to apply it, to my daily living? I’m weak, God knows this, and I’m fallible, and God knows this also. I get frustrated, I get angry or mad, I have resentments - instant ones sometimes - other times they have to sit and stew awhile. I still lie a little, but more in defense than for gain - like it used to be. I hardly swear anymore. I don’t drink, but I’ve thought about it. Hell, I’m human, a weak and fallible human being who can fall on his face in a flash. Today I usually get right back up and get right. That’s what it’s really all about - trying, trying to the best of our ability to be something we know we can’t be, perfect.

So, what drives me - what motivates me to try to change my life, my thoughts and all my actions. Some people call it hope. I call it faith.

Finally, for the first time in my life I have come to believe - really and honestly believe and accept in an

omniscient being, a power greater than myself, a power greater than alcohol. I can't pinpoint when exactly or how that happened to me except that I allowed it to happen. In fact, I asked for it to happen. So, again the when and the how are not really important. The importance of it is that I have come to believe in God. The true importance lies in what I do with this spirituality, now that I firmly believe that I have it. So, I didn't start over. I began.

Genesis - 1:1.

In the beginning God . . .

## Chapter 5 - Putting it to Work

The day I think my progress in the recovery of my illness of alcoholism is of my own doing will probably be the day I will pick up another drink. What I have is a gift. What I am today, I am by the Grace of God.

How He did it, in view of the subject He had to work with, is a simple example of His Power and His Miracles.

How He ever prodded me into action is beyond my comprehension, but not beyond the realm of my faith.

Pride drove me to the depths of despair and cowardice kept me alive. What a horrible mess of life and lives I had made. How sleazy I had become. How unpredictable I was.

So I have come to believe. I had no other choices or options left to me, so I willingly threw my full weight, my full burden, on God. He accepted my challenge.

How easily He carried me and how quickly He removed my feelings of having been forsaken. If I never remember another thing in my life, I shall never forget that. I had a feeling of comfort, something I hadn't experienced in a long, long time. I know, if I continue to keep a time apart in stillness with God each day, I will gradually be transformed mentally and spiritually. I just don't need this - I honestly

desire this with all of my body. Today I know God hates sin - but He loves me, a sinner. So I try and God knows how hard I am trying. Between His Will and my footwork (not mouth work), I just know I will get better in all areas of my life, physically, mentally and spiritually.

Action! Action is the name of the game, and putting it to work is my obligation. Jesus, the Christ, said we must die in order to live. I believe today that how I live with my faith will have an awful lot to do with the fulfillment of that profound statement. Step 3 says, "Made a decision to turn our will and our lives over to the care of God as we understood Him."

Here, in this step, is where I had to really institute action. But before I could, I needed to understand what this step really meant. I have read the big book of AA I have read the twelve steps and twelve traditions book. I have heard various and sundry interpretations of this step and I was confused. I finally decided that, for me, it meant I was turning over my will and the care of my life to God. It meant that I was sincerely accepting His Will, His Love, His Power, His Providence and His Protection in the way I would now strive to live. And how did I decide to live, how and in what direction would I strive for. Jesus, the Christ, said, "What I have done, all men can do, and what I am, all men will be." I decided from this that I would direct all my action toward

becoming perfect – a goal I know is unobtainable, but why not try? Who knows – who really knows?

I don't know, but what I do know is that on the very first day and every day since I instituted action to attain my goal, I have fallen flat on my face or spoiled everything in the last three or four hours of what I thought would be my first ever perfect day. Why? Why have I failed – me with the undying inspiration and the fierce determination? How dare I fail?

Well, I guess I did things and attempted to do things which were contrary to the Will of God. Simple?

I know today that I am a weak and fallible human being. I have defects of character and untold numbers of shortcomings. I still have fears and I get angry. People still rub me wrong and I allow that to upset me. I am not always kind in my criticism. I am not always open-minded. I do not always respect the other person's opinion. I am rude at times and I am not always loving. I fail to always see the good in things. I waste precious time in seeking out the bad in things and situations which are really, at best, none of my concern. I gossip or take someone else's inventory instead of trying to improve myself. As I write this, I am fuming. Where in the hell is my “undying inspiration and my fierce determination?” My problem is that I vacillate too damn much. I need to slow down and think before I do anything.

Action will only work when I apply it in truth and for good works. Selfishness is a problem of mine that is not easily recognizable to me. I need to pay particular attention to this defect. I need to pay attention and to do something about all my defects and I believe I am, but I get discouraged at times. I berate myself for my poor performance, even though I don't stop trying. I pray to God for guidance, so that I may improve in my efforts and in my successes. There is my inspiration and my undying determination. Defeat after defeat, failure after failure - I go on. I do see improvement in spite of myself. I drank many years. I know I can't overcome what I have become overnight. Time and hard work, and believe me, it is hard work, will get me one day to where it is I want to go - where I must go, for "The Lord upholdeth me with His Hand," Psalms 37:24.

I ask you, if God is for me, who can stand against me or cause me to fail? Now, let me answer my own question. Only I, and today I have absolutely no intention of allowing that to happen. But I am an alcoholic, so I must keep active and I must maintain eternal vigilance. I can only do this through action - by putting it to work, "it" being God's Will, not mine. Frank died, but weep not. For though I died, I live. Yet it is not I who lives, but the Christ who lives in me. I know today who God is and I know today who I am.

Love, Peace and Understanding



Prepare, Follow, Come!  
Frank.

Now, what you have just read is something that I not only learned but practiced daily for months. Further, I have carried all of this with me and I have soared to greater mysteries and greater heights than I ever thought possible.

Let me quote to you from the 12 and 12 Book of AA (*Twelve Steps and Twelve Traditions* by Alcoholics Anonymous) - Step 12, not from the Bible:

“Like most people, we have found that we can take our big lumps as they come. But, also, like others, we often discover a greater challenge in the lesser and more continuous problems of life. Our answer is in still more spiritual development. Only by this means can we improve our chances for really happy and useful living . . . but when we are willing to place spiritual growth first - then and only then do we have a real chance.”

Also, from Step Twelve (not the Bible) is the following:

“When a man or woman has a spiritual awakening, the most important meaning of it is that he is now become able to do, feel, and believe that which he could not do before on his unaided strength and resources alone. He has been granted a gift which amounts to a new state of

consciousness and being. He has been set on a path which tells him he is really going somewhere, that life is not a dead end, not something to be endured or mastered. In a very real sense he has been transformed, because he has laid hold of a source of strength which, in one way or another, he had hitherto denied himself.”

Read the Twelfth Step sometime when you can peel the words off the pages and really see what they are telling you!

In truth, I practice the program of AA in its entirety, yet I am today above it. The twelve steps are designed to do this exact thing for everyone. Yet most AA's get locked in. They get programmed. They get addicted to basic AA and so all they have really done with their lives is transfer their alcohol addiction to another addiction. They are asleep! I have become awakened! The Twelfth Step of AA is telling those who get there honestly and in truth to wake up to go on because there is more to life than the program of AA has to offer. You can only go on if you are truly sober and understand the word Charity and all that implies.

Love and Peace,

Frank - 1977.

Are you ready for this? Again, not from the Bible, but from the 12 and 12 Book of AA, I quote: “In AA we have found that the actual good results of prayer are beyond question.

They are matters of knowledge and experience. All those who have persisted have found strength not ordinarily their own. They have found wisdom beyond their usual capability. And they have increasingly found a peace of mind which can stand firm in the face of difficult circumstances.”

Can you see? Can you hear?

Peace,  
Frank - 1977.

Prepare.

Follow.

Come!

Let the dead bury the dead.

Wake up and Live!

I love you all dearly.  
Frank - 1977 (September).

## **Chapter 6 - An Addition to “I, The Alcoholic”**

### **After One Year of Sobriety**

To the blind eye sobriety is a dead thing, something buried and out of sight. I have seen men of supposed intelligence, men of medicine, science and religion who have been honored, but who have personally turned a blind eye to the program of Alcoholics Anonymous. I have seen men of wealth who wouldn't give a nickel for what we have here. They are anxious to make their intelligence and wealth manifest, no matter how sick they may really be. And they succeed, for we see it as they get sicker and sicker, while they still look at us blindly. They can't see that everything here lives. Everything here lives when it is touched with love and understanding. Everything here is interesting and enjoyable when we have learned some part of it, become a part of it. You get to the stage, sooner or later, if you persist - where you just cannot learn enough. Everything here is vital, if we are. Everything here is honest, if we are. The program of AA has no plans, for it has no restrictions, no black holes to fall into. There can be no peace, no serenity, no glory of sobriety, really - no comfort in life unless it is shaped and gleaned from the abundance of our latent experiences of the past. We cannot name a thing about Alcoholism that is not waiting for the touch of the hand of

AA. If they would only reach out and touch our helping, searching, healing hands. We cannot name a thing that the inventive genius of a teeming, alcoholic mind can conjure up that this program cannot intelligently answer and lay aside in the waste pile. Within this program there is not a particle of waste material anywhere. The waste, if any, comes from those people who fail to thoroughly follow its path. The experience, strength and hope of our time in this program is the cradle for the generations to come, and come they must or they shall surely die, never knowing there was a way to get sober regardless of what they believed or how bad they thought themselves and their problems really were. We are honor-bound as members of good standing to carry the message of this program. The only requirement for membership is a desire to stop drinking. This desire to stop drinking should, in time, turn to the noble cause of seeking and desiring sobriety, and if you're lucky and apply the action correctly, then the noble cause of sobriety should manifest itself into a search for peace and happiness, and the goal of peace is to find the way to the new worlds, the Home of God. The way to all this is the hardest part of AA, for stopping drinking, for attaining sobriety, for the ecstasy of coming to believe are all tremendous milestones to be obtained, and yet the hardest of all the requirements of the program is to give them away. Some people try desperately

to do just this, but they fall short. Some fall terribly short because it is an impossibility to give away something that you do not have. AA is a program of opposites. We are, all of us here today, opposites in one manner or another. We have an obligation, once we have achieved sobriety, to help other alcoholics achieve sobriety. We are a self-supporting program, some of us more so than others, perhaps. Some of us big-time spenders who used to set up the house have now, upon obtaining sobriety, forgotten to whom we owe that sobriety and that good life. Perhaps all the blind people are not the ones outside of this program, those “I don’t have a problem” intellects who we are duty-bound to help. Some of us do not possess an attitude of gratitude. Some of us are imbued with the attitude of “let the other guy or gal do it.” Some people feel they do enough just by showing up at meetings. If all of us maintained that kind of an attitude or outlook since the very beginning of this fellowship, then you know that it is quite possible that none of us would be here today, because AA would be dead. And I venture to state that so would a lot of us be dead, also. Today I asked myself what kind of an AA member am I? I gotta tell ya! I try hard to be faithful in my attendance, generous in my giving, kind in my criticism, creative in my suggestions, always open-minded, and God knows, loving in my attitudes. I have never asked this program to do anything for me and have it refuse. I can

think of nothing that I wouldn't do for this program. I not only have faith in God but, also, in this program and I would bet my life, unhesitantly bet my life on either or both of them. I do it, in fact, every day of my life, one day at a time.

### **In Coming to Believe and Turning Things Over . . .**

In coming to believe and turning things over, we don't do anything but let go and let God. (Get out of the way, really.)

We arrive, we are there, we have reached our destination forever, whether we know it or not. We cease from hurrying anywhere, we cease from our own works and we allow everything to be done by the Father. We give to life a property of easiness.

This is the greatest revelation of AA.

“Came to believe in a power greater than ourselves and turned our lives and wills over to God.”

Steps 2 and 3.

In AA you either come to believe or you come to say good-by.

September 1976.

## Chapter 7 - A Simple Thing, Sobriety

Good, bad or indifferent, we are all of us born into an ambiguous world. It neither loves us nor despises us, but it is inflexible. We must learn the rules sooner or later or we are not ever permitted to play the game and quite rightly so, I think. Therefore, for an alcoholic the reach for sobriety is not a routine thing. For in this world to find something lost, regardless of the space span involved, is never easy or simple. It must first be nurtured, wanted above all else, painstakingly sought after and greedily hungered for. This hunger is a vast and complex mixture, a compounding of garish nightmares and dreams, of explicit desires and grandiose visions of what it means, like a vast river of water crashing swiftly down out of a huge ice-covered mountain. It must become more real and vastly more necessary to us than the river of blood that flows in our bodies.

In fact, it is more necessary, for what use the blood anyway if you can't obtain the sobriety you are seeking? For, in all reality, we're dead anyhow, one of the millions upon millions of the walking dead, committing suicide by the glassful. And the wanting to obtain and take complete possession of that sobriety is the first - and - the final grasping of an alcoholic toward his freedom from bondage. Toward what can be called personal immortality for want of



words that mean more.

Sometimes it comes without understanding, without even volition, but it occurs by a necessity beyond your comprehension, a miracle.

Sometimes, but not too often, these do occur. So most people must want and they must fight incredibly hard for their sobriety, faced by almost unbearable odds against them. They must be even more possessed in their desire for it than they are by what has for so long possessed them.

Alcoholism, sadly for those afflicted, is neither a truly simple thing nor a reasonable thing. It's a seething cauldron, a witch's kettle terribly boiling and viewed fearfully and hopelessly from within, and as this horrible and slimy brew boils and sloshes over, we foolishly scurry madly but vainly about attempting to place ourselves in order, hardly ever once looking straight and honestly at or even faintly recognizing the source of the flames beneath that hideous kettle's contents, alcohol.

But for those who earnestly want it badly enough, reasoning and understanding will come and, indeed, it must. A nice fertile crop of it with excellent prospects of a rich and gala harvest. For "want" is the key. It will open any lock on earth. And any other reason, so-called other than your all-embracing want of total and permanent sobriety,

counts for no more than minute coatings of an over-thinned varnish poorly applied. They are naught but illogical feelings and desires to hang onto things we fear we cannot survive without. Just as we fear we cannot survive without alcohol. In an honest, forthright comparison to giving up alcohol for the rest of our lives, they are but simple needs or lusts. If need be, we must be more than willing to give up anything, yes - anything, short of life itself to reach the summit of sobriety before us. For this sobriety must stand alone and be sought after vigorously alone, totally and uncompromisingly alone with no fringes attached if most of us are to be successful. To the alcoholic who holds this want, this total and honest desire firmly in his unwavering grasp, holds, in all reality, sobriety. And to anyone who finally holds this sobriety in his hand and in his inner self, however unbelieving or incredible it may be to him, to him all those other things are something either no longer important or they are now much more easily attainable or retainable.

And after this putting of our house in order, what then? Is this all there is except for an apology of our past life? By no means - no. For finally having obtained sobriety we then find it has been merely the beginning, a stepping stone to another long and sometimes self-inflicted rocky road. For once having obtained it, we must now be ever prepared to fight just as hard or harder to retain it. But wait - in addition

to our sobriety most of us will then seek out other things we have lost or possibly never had when we first mislaid our sobriety way back when. Things and matters such as self-respect, self-love and the real love of our fellow man. Things like our spiritual values, employment and family and friends. Clear, ordered and honest thinking. Sunrises and sunsets, flowers and trees and birds and grass and on and on and on.

Life, a normal, happy, productive life. That is what to most of us it all boils down to, which is now very much available if you truly and sincerely want it both here and hereafter.

For what moves a person, what motivates him? Ultimately the only thing that moves him, motivates him deeply is the finding of his own image, the solid configuration of himself and his needs. And if he listens to that river crashing down from that ice-covered mountain, and if he looks at that huge mountain and feels the strength of it as his own strength, then he is just as free. Free in the deepest wells of his own thoughts and body and he forever controls the faculty of choice concerning them. For he has wanted and he has chosen and from that moment his spiritual sobriety and he works each other relentlessly. A molding and carving and forging take place between them, happily, exultantly, and in time there is no more telling

which is which between them. No distinction, no clear-honed edge of difference where it can be said that, here is the man and here is his sobriety, for they are now one and the same.

So reach out boldly for anything in life now, for whatever you need and so desire. There's really no limit, for now we have a world before us like we have never had before, a world made not so much for mastery, really, as it is for living. Now having it, it is a simple thing to understand. We wonder that we have been so blind. And what, really, what of the past? Well, that which was is not. It is a simple thing, is it not? It's truly a healing!

And for all this I thank God and All of His wondrous All in All, for this is truly the tomorrow I dreamed about yesterday one day at a time. Yet there is no end to what I can now do and where I can go on to. For once having awakened my spiritual self, God's All in All has opened itself for all there is both here and hereafter in the new worlds I now travel to.

Love and Peace, Frank.

P.S. Understand that you can take a drink again but be aware that first you must understand!

## Chapter 8 - A Fit of Joy

As a true Christian Spiritualist I have been gifted spiritually with control over the so-called “power” of alcohol. While I cannot absolutely point to a specific gift which has allowed me such “control” I believe it to be a combination of many. Faith - Hope - Love - Truth - Unity - patience - perseverance - vigilance - receptivity - mental control - awareness - alertness and so forth. Yet, having an open mind let me relate to you what someone else has said about drunkards - excessive drinkers of alcohol. “I will prove, out of your own minds and lips, and following your own arguments, how much advantage we who drink water have in that we sleep more sweetly. For you (the drinker to excess) have clearly stated and admitted that the minds of drunkards are disordered and are in a condition of madness; for we see those who are under the spell of drink imagining that they see two moons at once and two suns, while those who drunk less, even though they are quite sober, while they entertain no such delusions as these, are yet full of exultation and pleasure, and this “Fit of Joy” often falls upon them, even though they have not had any good luck, and men in such a condition will plead cases, although they never opened their lips before in a law-court, and they will tell you they are rich, although they have not a coin in their pockets. Now these, you see, are the affections of a madman.

For the mere pleasure of drinking disturbs their judgment, and I have known many of them who were so firmly convinced that they were well off, that they were unable to sleep, but leapt up in their slumbers, and this is the meaning of the saying that “good fortune itself is a reason for being anxious.” In addition to drink men have also devised sleeping draughts, by drinking or anointing themselves with which, people at once stretch themselves out and go to sleep as if they were dead; but when they wake up from such “sleep” it is with a sort of forgetfulness; and they imagine that they are anywhere rather than where they are. But those who drink water, as I do, see things as they really are, and they do not record in fancy things that are not; and they were never found to be giddy, nor full of drowsiness, or of silliness, nor unduly elated but they are wide awake and thoroughly rational, and always the same, whether late in the evening, or early in the morning when the market is crowded; for these men never nod, even though they pursue their studies far into the night for sleep does drive them forth, pressing down like a slave-holder upon their necks, that are bowed down by the drink; but you find them free and erect, and they go to bed with a clear, pure mind and welcome sleep, and are neither buoyed up by the bubbles of their own private luck, nor scared out of their wits by any diversity. For the mind meets both alternatives with equal

calm, if it be sober and not overcome by either feelings. And that is why it can sleep a delightful sleep untouched by the sorrows which startle others from their beds. And more than this, as a faculty of divination by dreams, which is the most God-like of human faculties, the inner mind detects the truth all the more easily when it is not muddied by excessive drink, but accepts the message unstained and scans it carefully. Anyhow, the explainer of dreams and visions, those whom are gifted, will never undertake to explain any vision from a mind that was in an unsound condition, (i.e., not simply from alcohol or any other drug, but any unsound mentality -  $F_z$ ). It is most unwise, for only a sober mind can be committed to the acceptance of these divine faculties.

So what are these divine faculties I speak of? Are they the unknowable wisdom and pleasures belonging only to the gods? Of course not! Forbid yourselves such thoughts! I talk here of the faculties of the inner-self that can bestow upon you if you will it, peace, happiness, joy, soundness of mind, from which flow all the pleasures of life here and hereafter. To be externally happy one must first be at peace with and happy within his spirit, his inner-self. Trust in the gods and clean your house and stop trusting in the gods to clean your house for you.”

Now the above narrative was given by a man called

“Apollonius of Tyana” who lived on earth back at the time of Jesus of Nazareth - he was no Christian Spiritualist, but a pagan, a philosopher, a prophet, a foreseer of events - and he was quite famous, especially as a miracle maker or performer. As little is known of his life as is known of Jesus’ - from all I have been able to read and study about him, it would seem that he was the Pagan rival and the Pagan answer to the good works and so forth of Jesus, for they claimed for him the same powers as did the Christians for Jesus. It is claimed for him, a virgin birth, and an ascension to heaven upon his death, witnessed by hundreds.

His insight and opinion of alcohol, I felt you might enjoy reading, since it is 2,000 years old. He was a non-drinker, while Jesus was accused as being a wine-bibber and a glutton - the Pagan has quietly faded away while Jesus Christ has survived - there must be a message somewhere in this truth.

Love,

Ez.



## **Chapter 9 - On Being Grateful and Being Action!**

I'm grateful to AA for many things but mostly because it has given me the ability and the space to account for everything. To square away my shortcomings, to regulate my failures and to adjust my differences with God. And, of course, this led me to my biggest decision which is to serve God and His and not myself.

Caesar couldn't make up his mind to be or not to be and neither could the man who talked for him but I have made that decision and better yet I worked at it. Regard me, I say to you, don't judge me. None of us are worthy to judge here or hereafter. I have the eternal insight of being watched and watching and that insight simply precludes you from even wanting to judge. But if you must judge then judge you this. Never place a barrier in the way of someone else's happiness. If you can't love, don't try and stop somebody else from loving. And, if you can't live, then at least let other people live who really know how and who have found the way to live one day at a time, in whatever way they select.

### **- On Sobering Up and Stopping Drinking -**

Some people get the idea that stopping drinking is like a dive into cold water, so numbing that you can't breathe or

survive. It isn't like that at all. It doesn't really hurt, not very long anyway. You know, I have been around this program for nearly twenty years now and maybe I haven't out-sobered many people but by God, I've out-survived a lot of them. I've hung on even when I didn't want to hang on and in spite of myself, I've achieved sobriety. I treat and live that sobriety nowadays just as I treat my life and living. I use them to the fullest of their possibilities, one day at a time. Let me tell you this about sobering up. It was hell to sober up. Time after time, Oh, God, there are no terms for that madness. Dry, dry - God what dryness. Dry eyes that wanted desperately to be wet. Dry tongue, dry throat, dry guts, parched scrotum, all screaming for wetness. Arid, dry screams heard only by dry ears and tolerated only by a dry brain that couldn't wait to get wet again and again. I don't care what anybody thinks, I know I have paid my dues, all the dues I'm going to pay ever! And why, why? Because I am afraid of those things. I give in, I give up. I cannot conceal it anymore, I can't take it anymore. I'm afraid of the simple things, the hate, the anger, the lusting, the crying out in the dark, the money, the stealing, the vomit, the sex, the blood, God, the alcohol. I am afraid of them all. I am afraid of the great, the terrible, the horrible little things. Imagine, the little things! I'm not ashamed, mind you, I'm afraid. I can't go back you see. It's all dead, can you see that? It's past now

and thank God, thank God it's all in the past now and I don't have to ever do it again. It's like a bad dream now all dried up. I'm all dried up but I'm more alive today than I have ever been alive in all my life. Thank God that I, an alcoholic was driven to find sobriety because I found God in the process of getting there. The curse of alcoholism may be sobriety but I also found God so I was blessed. Yet AA didn't become my monastery. I didn't come here like some people have to get interred. I came here finally, the last time, for Frank or to get rid of Frank as I knew him and that's been accomplished. Little did I know though where those twelve steps were going to take me but take me they have and so I'll be forever grateful to AA but I'm not buried there and happily it's not my lasting resting place either. I've gone a bit further, a bit higher if you like and I don't intend to get buried there either. I'm going to keep on going as far as He will allow me to but I'm not leaving my AA behind like some people have. No way. I'm taking it, all of it, right along with me. I may still speak after the manner of men but I think after the manner of Christ and it's my thinking that controls me and comforts me not my speech. And when I finally am ready to go where I must go and never return again I am going to leave behind for anyone who wants it, my one great gift, and the gift of action. For I have learned that you can sit and think, and dream and imagine, but if you don't stand up and

give it some action, you can't go, you cannot do anything or be anything except a sitting thinker, imaginer or dreamer. My days of sitting and dreaming are over for I am now in my days of preparation which are days of action. Action is the preparer that allows you to follow His will and once you have learned to do that, you can leave everything behind and come with me to everything that is new. And if you need to ask where am I going, then you need to go back to the beginning and start all over again because it is obvious you are not prepared and where I am going is a prepared place for prepared people and no others need waste their time in applying. And, of course, I am leaving also the testament of a death in life but better I will leave a record of life in death.

Love and Peace,

Frank.

October 1977.

It's a fact that when you drink alcohol you become the inhabitant of your own private pandemonium. When you're dry and you want to drink or you start thinking about how a drink will help you gather everything together, for God's sake stop whatever it is you're doing. Stop and go look in a glass and tell it all to the person you see there and don't con

him, tell him the truth for once in your life. You owe it to yourself! Besides, the sight, the revulsion should be enough to keep you dry at least one more day.

## **Chapter 10 - There are Many Times When I Became Tired of AA**

There were many, many times in my life when I became tired of AA and AA people sitting on their rubber behinds with their plastic faces shiny on the outside and as black as black can be on the inside. I was tired of hearing them play the dry theme to a wet song.

If this is life and what the rest of my life is to be like, this epitome of sadness made artificially happy by lies, then I decided I had better get the hell out and make a better one. And I didn't find all this difficult to justify because my memory suffered from impeccable poverty. So I went out again and, of course, I had no program to replace the one I was leaving. So I was eager, weak and fallible and looking for a way out of the only life I knew. Therefore, there was nothing for me to do but settle back into the comfort of what I knew best. Of course, what I knew best was the worst possible thing I could do. But, at least, "out there" was familiar to me and good, bad or otherwise I did at least know "out there," all there was to know about out there, while here everything was alien to me and nobody around here seemed to have any answers, or if they did, they weren't communicating them to me anyway. Some dummy would tell you to think, imagine! You would ask a question and

they would tell you to think! God, that's my problem right now - I think too much and now they want me to think more. God, I was thinking all right. I was thinking when the next freight was leaving town and how I had better be on it and put some room between me and this funny farm you people had going here. So, this was AA, the last hope of a drunk. Crap, baby! Where was the handshake coming in? Who came up and said hi? Where was the love I had been told about? You know what I found here? Cold, baby, cold. Ice cold. So I skated right the hell out of here. The only trouble was I kept sliding right back again. No matter how hard I tried to avoid you, I couldn't. I hated you, yet I needed you. God, what a terrible, horrible, inside gut feeling that is, weak, weak as hell. All I could hear, wherever I went, was you calling to me with your false smiles and cold hearts. Come and join us, you are always saying, and we will all sit down and eat each other up.

Well, come I have and nobody has eaten me up yet. Now that our separation is over, I do all I can to see that it remains over, but my program is my program, just as yours is yours.

Out there the still familiar world is still running while I am at a meeting. It doesn't miss me, but that's not important anymore. What is important is the fact that I can let it run without me while I am here, better yet, I can let it

run while I am in it. Today I am at home wherever I go, my temperature remains the same because it's mine now, it doesn't belong to anybody and everybody like it used to. My attitude isn't give me, like it used to be. Today, it's take me, accept me just as I am, just as I accept you, good, bad or indifferent. I'm not out to change you, world, I'm out to prove by my change that you can be a better world by what I do for you and not what I do against you or in trying to change you. I've finally become bold enough to face up to myself and that's the step forward that got me to where I am today. I never knew where I was going. I didn't know my own direction and today I do. God, do I ever. I guess in one way you may call me lucky. I never had the problem of two higher powers. Alcohol was my higher power. And it wasn't alcohol and self, because alcohol was myself. And it wasn't alcohol and God like some of you say from up on the podium either. I didn't believe in God, not the God of the churches or of religions anyway. Alcohol was my only god. I was an atheist. I believe in God today like I never believed in God before in my whole life and I don't care who knows it. I can't hide my God, for if I could, I wouldn't really believe in Him like I do. Alcohol is no longer my problem. The "poor me's" is no longer my problem. Failure to accept whatever life hands me is no longer my problem. Lying, stealing, cheating, hating are no longer my problems. My only problem is to



continuously do His Will and not mine, to never stop for a rest in my practicing the Presence of God. I'm not perfect yet, but I never stop attempting to be. I don't get stuck anywhere anymore now, but once in a while I get hung-up some place now and then, and that's when I have to bear down and really prove what kind of a program it is I really have. I have a real program and it works for me. It works for me because I dance the only dance I know. I follow orders, God's Orders, not man's. I practice the Presence of God - not man, but I am a man, so, therefore, I get hung-up now and then. I'm still a human being here on this plane level, therefore I have to pay the price that is extracted from us here. I don't know about you, but I know I'm a weak and often fallible human being who is trying with all of his heart, his mind, his body and his spirit to be like Christ was as a man here on earth. Try it sometime. It isn't easy, so don't find fault with me when you see me fall, because I am trying not to fall. Most of my life I not only fell, I failed. Today I don't know or recognize the word failure. I don't even want to hear it or say it too often. I fall now and then today, but I don't fail because I never give up. I don't get stuck in a level of reality anymore like I used to. I keep on going, even if I have to get up off the floor beat and weary after a fall. I do get up and I fight hard to stay up and keep right on going up all the time, night and day. It doesn't make any difference

anymore what time it is, what day it is. I keep going! It takes guts and sometimes people label it something else. They call me a fanatic and that's all right because I am a fanatic in many ways. I'm fanatical enough not to live as unhappily as some of you do. I'm not all screwed up one day at a time like some of you are. I don't accuse you, I hear you say it and I believe you, I take your word for how you say you feel and live. I'm not going to feel sorry for you though. No way. You want to feel better, look better and really live better? Well, just start dancing the only dance there really is. That's all you have to do. You can begin living the beautiful life anytime you want. You don't have to wait or ask permission either. All you have to do is - do it. Nobody on the face of the earth, nothing on the face of the earth, no place on the face of the earth can stop or interfere with your doing it. The way in is the way out and the way out is the way in. You can begin by very simply following directions. No one can fail who will thoroughly follow our Path. That's as true a statement that anyone has ever made and you know I've proven it. Not to you, but to me. I didn't come here finally to prove anything to anyone but me and that's the way it has to be in order to dance fully the only dance there really is. When I started out, I didn't have any power and, strange as it may seem, I still don't have any power, but I know someone who has all the power that ever was, is and will ever be. So I say my name is

Frank and that I'm an alcoholic and I call myself a Christian and a fanatic. But you know only time can tell who I really am and it's strange because time isn't.

Love, Peace and Happiness,

Frank.

## Chapter 11 - Eighteen Months, A Day at a Time

Today I go to fewer open meetings than I did in the beginning. I find that for me the most rewarding type of meeting is the open discussion meeting. It is here that you can really feel what the other people are saying and you can understand how many optional ways there are to handling certain situations that arise in everyday living.

Today I am a non-drinker insofar as the chemical alcohol is concerned. I ingest none of it knowingly or willingly, nor have I ever taken any chemical that is mind-altering to my knowledge. I no longer have any desire to drink alcohol, nor have I ever been in a state of mind where I needed to ingest something to escape. The truth is I have nothing I want to escape from today like I used to have in days gone by. And so I say freely that I am an alcoholic, but only I really know what this means to me. So what if others judge me, I care not.

Neither am I ashamed. For I have judged myself and if I must ever fear something, then I fear myself only, and by my own eyes was I discovered. Now unfit as I am to judge, nevertheless I judged this. The accused, Alcohol, I find not guilty. It is not by alcohol that men are betrayed, but by themselves. I truly see this today.

As an active alcoholic every drink I took I was looking to find my first drink again and as an alcoholic thinking about quitting, every drink I took, I considered my next-to-last drink.

My opinion today tells me that most alcoholics are like Lot's wife, always looking backwards, yet others who get dry always look forward, way ahead of themselves. It seems to me that the majority of those we call recovering alcoholics never have time for today.

Some people get dry, but they carry on a platonic friendship with alcohol and I've learned that you can never get sober that way. It's like playing with a live wire, sooner or later you will become full of sparks.

Until I could honestly and faithfully place first things first, I couldn't get sober. I got dry hundreds of times but not sober. I was forced to place sobriety over everything else on the face of this earth. I had to wipe out all visions of instant success, visions of grandeur, sex, money, good times, you name it. I had to sacrifice everything, my life included, I believed if necessary to stay sober, for what good was my life without sobriety? What good was life to me if I picked up another drink? Only I can honestly answer that question and my answer is and has to be - useless!

I spent thirty-eight (38) years, way too much time,

trying to fool alcohol. Now I let alcohol go fool someone else. Someone said once that there is no fool like an old fool and somebody else threw in the saying that you can't teach an old dog new tricks. I have proved to my satisfaction at least that there are exceptions to every rule no matter who makes them up or claims the discovery of them. I'm along in years, past the fifty mark, and I am no longer a drunk, nor am I an atheist any longer. I've learned finally and I have learned well, and great pain has taught me.

Sobriety, that stage above dryness and above being just sober, is like an eel in a bathtub, for it is not easily acquired. It isn't something that comes to you by any means. You have to work and work hard to reach such a stage, for sobriety is more than not drinking. I paid too dearly for my sobriety to flit it away because some dummy gossip spread rumors about me or because a guy or gal puts me down or because it's raining or it's too hot or too cold or because I can't always have my own way. The truth is that as a non-drinking alcoholic I had those problems in the beginning and worse, I didn't have any answers to them. Then one day I found the answer to all of them.

The old Frank died, yet I lived, but it wasn't me that lived. It was the Spirit of God that lived in me and which I myself activated by certain direct actions. From atheist to Christian, from active alcoholic to non-active, I have

crossed over yet another invisible line into the Arms of my Christ.

Now many people tell me to take my talk of God to church because it doesn't belong in places like AA. "You will scare the newcomers off," they tell or yell at me. I find it is these very same people who are just as miserable today while not drinking as they were when they were drinking. They simply have not grasped the program of AA, for the program is the twelve steps to recovery, and other than step one the steps are a highly spiritual pathway to not only sobriety but a Christian way of life, or better, to a new way of life totally committed to God and His Will for us. I would say to those people who cannot grasp the spiritualism of the program of Alcoholics Anonymous that they read the twelve steps carefully and also the big book or Bible of AA and especially page 98 of the big book (1955 volume) and then tell me what the only condition of the program is. It says it quite clearly. "Trust in God and clean house" and that doesn't mean trust in God to clean your house either, for God will never do for man that which man can do for himself. I have learned the hard way. Nineteen (19) years of trying and fooling around in the program of AA to get sober, and as an atheist I just couldn't do it. I couldn't bring it off. Today, I know from experience that if you don't come to believe, then almost always you will come to say good-bye to

AA and your chances of ever gaining sobriety become, with each successive good-bye, very precarious. I speak for myself only, but the facts are that today I am not just dry nor sober. Today I live from a position of sobriety - happier and more serene than I ever even thought possible. Just getting dry or sober didn't afford me this good feeling, no way. I had to come to believe and I had to apply the action, the action that has allowed me the way to evolve as I have. For me there was no other way.

How I conduct my twelve-step work today is really my business insofar as I do not tread upon the traditions of the program of Alcoholics Anonymous. I like to say today that I am a dummy drunk who was smart enough not to drink alcohol today, and I might add I didn't find it necessary to smoke or chew any either.

I pray daily that all alcoholics and addicts of all descriptions can eventually make that statement every day the rest of their physical lives here on earth. My belief is great enough and deep enough to believe that it is possible and that it will be done one day soon. I'm doing my share, I think, to see that it does become so and I fervently hope and pray that you are also.

You see AA owes me nothing and it never has. Yet I owe AA everything. I'll never be able to do enough for AA I used



to sit around and think to myself how the heck did these people get so well and so happy, and I kept wishing I could. Sitting and thinking will get you nowhere really, even though it may give you some direction. I finally realized that if I was ever going to have what the real winners had, then I had better stop sitting, thinking and wishing and get off my backside and get into action. Action faithfully applied with courage and perseverance got me on the path to recovery and I have as yet been able to justify my straying from it. Yet I know this today. I am smart enough today through the Grace of God to know that the day I look upon anything and say I own it and especially alcohol, then I had better search out someone much wiser than I am and I had better not waste any effort in doing so.

You know I do just that every day now and I tell you life has never been better, and yet I know that I must die to really begin to live. I know God hasn't brought me this far today to leave me forsaken along the way tomorrow.

Love and Peace,

Frank.

## Chapter 12 - Your Way vs. The AA Way!

The AA way has suffered the exact same abuse that almost all of the great “ways of life” have. What it really means and what hundreds of thousands of its members think or declare it means are like night and day. It has been misinterpreted and grossly misrepresented from within. It has, in truth, been grossly distorted by those same members who twist and turn it to fit their wants instead of practicing it exactly as outlined to fulfill all their needs. The AA way is not, I repeat, is not:

- 1) Going to meetings.
- 2) Learning a new set of slogans.
- 3) Drinking coffee and socializing.
- 4) Joining a group.
- 5) Reading a book.
- 6) Twelve stepping.
- 7) Praying - meditating.
- 8) Mouthing new clichés.
- 9) Emptying ash trays.
- 10) Speaking at meetings.
- 11) Drinking again.
- 12) Sponsoring someone.

None of these alone or together comprise the AA way but they are all secondary matters left up to your own

choice. You can abstain from alcohol without them but it would probably be easier if you did all these things, yet it is a proven truth gleaned from a lot of pain and suffering that there is very little likelihood of any lasting or comfortable sobriety if the above listed activities are the sum total of what you believe the AA way to be. In truth it is not these things above. The true AA way is simply this: The twelve steps to recovery<sup>1</sup> (look that word up, please!) You must live the twelve suggested steps by beginning a new life with the steps as your guidelines and improving on your performance daily. The whole program is based on your surrender and then your fulfillment of it in making the changes in your life that enable you to learn to love yourself and to give that love to all whom you come in contact with daily. The twelve-step program is the AA way - any other way is not the AA way!

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<sup>1</sup> “Recovery” - to regain a normal condition or position  
“Normal” - be like others - free of - not diseased

## Chapter 13 - Alcoholism is a Habit

Alcoholism is a habit and whoever is so afflicted with it is unable to have an orientation, a judgment, or an opinion which is the result of logical thinking or of actual facts. The alcoholic has no opinion, no consciousness, and no discernment even, because opinion, consciousness and discernment are attained through independent thought and an alcoholic's thoughts are in bondage. He is imprisoned within the magical circle of evil, a mesmeric image, a false mental conception which his sufferings have immured him. He has no conscious will of his own. He is ruled by his habit. This mesmeric mental concept, the name by which man labels a disease, is insanity. Yet when the habit is brought under control the "insanity" disappears. Now if such a person can prepare himself through The Message of I Paul he can defeat the power of alcohol and turn its effects on his physical being on and off at will. Its secret lies in the power of the inner-mind over the surface mind.

Naturally, if a sufficient quantity is ingested you so suffer some physical discomfort but no mental deterioration - no need for detoxification, and once prepared you can, if you so choose, return to social drinking with absolutely no fear of reverting to the old "alcoholic ways" of the past.

## Chapter 14 - Addiction: The Way Out (1)

Beverage Alcohol, the silent, insidious, quiet drug that maims and kills. When ingested apart from other medicines, drugs, etc., it is a depressant - when overdone it can become deadly. When ingested in conjunction with other medicines, such as tranquilizers, stimulants or sedatives it is not only dangerous but most often lethal. "Mixing drinks" is often considered taboo by drinkers but mixing alcohol (a drug) with other drugs, even the so-called safe drugs is a subtle way to play Russian-Roulette. You actually gamble with your health, your sanity, your life and even the life of others as alcohol and automobile deaths have rather clearly been proven to us all.

Alcohol is so common in its use nowadays as an "in" beverage that its users never think of it as a drug - A deadly drug especially when it is abused. The word abuse herein doesn't apply only to the alcoholic. It means the now and then over-indulgence of alcohol by anyone whenever they are or are about to be engaged in an activity that could endanger their life or the lives of others. This means many things, such as driving a car, operating machinery, a doctor or surgeon administering to a patient, a policeman or fireman on duty, a lawyer defending a client, a judge sitting on the bench, a flight-plan controller, the boiler-fireman in

a school, and on and on and on in thousands of ways. Alcohol, by itself or combined with other drugs interacts in different ways - often lethal of which the public in general are not aware. The simple and innocent seeming combination of alcohol and aspirin can be very dangerous to stomach linings causing severe bleeding. Alcohol and cold remedies can prove fatal to drivers of automobiles, trucks, buses, taxis, trains, etc. The combinations of examples that can be given are almost endless, for instance you can take a "safe" amount of alcohol and at the same time a "safe" amount of phenobarbital and the combination of these two "safe" amounts can very quickly kill you!

One of the prevalent beliefs even today is that an alcoholic is a bum - a down and out reject from society. This is simply not so but terribly sad - The truth is that the overwhelming majority of alcoholics and dual-addicted drug abusers are your neighbors and those people in everyday society in whom you entrust your well-being. The doctor, the lawyer, the politician, the policeman, the priest, the minister, the fireman, the pilot, the bus driver and on and on and on. The problem lies with those of you who are reading this - When you close your eyes to these truths, ignore them - forget them - you contribute to the overall problem and allow it to continue unabated.

The "Abusers" don't reside on skid-row - No - They

are your neighbors, your friends, and the people in life to whom you entrust your very well-being, day by day.

Alcoholism is a name, a word that has lost its use in our society. The problem today is sedative addiction - not because of the use of drugs but because of what has caused this turning to drugs, that being to do for us what should be done in a normal, available, manner. It's when we turn from Natural Ways to Unnatural Ways that we become open to the possibility of addiction - to drugs - to food - to others - in other words, to people, to places, to things! Alcoholism for instance, no matter how hard you try to rationalize it is not caused by alcohol! In fact, no matter what you label drug addiction, it doesn't matter to the brain. It doesn't matter what stimulant or which sedative you use, including the depressant drug alcohol, they all do the same thing to the brain physically. The "timing and sequence" may vary but you take away one "thing" and replace it with another "thing" and the brain itself will never know the difference. This is one of the reasons why it is so ironical, so ignorant, to attempt to treat alcoholism or heroin addiction with another "thing" that does exactly the same thing "to the brain"! It's really no different than the "old way" of treating a hangover or withdrawal from alcohol with more alcohol. The medicine prescribed today to treat such withdrawal is doing the same thing to the brain as the cause

of the sickness in the first place. Fancy rhetoric won't change this truth or make it "go away." The chief factor behind the claim the alcoholism and other drug related addictions are incurable is ignorance. The answer lies in both the metabolic area and the field of consciousness which can control it. How the drug is metabolized in the body is only a beginning to a better understanding of alcohol dehydrogenase and its effect on the liver and the brain and the blood. Until these answers are found the best - in fact - the only way to overcome any addiction is total abstinence - from All Mind Altering drugs - sedatives, depressants, stimulants, tranquilizers, etc. - total abstinence is the only pathway to an eventual total cure. One must precede the other. This truth, like all other truths, lies within. Why do you continue to search elsewhere?



## Chapter 15 - No Musts in AA?

AA's are fond of saying there are no "musts" in the program just suggestions - What they should say is: There are no "musts" because you have a free-will, a choice, but if you want to overcome your alcoholism, be happy, and eventually free then there are some very important "musts" spelled out in the book Alcoholics Anonymous.

The Requirement for membership is a "must" - desire to stop drinking (Foreword to First Edition)

Page XXVI - "The Doctors Opinion" 5th line

"In nearly all cases, their ideals "must" be grounded in a power greater than themselves, if they are to re-create their lives"

Page 14 - Line 4

Bill's story, "I "must" turn in all things to the Father of Light who presides over us all"

Page 44 - Line 20

"We Agnostics" - "But after a while we had to face the fact that we "must" find a spiritual basis of life - or else."

Page 33 - Line 12

“More about Alcoholism” - “If we are planning to Stop drinking, there “Must” be no reservation of any kind, nor any lurking notion that someday we will be immune to alcohol.”

Page 43 - Last sentence

“More about Alcoholism” - “His (an alcoholic) defense “Must” come from a Higher Power.”

Page 62 - Line 18

“How it Works” - “Above everything, we alcoholics “must” be rid of this selfishness. We “must” or it kills us”!

Page 69 - Lines 25, 26

“Whatever our ideal turns out to be, we “must” be willing to grow toward it. We “must” be willing to make amends where we have done harm . . .”

Page 73 - Line 33

“Into Action” - “We “must” be entirely honest with somebody if we expect to live long or happily in this world.”

Page 74 - Line 22

“Into Action” - “The rule is we “must” be hard on ourselves, but always considerate of others.”

Page 75 - Line 1

“Into Action” - “But we “must” not use this as a mere excuse to postpone.”

Page 78 - Line 23

“Into Action” - “We “must” lose our fear of creditors, etc.”

Page 79 - Line 12

“Into Action” - “We “must” not shrink at anything.”

Page 83 - Lines 1 & 2

“Into Action” - “Yes, there is a long period of reconstruction ahead. We “must” take the lead.

Page 85 - Line 18

“Into Action” - “Every day is a day when we “must” carry the vision of God’s will into all of our activities.” And Line 21 “these are thoughts which “must” go with us constantly.” And Line 30 “to some extent

we have become God-conscious. We have begun to develop this vital sixth sense. But we “must” go further and that means more action.”

Page 86 - Line 13

“Into Action” - “But we “must” be careful not to drift into worry, remorse or morbid reflection, for that would diminish our usefulness to others.”

Page 93 - Line 25

“Working with others” - “to be vital, Faith “Must” be accompanied by self-sacrifice and unselfish, constructive action.”

Page 95 - Line 25

“Working with others” - “If he is to find God, the desire “must” come from within.”

Page 156 - Line 17

“A vision for you” - “Both saw that they “must” keep spiritually active”

There are other uses of the word “must” but this tells the story - they are “musts” you must tell yourself to follow!

## **Chapter 16 - To Say that Alcoholism is Curable is One Thing . . .**

To say that Alcoholism is curable thing is one thing. To prove it is another thing. Is it really a disease or is it something else?

I was an alcoholic for over thirty years and a chronic alcoholic for at least the last ten years of this period. I finally gave up alcohol and did not drink a drop for almost three years when I announced I had been cured. All that was left to me was to prove it. The first attempt proved nothing for I was unable to toxify myself to old levels. The next attempt I was able to toxify myself to very dangerous levels - a point that it began to jeopardize my five physical senses and all the laws of logic. This was the level I sought and all I needed to do then was to take control and keep it regardless of what would happen next. I would either prove control or go down in utter defeat. Remember that I was not "social drinking" - I was on a crash drive to get intoxicated deliberately. To get to a level where in the past I would need detoxification and outside help.

I know well my four-fold nature - physical - mental - emotional - spiritual and what I found that needed the most control was the emotional insofar as alcohol is concerned. I

had no trouble with the mental or spiritual. I experienced some physical problems due to the excessive amount of alcohol intake but I was able to control these somewhat by a higher level of consciousness as the alcohol slowly began to raise havoc with the lower levels and began to mess with my physical mentality. One can drink only if he has full control over his physical and spiritual levels of thoughts. I know I am composed of energies that lie on different levels to each other and as long as one remains in the higher levels he can remain in control of his inner-being regardless of whatever external matters or thing may be attacking him.

The proof doesn't come by the drinking. It comes when you decide to stop it and all alcoholics know what I mean by this. But here I take it a step further - Can an alcoholic drink sociably again? Can he have a drink or two and stop. This is what will signal his cure to other alcoholics and that will be my next step - Can I drink without becoming drunk and without wanting to get drunk because that's all an alcoholic wants to do - get drunk and escape from his present life and his present thoughts. An alcoholic is really a person caught up on a chronic emotional disability - there is a way out of this and I have found it. It's called getting out of "self." The Message of I Paul teaches the way - Love and Unity. One must study and practice the way faithfully to be successful. It take long hours and hard mental work but when done

properly it makes a new person out of you.

Why am I able to take a drink now or leave it alone when in the past I could never do this? The answer lies in Control - Consciousness - Sensitivity - Awareness - Faith.

By control I do not mean “a little controlled drinking,” I haven’t attempted any controlled drinking - I set out to drink deliberately and to consume as much as I physically could without any fear of the consequences of such a deliberate act. By control I mean that I was in control of my materialistic self - my senses and my emotions - I knew exactly what I was about and I recognized the possibility of danger but not the probability because I have great faith in The Spirit and never question its directives nor its directions. I simply let go and let it be. I have survived up to now. I was in a higher level of consciousness right from the start and I had to concentrate deeply to remain there. My conscience was clear - I had no moralistic or guilty feelings about myself or what I was doing, my faith allowed me to be fearless in spite of my past history as a drunk.

Sensitivity covers a wide area but it will suffice to say that the sensitive mechanism is a mechanism of reaction - likes and dislikes, pleasure and displeasure, needs and wants, reflexes, etc. One must take control over all his sensitiveness and overcome some of his conditioned

reflexes if he is to survive. Anger, outbursts of rage and/or violence, etc., are conditioned reflexes and reactions that we all have. They are overcome-able via the teachings of The Message. It simply calls for you to become Aware and to remain aware of such matters until you dispose of them one at a time.

If I had not overcome my old preconceived belief that I was an alcoholic and that I could not take a drink in safety I would now be in detox wondering what had happened - where did I go wrong? I have no preconceived ideas anymore, I am always in a state of change - changing - changed - Always! Even in The Message something I believe to be truth today may be something quite different tomorrow. To be aware one must be sensitive. To be sensitive one must have a clear conscience and be conscious of who he is, to know who one really is, is to be in control. To get into control one must have a profound faith that will allow him and push him upwards regardless of the barriers that confront him, the sacrifices or disappointments. Faith will drive such a one to study and practice to points of physical exhaustion and then give him new life to go even further.

What I have learned about alcohol in this experiment will go into the book "I, the Alcoholic." One thing for sure is that alcohol no longer has any control over me. It could not



take control of my sense nor my mentality. It did make me drowsy at times and I had to fight to overcome this. It did not make me nauseous as it did in the past. It made me a little giddy but I could not get fully intoxicated. It had no control over my consciousness whatsoever with one exception - I forgot to keep one appointment, and I am not so sure that was due to the alcohol, but I make no excuse for it. When I stopped drinking on May six nothing happened. I had no reaction at all. I was elated but I Paul brought me down fast. I was to try again only this time I would be required to drink around the clock taking in as much as I could in a deliberate attempt to get toxified. I ended this "spree" on May 13th. Today is May 16 and I have no after-effects although I drank enough alcohol from May 7th to May 13th to kill a man. That may seem like a very dumb experiment and a waste but let me say that it was necessary. I publicly claimed to be a "cured alcoholic," I put it on record and that compelled me to "prove it" - Prove all things is a very big part of The Message. I didn't simply prove that I was no longer an alcoholic I also proved that a supernatural healing was taking place and that I was in the control of some kind of protection.

There is one part of the experiment left to be dealt with. Can I now drink socially - What does this mean? Can I now and then pick up a drink or two and then leave it alone for

another time. This will take at least a year of doing to prove all things to a point where even the most skeptical will have to admit that something has happened that is contrary to all the preconceived ideas about alcohol and alcoholics.

After all we are talking about a person who has a long traceable record of Chronic Alcoholism, drying-out spots, mental hospitals, jails, prisons, half-way houses, arrests after arrests for drunkenness, disturbing the peace, a divorce due to alcoholism, and so forth. Someone is going to ask the question sooner or later: “What has happened to this person? How did he overcome his problem?” – Simply direct them to The Message of I Paul and tell them to follow the Yellow Brick Road exactly and they will find their answers.

Love,

F.

## Chapter 17 - The Meaning of Step Four - Freedom

Step Four simply means that if your mental intentions are clear, you get where you are going. If they are not clear, you probably won't get where you want to go, and the obstacles which might have only challenged you before, will be absolute barriers to the person who doesn't know himself and will not let others come to know him also. We cannot really get to know ourselves and we cannot give another party a complete picture of our inner selves unless we first make a searching and fearless moral inventory. Ruthless self-honesty is called for.

Every alcoholic in order to be successful in his search for sobriety must first be successful in his search for himself. He must know what he is, who he is and where he has been. Once he unites these, he can make a decision on where he is going.

The major obstacle to taking Step Four is Fear. I'm one of those who instead of asking an alcoholic "why do you drink?" wants to ask him "what are you afraid of?" Fear is the strongest instinct of animals. Fear is both real and imaginary. One forms in our thoughts and the other comes spontaneous as a separate warning or sense perception of

real danger. Fear that endangers you physically is real fear. Fear that threatens your happiness or prestige is sick fear or mental fear. A true believer in a higher power can have no sick fear – it's as simple as that! Sick fear is an indicator that you are living a life separate and apart from God, and as long as you do that, there is certain to be sick fear and even some evil. This is because you have no clear-cut principle by which to live. You have not grasped the meaning of the omnipresence of God. (2<sup>nd</sup> and 3<sup>rd</sup> steps). You do not understand that where God is, you are, that the place whereon you stand is holy ground that the presence of God is within you, that there is a God closer than breathing, and nearer than hands and feet, and that wherever you go God goes with you. If we mount up to heaven, we find God there, if we make our bed in an alcoholic hell, there too, we find God, if we walk through the valley of the shadow of death, God is there.

But what is the nature of this Presence that is with us? Is the presence of God going to reward us? Is it going to punish us? Is it going to heal us, or is this God that is with us a wholly good influence, a perfect influence, an influence for Freedom, Joy, and for infinite good in our life? The First Step on the Spiritual path is to become aware of God's presence. We need to be "emptied out" of all the things that bar us from knowing the nature of this Presence. Once that is

attained we are free to understand and accept this nature of God in us. This Fourth and Fifth Step are the Steps then that bring Freedom and release from what the Master called "This World." To know God as that pure Being in whom evil and fear has no rise, no source, no foundation, no cause, and no power is to live in Freedom because if He is not the cause of evil, of fear, they have no cause, for God alone is law, life, substance, activity, and being. This makes it possible to overcome idolatry, because when we have a God of purity, there is nothing to fear, there is no person or thing which can have any qualities of evil derived from God. Anything derived from mortal consciousness is not of God, and therefore not power. So when we behold injustices, inequalities, sins, persecutions, and revilings, our answer should be, "So what, be not afraid! None of this comes from God and therefore you couldst have no power at all against me. (John 19:11) The only power that you have is that which is derived from God. What is not derived from God is not power."

Truth is within you and you must open out a way for the imprisoned splendor to escape. Step Four is the beginning of this way for you, for how else are you going to do this without creating within yourself a vacuum so that the divine consciousness can come forth and restore you to sanity and restore to you the life that the alcohol has eaten away? You

cannot pray nor meditate until you are free from the past and the present! God constitutes your consciousness and through prayer and meditation you draw forth from within your own consciousness the Allness and the fulfillment of life. Why do you think the Master made it so clear that the Kingdom is neither “Lo here! or Lo there!” (Luke 17:21)

When you go into prayer and meditation there must be no preconceived ideas nor dark secrets hidden away inside you. There must be a complete yielding as you daily realize, not my will, but Thine, be done. You cannot go to God with a mind cluttered with the past and present because you will fail. Until you have completed Step Four and Five you are not free. Freedom is the Normal and Natural State of the Spirit. The person who has realized his spiritual nature and identity and who lives by the Spirit cannot be limited in any way. There is no way to confine spiritual being but you can lock it out. By taking a fearless and searching moral inventory and then openly unburdening oneself of it is to free oneself from a state of slavery. The dignity of the individual demands Freedom - Should the Spirit demand less? Freedom, however does not come by fighting evil. It does not come by overpowering error, nor does it come by appealing to some unknown God to come down out of the sky to free us from our vile enslavement. Freedom comes from enlightenment and that enlightenment comes from

opening our consciousness to that which cannot be seen, heard, tasted, touched, or smelled, to a Power invisible, a Power that does not war with other powers, but dissolves everything that appears in the nature of an enemy - whether without our being or within. Within each of us there is this potential, this spiritual impulse, this Kingdom, this presence and power, which the Master revealed would set us Free. "Ye shall know The Truth, and The Truth shall make you Free." (John 8:32) - Not the sword, not a violent revolution, not rebellion, not fighting other people, but quietly and gently realizing that slavery and limitations are within ourselves, the result of our ignorance of our true being, and that the Remedy, therefore, must also be within us! Being ignorant has nothing to do with being uneducated or without formal schooling. Ignorance as used herein means an ignorance of truth. Our ignorance of truth is what keeps us enslaved. Spiritual ignorance is the worst kind of ignorance. Admitting that our ignorance of truth is holding us in bondage to the body and its ills there must then be a willingness on our part to withdraw condemnation from the external world (people, places, things) and to acknowledge that in proportion as we overcome spiritual ignorance within ourselves and attain a measure of spiritual light will freedom come into our experience. In a great measure we may be able to live as having dominion over our body, and

even if we do not seem to accomplish that in its fullness and completeness at once, let it not overly concern you because if you can demonstrate more freedom than enslavement of those things that are bothering you right now you will have attained a higher measure of harmony in life than you have had in a long, long time. You may experience freedom only in an infinitesimal degree tomorrow or the next day, but even if progress is gradual it is certain, and as the days pass and you remain true to the Spiritual Values that you are learning and applying, more and more Freedom will be realized. Once you realize that your troubles are not because of external circumstances but rather through your own inner ignorance, then you are opening The Way for your own freedom to begin to appear. Once you are free you have automatically freed others and have within you the capability of freeing more.

Now I have covered Steps One, Two, Three, Four, Five and All the rest even, rather quickly above but you need to be at a higher level of thought to grasp this. In concluding let me point out a few pertinent facts about inventories. An alcoholic can never get sober until he understands who he really is. Inventory to an alcoholic is therefore a perpetual process. Our drinking was not our prime evil but it was the outward expression of some more or less obscure defect in our personality and our practice of living. It's how you



practice the process of living that determines whether you will be entitled to a new life, a future life, an everlasting life. In our drinking past we did not practice the duties of life. In our sober present and in our sober future we have an inescapable obligation to conform to the duties of life. A recovering alcoholic cannot successfully live as loosely as non-alcoholics may choose to do. We cannot have peace of mind and a guilty conscience at the same time. Hence the necessity of Step Four!

As drinkers we found it necessary to present false fronts to those people around us who were parts and pieces of our life - They have become habit and we need to overcome these "other" habits as well as the habit of drinking alcohol to escape. By getting out of ourselves, by sharing our inner feelings with an outsider and with God is the real beginning of life and freedom within us. It is ignorance to regret the past! You cannot change history! The only true forgiveness for it - The only true atoning for it is by not allowing the dark history of Self to repeat itself! The Twelve Steps are a perpetual "thinking process" - the perpetual process of thinking correctly which cannot fail to lead you into acting right. Action will get you free and freedom will involve you in perpetual action! Step Four is what I call going up to Jerusalem! "Behold we go up to Jerusalem, and All Things that are written concerning The

Son of Man shall be accomplished” (Luke 18:30) Let me explain.

Every true life has its Jerusalem, to which it is always going up. An alcoholic life of course is not a true life! Very strange is this quality of our human nature which decrees that unless we feel a future before us we do not live completely in the present where we stand today. We have grown so used to it that we do not realize how strange it is. Our human nature is such that it compels us to always look forward. And so every life has its Jerusalem to which it is always going up but what about the lives that aren't true?

The man who is going up to no Jerusalem is but the ghost and relic of a man. He has in him no genuine and healthy human life. This man could be an alcoholic who has finally decided to do something about his problem only to find out that stopping drinking isn't enough so that he sees that his time to go up hasn't arrived yet. Before an alcoholic can look ahead he must look back then he must go back and in his going back he must untie the fetters that keep him from going up to his Jerusalem. Those are the conditions for the man who is an alcoholic. The circumstances and the characteristic that got him here and that now, right now, can get him out of his stagnation and on his going up lie in Step Four. For he then who would know his Jerusalem must know himself and he must know the conditions. It is every

alcoholic's duty to realize, to make real to himself, both himself and his circumstances, what he is and where he is. If you are not yet going up then Step Four is the step you need to open The Way for you; it is The Step needed to remove the poverty of the Spirit. When I took this step I had as my inspiration Him who spoke these words: "Behold we go up to Jerusalem, and All Things which are written concerning The Son of Man shall be accomplished." For what he faced for me I must face anything that bars me from Him. He was determined and he was delivered up to the Gentiles by betrayal, he was mocked and spitefully treated. He was spat on and scourged, and then he was put to death. What a catalogue of miseries and He forgave them! How clear and perfectly evident was it to me that Step Four was the beginning of my going up to Jerusalem. "Behold I go up to Jerusalem and all things I have written in the higher steps shall now hold for me the hope of accomplishment.

Frank.

## **Chapter 18 - The Mystery of the Twelve Steps**

### **The Key to the Program of Recovery for Alcoholics Anonymous.**

Bill W. himself has stated that his initial ideas for the twelve steps were a combination of The Oxford Movements tenets and the God experience. It was from this base that Bill W. turned the emphasis from sin to sickness in order to give to AA a way for all people who were in the grip of Alcoholism and therefore powerless to free themselves by self alone. Through its shining simplicity Bill W. turned AA around so that it became “all things” to “all people” who would approach it with a desire to overcome their imprisonment to alcohol. Once the desire had become instilled individually the price to being lifted out of the first step to a more upward level was an open mind. Open-mindedness is the price exacted for the attaining of all things in life which lie on a level above you. That is not simply the price asked in AA, it is the price exacted by life, the real life and not the illusionary life being lived by almost all human beings on the face of the earth. AA is not magical nor is it secretive. It is, pure and simple, a way of living. Not of the old life, the life you have been suppressing and attempting to hide from but a new life, a new lifestyle, a totally new meaning to life and a simple yet dynamic reason, why you should want to

live a new life! The methodology of all this is really secondary to simply “letting go” and “letting it be”!

The twelve steps you see were not simply an innovation of Bill W. for they predate even Moses and his tablets. The twelve steps are in essence an evolution of man’s experiences in life over all the ages that man has walked on the face of this earth. God created man but man built over the years his own image and you and I, at least, know that the image isn’t pretty and therefore we know that we have denied God’s Will for us. God has consistently forgiven us but we have failed miserably to forgive ourselves so we continue to deny God’s Will for us in our life. When I tell people about my own spiritual experience I undeniably turn some people off but when I tell them of my recovery from alcoholism and all the degradation that was part and parcel to it they somehow look at me incredulously and state “that’s a miracle”! And that’s funny in a way but awfully sad too!

Sin and reform have little to do with an alcoholic in the beginning, they simply don’t fit in with an individual who honestly believes, though blind he may be, that he has faithfully tried to reform and quite possibly does look at his addiction as being sinful. Sin is sin but sickness has no connection with sin even if sin was the initial initiator! Sin is always forgiven through love but sickness and especially

people who are sickened by the struggle with life won't always accept the healing power of love and the built-in directions to a new life that lies within it.

An alcoholic who desires "out" cannot live nor should he be expected to live on love alone in the beginning of his journey. Neither can he live on bread alone but the bread is a need that must come before he can do anything else. That is why any alcoholic who has recovered has an inescapable duty to give and give and give for the rest of his life, whether or not he is a God fearing man or an agnostic. Fail in this one matter and you face the danger of re-joining those who are powerless and in need of your help! You must never leave the ranks of those "present" and become simply available. Those who are available usually slip back into the pit of disease. The bread of life is "love" but that is a fact that requires education, faith and hope for it lies above the highest level of thought of the physical man.

The program of AA is like a chain. As an individual becomes and then remains an unbroken link in the chain, he becomes a visible piece of action, the "chain-reaction" that is the lifeblood of the program. Although I have been accused of attempting to destroy AA, I say this to you clearly and absolutely truthfully. I have not come to destroy AA but to uphold it. I seek not to change even one word of the program of AA. I come in faith to shed upon it the light,

which is missing from alcoholics, not from the program, so that they may see clearly what the AA program is fully saying to them and what it is promising to them who will thoroughly follow its path. As an alcoholic, one who has lived that life of chaos and loneliness I know this: I had an unconscious need to dominate yet I was terribly dependent. I had tremendous hostility, hate and guilt and all because I was attempting to defend my inferiority. I felt horribly isolated and wanted to love and be loved but I didn't know how, and although I had a feeling of inferiority I also was totally devoid of an ounce of self-criticism but constantly criticized others because I envied them. I had a huge but false sense of superiority which drove me to be perfect. I set goals way beyond my capabilities. I was closed-minded, blind, deaf, and of course dumb as well as numb. I was a typical alcoholic personality which can be described in a few words easily by simply saying I was emotionally immature. I suffered from "self" or to say it another way, I was an overly inflated egotist whose every thought and idea as well as ideals were warped and out of focus. How does somebody get out of this mess?

I don't know if you are familiar with Genesis, Chapter One, verses two and three but let me tell you this about it. "The earth was without form and void" - my savage life in alcohol, my spirit knew this chaos - "And darkness was

upon the face of the deep” - this was my life experience before our Christ came. “But the Spirit of God hovering over the waters” - I look back and see how all of my past was necessary, how providence had set its mark upon me and through my blindness and all my rebellion the Spirit of God had been brooding over me and guiding my evolvment - and God said, “Let there be light” - to me it was exactly like that, a miracle that in a moment lifted me out of the darkness and into the light let out! A simple word out of the mouth of God, a creative act of omnipotence that gave me life. For to me it was the birth of light and order and purpose and beauty, the ending of my chaotic days and long agonizing nights. For the God who said “Let there be light,” has shone within my heart. He has scorched me, burned into me with His splendor and remade me by His strength, and now today I walk in a marvelous light that only I can extinguish, the light of the knowledge of the Glory of God in the love and face of our Christ Jesus.

I have learned that no man can save himself that is my great discovery. A drowning man does not want a lecture on how to swim, he wants a rope to cling to, a lifeline! I have learned to stand still, see the salvation of God, let go and let it be!

Once upon a time I knew of a potent cure-all that to me was a blessing, not a curse. My medicine, not my poison. For



a few hours or days or more, it magically floated away all my troubles. It melted all my fears, slew all my tension, removed all my loneliness and solved all of my problems. Yet it did even greater things than this because it solved all your problems also at least when you were a problem to me. One or two drinks and you and the whole world simply took a vacation and vanished completely out of my life and sight. Now that's a pretty hard act to follow or to replace I grant you but today in truth I have a more powerful, in fact the most powerful, healer and comforter available anywhere going full-time for me. It too is a spirit like alcohol but that's where the comparisons end. I never have to put His Spirit into me like I did alcohol. No, all I really have to do is love and let it flow out of me and by this simple act I have life, real life and therefore the means to know and enjoy all things, one day at a time. I have learned much, I am learning much and there is much I have as yet to learn. Bill W. expected for you to learn insight to step one, that's keen discernment or profound understanding. He expected for you to yield to the power of another. That's surrender, surrender to that which you are powerless over in step two.

He expected for you to make an irreversible decision in step three. This usually comes only after you have tried everything else and found to your dismay that they simply don't work. He expected for you to look deep within, into

your own mind or whatever is left of it and take a fearless, honest inventory. Introspection is the word for you intellectuals who may reach step four.

He expected from you a confession in step five. Done simply by an openly and opening of oneself to God and to another human being. The alcoholic who fails to make this examination of conscience and confession frankly will never achieve true sobriety.

He expected from you submission. An act of submitting in an unconditional surrender of self to the power of God. He expected from you an act of eternal humility, which would free you from self, pride and eventually any traces of arrogance. This step is not a magic wand that bestows humility upon you like a prize but you must find a measure of humility within before you can ever travel beyond this step. In admitting shortcomings and being sincerely desirous to the point of giving them up and honestly working at it, qualifies you in step seven.

He expected of you in step eight a schedule or itemized list of goods and their estimated worth. Another inventory! One that lists assets as well as all of your defects. Neglected assets often add up to a graver offense than simple sins of commission. God demands that you use to the fullest all the talents you have. If not for your own good then certainly for

the common good of all.

Bill W. expected for you to utilize the ninth step for the honest, forthright paying up of all you owe to God and man. Restitution being the restoration of anything and everything to its rightful owner. For the intellectuals lucky enough to have made it this far the word would be reparation, for possibly all you can restore sometimes to a person hurt is peace of mind or a kind word. The act is more important than the value of a thing materialistically yet honesty is the guide herein.

He expected of you in step ten a complete reorganization. Order in all things and kept neat and tidy on a daily basis. Once started, any break in the continuity of this step could lead to one's finding himself as a miserable heap at the bottom of the stairwell.

He expects that in step eleven you will have found your own direct line to God and regardless of how much static you may pick up over your line you must never stop in your pursuit of making the connection perfectly direct and clear by every means available. Righteousness, daily improvement, a house in order and the action necessary to lead you to perfection. Step eleven is your substituting for fear, all fear, the faith which is given unto you through God's Grace!

He expects from you in step twelve Charity, and all that that word implies.

Are you ready to admit defeat?

Believe?

Willingly Act?

Take stock?

Confess?

Surrender?

Be humble?

Make restitution?

Forgive and Accept Forgiveness?

Persevere?

Pray, meditate and contemplate?

Go into eternal action?

This is what the twelve steps of AA demand of you. Some people are simply not ready for his program, yet!

Bill W. gave it “time.” Can you afford to “give it time?” The Light at the end of the tunnel is you. No matter how long your tunnel is you can only come to yourself at the end of it.

The length of the journey is up to you. I have simply attempted to help brighten your walk.

Love and Peace,

Frank.

## **Chapter 19 - God - Out Forces - AA Mind - Self**

### **The Better Way - The Two Wills - Power**

God, the Creator of All in All eternally gives of His All in All that we might exist. The greatest “sin” against this is Pride. When we aspire to be equal with God we wrong God and these aspirations are the source of All of our ills and woes. We have been told that God has had in his nature from all eternity this outgoing, self-giving disposition of MIND. A disposition that was made visible by one supreme revelation in Jesus by our Christ. A revelation that came down and reached out to ALL human beings, an invitation in order to lift each one out of “self” into a “new union” with the selfless life of God, for which we were created and for which purpose we have a spirit. Once this revelation was made in a deed, there was nothing more that could be added to it, hence nothing has been added to it. The Way hasn’t changed. Man has altered it, ignored it, defiled it, but The Way remains exactly as given. It is still a matter of Prepare-Follow-Come!

No other power anywhere, no person, no place, no thing, nothing other than the Love that came to earth and revealed itself in Jesus can lead us out of our enslavement to “self.” The way is Spiritual not Physical. This power contradicts all the expectations of authorities, religious and

secular - then and now. And it will continue, forever, to contradict every way devised of imposing on the human will from outside which tries to supplant this inside, spiritual power, when, it is allowed to develop. Nothing else can ever save man from his "self" and at the same time leave him his freedom. All kinds of people can promise to save you and to change you and the world from outside - but the truth is as I Paul has repeatedly told us - man must be freely won away from "Self" if he is ever to know the truth and the freedom and the life that all the children of God are entitled.

Paul Tillich makes in his book "Shaking of The Foundations" this very vivid statement. "Even the greatest in Power and Wisdom could not more fully reveal the Heart of God and the Heart of Man than the Crucified has done already. Those things have been revealed for once and all. "It is Finished." In the Face of the Crucified all the "more" and all the "less," all progress and all approximation, are meaningless. Therefore, we can say of Him alone: He is The New Reality; He is the End.

From I Paul we know that certain, common dispositions of the mind breed indifference to the mind of Christ. By habit and by selective inattention we disallow ourselves to be given over to that mind until we need it desperately - otherwise, as long as we are getting along via some other attitude of mind there is no immediacy or desire

within us to do anything different. We accept life as is - not caring that there is a "better way." This was brought home to me vividly in Alcoholics Anonymous where I saw, not only myself, but others who as long as things were going along all right settled into the contemporary attitude of the moment and regardless of what kind of a program they thought they had they didn't really find out until their life became immediately affected by some person, place, or thing. These supposedly strong AA's proved time and time again to be weak and without a real program, A Way! Why? - Well for me, I failed because I had no God other than "self." - I continue to see and hear about people who sound good, look good, etc., but somehow keep failing. Can all these people actually be Phonies? Can they all wish to suffer instead of being healthy? Are they all insane? Is alcohol some kind of an evil spirit or demon that beckons them, calls them, compels them to accept to kill themselves or makes them desire misery, ill-health or worse? That's what some ignorant people would have you believe but there's no more truth in it than there is in their belief that alcohol causes a disease.

The Society of Alcoholics Anonymous rediscovered the truth that the working of God begins only when the self-sufficiency reaches the end of its rope or ends up at the bottom of the pit of despair and total helplessness. It



doesn't teach that you have to hit bottom - that has come from ignorant members who do not understand the program at all - the one's whose pride has them in the forefront all the time with their mouth going, teaching what they don't know and if they did what they wouldn't and couldn't practice themselves anyway. They can give advice "expertly" but they cannot "take" any. Most of these will always drink again, if not today then tomorrow maybe, but sooner or later these talkers who are not walkers of The Way are doomed to fall if they refuse to change. The AA Program makes it clear that victims of alcohol find a renovation of life only at the point where the weakness of their human "self" becomes really desperate - it recognizes that so long as the victim thinks they have everything under control they must remain incurable. Why? It's so very simple - they are full of self-pride, they are both afraid and ashamed to admit they are failures, they are dishonest and so they continue to drink rather than expose themselves and their failure. Since they are playing God they have no God to turn to - they are among the most loneliest people in the world and the most ignorant, not because they want to be but because they are enslaved and in need of the freedom and liberty stated above. They fear "change."

You don't have to be an alcoholic to recognize certain self-sufficient dispositions which today make many

persons, spiritually, unreceptive - there is the problem of the psychological mind and the ballyhoo over it - it has replaced the spiritual mind in our modern society and it has confused self-analysis with self-excuse - People turn to psychology to find out why people behave as they do - including themselves. I am not, here, knocking psychology - It can explain behavior but it's not a guarantee that it can be changed or is always correct in its explanation. If you want that, then you must have a change of heart and of mind. Self-surrender is what it's called - surrender to God's Will and the getting out of "Self," the "I," the "Mine," the "Me"!

Anybody who ends up with an alcohol problem is the victim of a self-coddling mind. These are people who are bored and always in a state of want - gimme, gimme people - leeches really - "All take and no give." They're never happy, contented, and peaceful - they have no peace of mind or serenity as they call it in AA - You won't always recognize these people right away. They "sound" so sincere and "look" so good at times that they fool you as easy as they fool themselves.

AA and all societies like it are designed to keep the natural self peaceful, happy and content. That's exactly opposite to what Christianity is - true Christianity is what I mean and not what is practiced by professing Christians.

True Christianity is intended to disturb self and make us so sick and ashamed of self that we will want to stop thinking about it, until something of our Creator can take command of us and free us from our tormented Selves.

On top of the psychological mind and the coddling mind we also have the business mind, the scheming mind, the forever dishonest mind and on and on. All of these and others have replaced the Spiritual mind. I Paul has said, work out your own salvation for God is at work in you, both to will and to action. What you need to keep in mind of course is that no man can save himself - no human is fully self-sufficient, not even Jesus - for he died and he could not raise himself - We must always keep the truth in mind! For when you are told to work out your own salvation it is expected that you now understand the hidden factors and undefined parts of the saying.

In AA people kept telling me to throw my will away. This is not only wrong but silly. God is at work in us, both to will and to work - I need my will, without it I am truly lost. What I need to do is throw out "Self" and retain my "will." Man is a creature of selfishness - we all love selfishness and practice it all the time. We know, if we are mature, that we ought to be unselfish and we admire it in others just as we know that love is the greatest thing in the world - we just love to be selfish. Now if you do know that you ought not to

be selfish and you are, how do you make yourself want to be unselfish? – the answer is simple, you can't!

Listen to I Paul. “For me to live is Christ,” “not having a righteousness of my own . . . but . . . the righteousness from God,” “I worked harder than any of them, though it was not I, but the Grace of God which is with me,” “For I am the least of the Apostles, . . . But by the Grace of God I am what I am” – Down through the centuries people have tried to say in all kinds of perplexing language, (to say) that God makes moral demands and then by His Spirit gives what is demanded. It would really be simple if we would neatly assign a certain area to God's operation, and another to the work we ourselves must do, but such a clear-cut division is not to be had. I Paul tells us of the twofold areas – the working of the will of man and the will of God. I Paul himself at one time thought of morality as rules of behavior or laws, imposed upon us by a moral ruler who required obedience and administered punishment to those who disobeyed Him. Then came the “light” on the road to Damascus and he knew the truth – that God is forever trying to give us his life, his spirit, if only we would put “self” completely out of the way and thereby make room for these gifts.

God's so-called requirements are simply the demands of our own nature, which he created to receive his Spirit and be transformed by it. Sin then, is nothing more than

separation from God, the life-giving God of All in All and its punishment is merely the consequence of shutting out God and attempting to live with an unredeemable “self.” The Choice is always ours. God will it that way, it’s the only way you can have a will and still be free.

Change is a matter of choice first and then the action of your own will second with the full knowledge and acceptance that you cannot ever be self-sufficient, that you cannot save nor raise yourself. You need that other and its availability is what makes it all so very, very simple.

## Chapter 20 - Who and What do I Serve Today?

The principles of the program rest partly on errors: Varied psychologically false theories of collective creation. Any strong movement must be pervaded by a warm and a constantly stimulating atmosphere so that contact of member with member within the group stirs and inspires to stronger feelings and a more vivid expression of them. But the common force is stimulating and not creative, expansive but not determinative. It's real but indecisive power can be pointed to definite activity only by individual intellect and will: the choice of definite means to a definite end is always personal work! Thus, though the Big Book and its stories show the stimulus of a believing milieu, they also indicate a pre-apology for those they call the "unhelpable, unreachable," and those they label as not "really alcoholic" as "we were" which are pure "catch-all" cop-outs. Further, one need only read the "Big Book" first and then go to AA meetings to see that the book possesses a sober reality in tone that is far from the unchecked exuberance of the so called "qualifying" members which more often than not proves to be only a temporary manifestation. AA is really nothing more than a loosely organized "cult life" that honors and worships total abstinence from alcohol and that only. The "Big Book" hasn't changed, the original hundred or so "eye witnesses" didn't change, but the new

membership which is a large and continuous turning-over has changed and keeps changing and they decide what the program is and they make the rules of the cultus. The co-founders of AA did not acquire their sobriety through the AA program. From the beginning, the person of Bill W. was the focal point of the whole program and he himself acquired and established his sobriety in the Oxford Movement while Dr. Bob only had “spaces” of abstinence by following the Oxford program perfunctorily - up to this point there was no anonymous, controlled, organized program which we know today as Alcoholic’s Anonymous - in view of Bill W.’s true History it is bigotry and ignorance to say that there is no other way except AA - that’s a pure “Catholic” viewpoint and invalid - the Ultimate Concern of AA is total abstinence and that may be acquired in many proven ways.

I personally have no quarrel with AA - I owe it much - but my ultimate concern is not sobriety nor total abstinence but freedom, so that my ultimate concern is therefore God. AA today is a collection of small independent units, artificially linked together by individual discernments which are more commonly spoken of as “my program” which invariably differ from the true AA program as well as each other, and although this is not what the AA program was intended to be, it has become. The price of uncontrolled growth has cost AA its true, its noble, its vital message and

its natural identity. Its original traditions and intentions are losing their recognition and will continue to do as more and more new people bend the program to fit themselves instead of fitting themselves to fulfill the promises of the program. Alcohol was once my God. Sobriety was once my God. At times in my life I have served many masters but today I am “in Christ” and I serve only one master and one master only so that I no longer could be a member of anything on the face of this earth that does not leave me completely free to serve my one master, God. People, places and things are no longer my gods. I am free. My self-analysis has annihilated all the false gods and idols.

F - “78.”



## Chapter 21 - The Way Out of Alcoholism or Addiction

### To Brain Altering and Thought Controlling Substances

If you can change your individual living conditions and you can, then you can, you may and you should upgrade them and at once with no hesitation. You should begin now to change your personal lifestyle and give to your life and life a new meaning. You need to find life in sobriety and not sobriety in life. The way of the program has three basics:

- 1) Invitation - or “You May,” which includes preparation.
- 2) Appeal - or “You Should,” which includes faithful following.
- 3) Challenge - or “You Can,” which is “coming up” (to a full life).

These three basics hold out to you therefore

- 1) A new way of life (dry) (sane) today.
- 2) A new lifestyle (sober) (sane) tomorrow.
- 3) A new meaning to life (sobriety-sanity) (free) forever.

None of this is new - it's all in the official AA literature - let him who has eyes, see! From the above six (6)

conditions and promises you are free to do anything you want with this priceless gift! Whatever conditions exist in your life they exist only because you give them permission to exist! People, places and things control your life, your existence, only to the degree you give them license to do so.

Man has spent his whole life - all his energy - in finding out what God is not instead of what He really is! “But for the Grace of God” is a well-known phrase but very few people in this day and age really know what it means. I believe in God but I go beyond that. I am also dedicated to and practicing tirelessly and unceasingly to be a Christian! I am not and neither do I know of anyone who is a Christian, a pure absolute Christian. You may say you are a Christian, fine. But now tell me what a Christian really is? Tell me what Jesus said clearly and coherently and relate to me what he did that gave to us the very term Christian? What were the actions, the deeds, the works that he displayed to us that clearly and visibly demonstrated to us exactly what a Christian really is? I honestly believe that the vast majority of professing Christians do not even know what the term implies nor what conditions must be met in order to be a real Christian and not one in name only. It is man who makes up titles and labels and it is man who either lives up to them or ignores them. The truth will always out! Alcohol doesn't make an alcoholic, man does. A belief in God comes not by

the mouth but by what you demonstrate in your life, one day at a time. A true Christian can drink but he can never be an alcoholic. A human being can drink, not be an alcoholic and also not be a Christian. A human being who does not drink is therefore never an alcoholic but he is not necessarily a Christian either. A person can do God's Will all his life and not be a Christian. Titles do not make the man nor the real Christian either. Being baptized does not make a Christian. Confirmation does not make a Christian. Honoring the Sabbath does not make a Christian. Belonging to a Church or a religion does not make a Christian. The way to be a Christian lies within you as well as without. Your thoughts, your acts, your deeds, your love, your imitation of Jesus in your life and in your circumstances and space is what may turn you into a real Christian and not just a Christian in name, title, or label only. You are not a Christian by inheritance either. Flesh and blood birth does not a Christian make. To be a Christian is to fulfill the way of Jesus. Now nobody has to be a Christian. No law or rule, regulation or Church can make you a Christian or make you be one! You don't even have to believe in God if you don't want to, in fact, some people simply cannot come to such terms within themselves. Neither God nor Jesus can be forced upon someone against their will and to do so or to try to do so is Anti-God and Anti-Christ. At best, the most you

can do as an individual is to demonstrate that you as a believer and as a practitioner have something more than just faith. Jesus speaks to me from the cross thusly, "Behold, I have given you everything. What do you give for me?" I need to give my life in his service as a beginning and the finest way to begin doing this is to do God's Will in all things. I need to learn and practice how to act in His presence so I constantly strive to continually practice the presence of God in words, acts, and deeds - man continually searches for the missing link and it is within him as well as without, love is all in all and from it nothing is missing. Are you missing?

Love,

Frank.

## Chapter 22 - A Way to Begin Living the Real Life!

It's a shame to watch people fight to restore sobriety to something they have lost. Life.

The key is to restore life to sobriety, not sobriety to life. Alcoholics are their own worst enemies. Their image is clouded and discredited by their empty boasts, flamboyant promises and humiliating setbacks. They keep fighting to restore sobriety to life and it won't happen. A new way of life, a new lifestyle and a new meaning to life, all add up to a new life and it is to this life we must direct all our attention.

Alcoholics are People.

Alcoholics Anonymous is a Place. These too will pass.

Alcohol itself is a Thing. Let it be!

Alcohol is a visible spirit capable of releasing uncountable invisible spirits that can usually only become overtly manifest in an alcoholic. Usually these spirits are unwanted but the alcoholic just can't wait to release them being drawn to them by another invisible source that drives them also to seek along with you that fabled city of gold and sparkling gems in the sky where the unwanted now simply rides off into the sunset of life and mysteriously disappears.

The only damn trouble is that it keeps coming back and that's the price it exacts from you for what it temporarily does so well for you. The dis-ease of alcoholism you see, demands from you and gets from you its payment of mental blindness. Alcohol sneaks through your head and steals your brains away and you are not even aware that the theft is in progress. Alcohol as a non-entity, a thing, has no desires, no compulsion and no will. The spirits it releases are legion and their names are: resentment, dishonesty, criticism, self-pity, intolerance, jealousy, anger, fear, egotism, hate, lying, revenge, greed and sloth. What booze really does is save you from the consequences of telling yourself the truth about yourself. It takes guts to climb out of a pit of dis-ease and stay out of it, any damn fool can keep jumping right back in and they really don't have to be insane to do so. All they have to be is an overgrown adolescent who is so full of self-pity that there isn't room inside of them for anything else. Most alcoholics drink because it's the only way they know to protect themselves from themselves and that's sick and sickening because that's protecting yourself from having to think, the process that separates humans from other creatures. Alcoholics can say they have an excuse when they are drinking but the moment they stop and step through the doors of AA they have stripped themselves naked of all real excuses. Yet, thinking does not come

automatically when you get dry for dryness is sort of like an empty space, a pre-sober chaos wherein you are trying to think but you aren't very successful. That's when you can't see a fact even if it jumped up and kicked you right in the guts. What you are really doing is chasing sobriety but can't see the truth that you are standing still. That's why you need help and direction and the program of recovery of the twelve steps of Alcoholics Anonymous is a great place to start. Not drinking and going to a lot of meetings is a beginning but never an end in themselves. It requires more, much more. As a former slave to alcohol I know that a few drinks of alcohol can give to an alcoholic a tremendous sense of relief but I also know that all such relief is temporary in your life and of course it can kill you and raise havoc with what it does temporarily.

The dis-ease of alcoholism demands from you and always gets from you its payment of mental blindness. You see, alcohol sneaks through your head and steals your brains away and you are not even aware that the theft is in progress. You can exist without your brain power but you can't live very well and usually not without it. Living is a never ending education and as long as you keep learning you keep living better and better and more comfortable. So getting dry is not the answer because those who get dry and stand still in their dryness will always begin to drink alcohol

again simply because they are drinking in their minds, silently, day in and day out and the sad part of all this is the fact that they do not even know it. Living is a constant eternal doing and not a not doing and guess when you will know, really know, if you have been successful or not? You see to die sober is nothing if you haven't lived soberly. My goal is not to die sober, it is to live righteously in peace, love and happiness. I want to live and die here in comfort, comfortably within, and not without, materialistically. I've had just about everything a person could want in life materially only I was missing the one ingredient that would have made it perfect. I didn't have life. It's a truth that I had never seen my real self in a mirror until I was over fifty years old. That's frightening on the one hand but a lot of assurance on the other that I am now at least on the right path. For today I do know the real me and that gives me the opportunity to work hard to perfect him. Alcoholics Anonymous is nothing more than a course in freedom. How long you need to matriculate is determined by how deep you allow your bottom to be. Whenever you want to raise your bottom all you have to do is come up to AA. How long it takes you to be free is determined by how well you learn and utilize the freedom that is being taught. Alcoholics Anonymous was never designed to enslave you but to free you from all enslavement and anyone who denies this



hasn't learned this simple basic lesson of freedom which is given to you as a free gift. This freedom is what releases you from the everyday pain and the lonely separation of the real you from life, peace, happiness and love! Not drinking and going to a lot of meetings is very important for it takes a lot of space and tremendous effort to learn to unlearn simply so you can begin to think again correctly but it doesn't take a lifetime and the program itself has built-in warnings about procrastination. Procrastination is what got you into and kept you in slavery so it simply won't get you freedom. You have to exert the action if you wish to be free. People who need a meeting every night suffer from an inability to fill the emptiness of their life between meetings. They are singularly unable to cope with the events of life from one meeting to the next meeting. They are on a treadmill but they aren't going anywhere and sooner or later most of them will begin to drink again. Which is all right provided they have learned the truth of freedom. The program of AA is not a selected hour and a half daily set aside for the practice of its way of life. It is a twenty-four hour recovery program practiced a full twenty-four hours at a time one day at a time. You don't come to an AA meeting to practice the program of AA but to "gather in" the way of living life twenty-four hours a day, one day at a time over and over and over again just like you drank over and over and over again,

one drink at a time. The meetings are transfusions which are eternally available no matter where you go and when they are needed. If you are confronted with this inability to fill the emptiness of your life with a measure of comfort in between meetings then you had better take a good long honest look at your program and come to terms quickly with your inability to cope with life soberly. I believe people who are not now drinking but who are all screwed up are working their program wrongly and working the AA program wrongly. Are you trying hard to put some sobriety in your life and finding it impossible? If you are then let me tell you a little secret and reveal to you what your problem is. Stop trying to put sobriety in your life and get into action and put some life into sobriety! That's the answer to all your problems not just to your alcoholic dis-ease! This is the answer and all you have to do is let go, love, and let it be!

You may forget God a lot but try hard to remember that He never forgets you. Alcoholics Anonymous is not a magic mountain and it promises you nothing more than a day free of alcohol if you thoroughly follow its way. Its way can lead you up the magic mountain but when you get up there you have to do your own talking baby and you have to do your own walking also! You may think you're a human being but take a good close look and you will see that you are nothing more than a creature of habit. There are good habits and

there are bad habits and they are interchangeable as well as changeable and believe me the choice is all yours. Whether or not you will exist in a terminal illness which you greet ignorantly daily a temporary pleasure or whether you will begin to put some life into sobriety one day at a time is strictly up to you. If you need alcohol or pills or needles for life then you are not really alive or living, something else has stolen your life and is living it. Who? It's those invisible spirits I mentioned above, the ones you can't see even when their names are written all over your body and they secrete out of every orifice of your total being, What's sad about all this is that most people blame God for their miseries. God doesn't punish or reward! So, is there punishment? Is there reward? Yes, of course there is or what would be the use of our faith, hope and love of God. But, you see, it is you who sets in motion the rewards and punishments of self and not God. He loves us and He forgives us but He doesn't punish us or reward us. You are always the victim of your own punishment and since this is true you are also the recipient and cause of your own rewards. What sets all this in motion? You do, by the quality of sowing you do for you do reap exactly what you sow no matter how long it takes it to catch up with you. Whatever comes does not come because of all the words in the program of AA. If words alone healed then all you would have to do is read the words and go out healed

and heal. The works and workings come through grace and how much action you apply to this free gift. The fruit comes because of the principles contained in the message when you work them. When they are studied, practiced and fully followed they can lead you to sobriety but automatically to God. It requires more than sobriety to partake of the God experience and whenever that experience has manifested itself within you then the experience comes and it is this experience that does the work of living the real life.

I have learned the hard way that you cannot give sobriety to life. You need to put life into sobriety for when you came to AA friend you didn't have either one. Read on and see how I came to this great truth.

### **LIFE AND SOBRIETY**

It would seem to me that the failure of most people who come into AA and don't make it is directly attributable to one or two reasons. Regardless of what anybody says you really don't have to have a desire to stop drinking in order to make it in AA. Nobody was any more cynical than I was when I came into this program and I very definitely didn't have a desire to stop drinking on a full-time basis. Too many people who enter into AA go there looking for sobriety in life and that's where almost all the failure of those who don't make it lies. When you enter there you usually don't have

any life, real life, any more than you have sobriety. What is needed in your thinking is not sobriety in life - no - but Life in Sobriety - that's what you really need to be in search of if you are to be ever successful in this program. People who go there only for the purpose of getting dry and staying dry really only have one or two things to look forward to. Those who get dry and do nothing else sooner or later will always start to drink alcohol again. Those who get dry and faithfully attend meetings so that they get addicted to AA and dryness just might not drink again, it's rare but it does happen - but they never Live, never really live the real life that is promised there in the twelve steps of recovery. They get dry and claim sobriety but they're blind to truth - they are still miserable - still hateful - still resentful - easily led by outside influences, so that people, places and things are still controlling their life - all they have done is transfer their addiction. Alcohol may not have them enslaved now but people, places and other things do. No, they're not sober - they are simply dry and still locked in - they are prisoners and there is no real life in them - no faith, no hope and no love - I can remember sitting on a curbstone, drunk, beat, sick, alone and lonely, depressed and despairing and very dumbly talking to myself and to a God I didn't even believe in - "God," I said, "give me all things so I can enjoy life." I was so sick I had silly dreams like, if I prayed to this God he

would grant me a miracle just to win me over - he would do me a favor - why, tomorrow I would wake up and be in a big beautiful new home, a Cadillac out in the garage, plenty of food, a big well-stocked bar, a couple of servants, Marilyn Monroe in a big bed with me and piles of money in my pants pocket draped over my chair. And you know when I drifted back into reality and became conscious of the cold curb I was sitting on I would say - what a rotten deal - that God character gave me a screwing - I ask for all things so I can have some fun with life and instead all he did for me was give me life - this rotten, miserable life - God but that's unfair - and you know I couldn't really see what God had really done for me and I only found this out two years ago - God didn't give me all things so that I could enjoy life, no, but he did do, and what I couldn't see was that He gave me life so that I could have and enjoy all things! Of course I had to get my ass off that curbstone and give some life to myself so that I could go and enjoy all things. I had to stop being so dumb and so selfish. I had to stop being a taker and become a giver. I had to give, give and give of everything I had even when it hurt like hell and you know when I started to give some life to sobriety things did get better - things today are beautiful. I'm not sober in life. I am life in sobriety. I don't know what lives within you my friends but I know what lives in me - Love - I would like to steal a thought from the

greatest human being who ever lived. You want sobriety? Well let me tell you a little secret. Sobriety cometh not by observation! Neither shall they say, lo here! or lo there! The key to sobriety lies within you! Stop looking for sobriety in life and put some life, real life into sobriety. You've got life even if it is only a tiny spark. Little sparks have been known to light some of the most gigantic fires of all time so use what it is that is in you. Action! Action is the name of the game and love is the way. Put some life into sobriety and I guarantee you that you will live to enjoy all things. Is that the promise of AA? In a way, in a way but it is the promise of God Almighty Himself. Bring your bottom up to AA but don't stop there, come all the way up to life and Christ where all things are possible in life, love, peace and eternal happiness, one day at a time.

All my love,

Frank.

## Chapter 23 - Thoughts that Lead to Healing

If I, being an alcoholic and take not alcohol, what be this cause? How this healing? For if I build again the thing which I destroyed, I make myself again a transgressor, or drunkard. No? Who then destroyeth?

If we had lived as God's children, there would never have been the fellowship of AA, only the fellowship of Christ. There would be no alcoholism, therefore, no alcoholics, no alcohol disease.

For I, through the alcohol am dead to the alcohol, that I might live unto God, alive, by Grace. I do not frustrate the Grace of God for if righteousness come by the alcohol then I am alive in Christ in vain. Better should I eat, drink and be merry, for tomorrow maybe I die? Am I so foolish, having begun now in the spirit to begin again in the flesh? So, then that they, which become of the faith are blessed of the faith, not of alcoholism. Now having learned sobriety through faith I must need live by the faith, sober, in God. And though I speak to you after the manner of men, it is not I who speak to you but the spirit who speaks from within me by faith. For me, you see, alcohol was my taskmaster, to bring me unto God that I might be justified by faith. Now that I have faith I am no longer under the taskmaster, but under God. For if I be Christ's then I cannot be alcohol's. That you never need



to suffer again, are you to become my enemy because I tell you this truth? Tell me then, you who desire the alcohol, can you not hear the drink talk to you? Can you deny this? Drink says nothing to me, for how can I hear it speak when I hear only God? You are in bondage who hear drink call, yet I am free, free of dis-ease and disease. For once you become of the Holy Spirit, led by the Spirit, you are no longer under the spell of your evil spirit alcohol. You are in Christ. A fruit of the flesh is drunkenness but the fruit of the spirit is love, peace, happiness, gentleness, sobriety, goodness, by faith. Peace within as well as without. Come! Yet, if we live in the Spirit must we not also walk in the Spirit, always? Of course! For if man says he is something when he is nothing, he deceives himself only. He is vain glory. Be not deceived, God is not mocked! For whatever you sow that also shall you reap for we are the victims of our own punishment. We will it so by an absence of love.

I pray that I shall not weary in doing good works, for in due time I shall reap if I weaken not. Come stay strong with me! For our Father doeth the work, yet we labor well in His name for the next world. For he who taketh of the cup of righteousness reaps righteousness, so when you partake of this cup, think oft of me in love as I love you, All in All with God. Peace! - Frank.

## **For Alcoholics Who Wish to Join the Family**

For alcoholics and addicts who wish to join the Family of I Paul, the following pages are for your discernment.

Look for God in strange Places and you shall never fail to find Him - I Paul, 1977.

Every student is destined to teach- I Paul, 1977.

God will never do for man that which man can do for himself - I Paul, 1977.

If we hold back Wisdom until the world is wise then we must go on holding it back eternally - I Paul, 1977.

Faith is betting your life on a daily basis that God awaits you - I Paul, 1977.

If there be a physical body then there is a spiritual body- I Paul, 1977.

Prepare, Follow, Come, in Love, Peace and Understanding - I Paul, 1977.

## On Being a Barroom Thinker

Hey Mr. Bartender, set up the house - and give me my usual, hell no make that a double! Cause the waiting's over. Your case is up and, my God, there's been a rebirth, really! America is real. Even you're real. Up the street the soldiers are coming down. There is a frontier and space spills over; the universal eagle's wings are spread asunder. But alas the age of anxiety has yet to succumb to an age of recovery or its expected thunder. Anarchy is everywhere you look - please look. Even in places you can't see, please look. Still all governments and all nations cling tenaciously to the vine, wither thou.

This must constitute wonder, rebirth or not. As for that second coming, that religious revival out there in Arizona, well, forget that, how in hell can you have a revival of something or someone that never was, maybe. O.K., the dust bowl was real; so were the "Okies" who surged forward toward the new western frontier and towards the new worlds.

But don't hide your mind, damn you, don't hide. God can't be American, no more than Graham can be Presley. And if you wait long enough for God to be shown on T.V., then really, really, you'll live long enough to be the last man on earth and you can then order any appetizer you want -

for your last supper. Now by God we'll call your number, so choose one, go ahead and choose; for you're the living end brother, believe me.

And as you come forward for all those shiny new silver dollars, please - brush the atomic dust out of your conscience - and on the way out, with your pockets full of silver, lighten up the load a little with your big contribution to the "Sallys." You know, the Maccabees went off that cliff a long, long time ago by choice, by democratic decision. What is democracy? Who has any?

Old Soldiers do die, you know. Both Ike and MacArthur are gone - So aren't John F., Malcolm X and Martin Luther (Et Tu Brute, etc.). And by the way, Nationalism has been dead since Hiroshima (Or Hiroshema). But what about democracy - is she too dead? Go and ask Jefferson or Lincoln or John Fitzgerald Kennedy, or better yet, climb the small hill of Calvary and ask Jesus himself. And let me tell you brother or sister, I hope you come down the mount with an answer ringing clearly in your ears.

Linnets and planets to fall like rain - one, of the beautiful plumage and wing; the other, a fire like a comet for lovers and weepers to rejoice and then shudder from the fire of its tail.

And don't wait baby; don't wait for an obscure

practitioner to find for you what you have already found. For if you'd only look down, you would see your own ass on the deck of your own Mayflower. Why reconstruct? Why wait for salvation from certain death? Why wait for storms to abate or calm seas? Why wait or wish or beg happiness or to negotiate with natives? Why wait for all the blood to drain from the body - why wait until it's dry? Why not do something while we're still alive, while there's still love, while there's still a chance of understanding and a chance of unity? Why!, I scream out, why? Why? Why? Why?

The music isn't lost; it's always there and there is only one dance you can dance. You simply have to tune in and Old Man River will always run whether it be past the ghetto or the ole Virginie manse with the marble statue of Aphrodite grown over with moss, with all lovers scrambling for the school bus alive with arms. Stop waiting for intimations - go look in a glass darkly and keep staring until you see the light. Stop waiting for youth or imitations of immortality because youth is everywhere or where you misplaced it. Only Ovid wrote indelibly; God has since removed the license.

You don't need to stand helplessly about awaiting a rebirth of wonders, my God, wait no longer; for it passes you by every living moment of your life.

The last continent left for Peoria ten minutes ago. Why

in hell wasn't I aboard?

Hey bartender, the usual! Turn me away from the mirror; I really don't have the courage of all my conviction. God have mercy on such as me.

To all my loved ones - Peace - Love,

“Pz.”

## **Alcoholism - The Way Out - Now!**

If you're an admitted alcoholic and you desire to be free from the enslavement of alcohol you must recognize that it involves more than for you to simply stop drinking.

Alcohol is not a germ - it doesn't cause any disease as a virus, etc., does. Alcohol is a drug and can cause an addiction - A compulsive physiological need for alcohol - or whatever a person becomes addicted to, whether it be a person, place or thing.

There is nothing baffling about addiction - it comes through use and abuse of whatever it is that one becomes addicted to - Alcohol, heroin, food, gambling, sex, etc.

You don't become an addict without working at it. That's the way in - you become a creature of a single habit that controls you. To get out of the control of the habit can only come about by working at it - something we call Action - Action in every conceivable manner possible and it is an Action based on self-discipline and order. As an alcoholic you know well the truth that alcohol is a power greater than you are. The way out is to replace this temporary power that is greater than you are with a power greater than you and the alcohol. Now of course this could be another addiction to replace the present one or it could be the power of all

powers, greater than all people, places and things. You have a free-will and the choice is yours and yours alone so you must keep an open mind and be willing to listen and to exert the honest effort of attempting to try the suggestions herein that are given - they could save your life and prolong it.

Chronic Alcoholics are very unhappy people. Now-drinking alcoholics who refuse to do anything beyond ceasing to drink alcohol are similarly unhappy and remain that way. Most alcoholics I know, both the drinking and non-drinking type are very unhappy people and since they do not enjoy life they are very uncharming people and difficult to be around.

Why is this so? Simply because alcoholics are always attempting to recapture something that is gone. They do not understand that there is no "time" but the present - you carry all your "time" with you - You cannot recapture what has passed and most drinking alcoholics reduce drastically what is to come - All time is NOW! Most normal people can forget the past but an alcoholic is ensnared by it in attempting to drink himself back into the past and to recapture it's euphoria and his control over it - What an alcoholic has to do is forgive his past and admit his powerlessness over it and alcohol and remember only the past for the bitter lesson it has clearly given to him. For an alcoholic there is no past - even when you recall what you



label as “past” it becomes the NOW in your mind and as you relive once again the now of things long dead you have no “space” to live in the “now.” Alcoholics are always reading yesterday’s newspapers and living in a dead now! Alcoholics are foremost among the living dead.

Alcoholics who fight the desire to drink by will alone will always drink again - The desire to drink alcohol must be replaced by a greater desire - the desire not to drink then must be greater than the desire to drink or the alcoholic will drink again, and again, and again. Forced abstinence or death are the only way out for such as these. But there is another way!

The very first thing an admitted alcoholic must learn is that he cannot save himself - No man can save himself. This “truth” above all other truths once learned and accepted is the beginning of an alcoholic’s Way Out - it is the foundation of all spiritual experiences. Is it any wonder that in the book “Alcoholics Anonymous,” Chapter Two, “There is a Solution” it states clearly and emphatically and I quote “the great fact is just this, and nothing less: that we have had deep and effective spiritual experiences which have revolutionized our whole attitude toward life, toward our fellows and towards God’s universe. The central fact of our lives today is the absolute certainty that our Creator has entered into our hearts and lives in a way which is indeed

miraculous. He has commenced to accomplish those things for us which we could never do by ourselves.” - (underlining mine.).

Alcoholics Anonymous makes it clear that there is no middle-of-the-road solution - it's either to go on drinking to the bitter end or to accept spiritual help. To accept spiritual help to the fullest is to accept that alcoholism is curable - not simply arrest-able. God cures and saves those who fully do His Will - there is no middle-of-the-road - alternative with God's Will either. Alcoholics Anonymous claims that the terms “spiritual experience” and “spiritual awakening” means a “personality change” sufficient to bring about recovery from alcoholism, and can manifest itself in many different forms - the highest form of such a manifestation has to be “cure.” The book “Alcoholics Anonymous” says “we have found much of heaven and we have been rocketed into a fourth dimension of existence of which we had not even dreamed,” further the “Big Book” talks about miracles and the necessity of a belief in and dependence on God - this belief in and dependence on God is less than true when and if one then attempts to teach or preach restrictions to God's Power, God's Love, and God's truth. The Path to recovery can only end in cure! In fact AA itself talks about recovery and permanent recovery in significant and quite distinctive terms - they do not mean

the same thing. AA itself declares “that in all probability, we shall never be able to touch more than a fair fraction of the alcohol problem in all its ramifications. Upon therapy for the alcoholic himself, we surely have no monopoly.” Alcoholics Anonymous by its own admission is confined to a “recovery program” - its own self-interests compel it to shun any use of the word “cure.” Recovery in itself is a term that includes cure - As a health term it means to regain a formal position or condition of health - archaically it means “Rescue.”

Alcoholics Anonymous states clearly that regardless of abnormalities of body and mind “we work out our solution on the spiritual as well as an altruistic plane.” There can be no limits nor restrictions made upon such a plane except via untruth. It has been understood for years that alcoholics (and all addicted people) cannot differentiate the true from the false and it is evident in the book Alcoholics Anonymous, written by alcoholics for alcoholics - A point which is usually completely overlooked by alcoholics especially.

To rely upon a spiritual solution and God’s Will (man’s well-being) is one matter but when it is restricted and compromised then there is no true freedom and where there is no freedom there is, in truth, no Spirit!

Right here we must make a true and truthful statement

in defense of what AA stands for. It stands, not for a cure of alcoholism, but of a recovery from the desire to drink alcohol and it teaches as the only way total abstinence from alcohol and a change in your way of living. One of the founders of AA, Bill W. says that God has done for him what he could not do for himself - I can see no possibility of restrictions being applied to such a statement. Bill W. goes on to say that "Belief in the Power of God, plus enough willingness, honesty and humility to establish and maintain the new order of things, were the essential requirements. Simple, but not easy; a price had to be paid. It meant destruction of self-centeredness. I must turn in all things to the Father of Light who presides over us all. These were revolutionary and drastic proposals, but the moment I fully accepted them, the effect was electric, etc." - I see no room within such a clear statement, if it is true, for restrictions of any kind wherein "cure" can be ruled outside of God's Will for man or above his power. Bill W. also claims that "Faith without works was dead," he said, "if he did not work, he would surely drink again, and if he drank he would surely die. Then faith would be dead indeed." What he labels as "Faith" and what "Faith" is in truth are two different matters. Faith in recovery and not cure is only half-faith - not unconditional Faith in God Almighty who has the power to do All things.

To embrace total abstinence is to solve the drinking problem but it is not a cure nor is it in any way, shape, or manner a recovery - Alcohol is not a disease causing germ - Alcoholism is not caused by alcohol nor is it a disease - it is symptomatic of a dis-ease but not a disease in and of itself.

The big book of AA says a “Real alcoholic” is “the person who begins to lose all control of his liquor consumption once he starts to drink” and it goes on to say “therefore, the main problem of the alcoholic centers in his mind, rather than in his body.” It continues on to the flat statement “He has lost control.” The fact is, it claims, that most alcoholics, for reasons yet obscure, have lost the power of choice in drink. One need only recover that power and be cured. AA says that’s impossible, and it does so in a manner that makes it clear that they are speaking for God! Ironically AA says you are beyond human aid but on the other hand they restrict what God can do for you. There is something radically wrong in this two-fold natural and supernatural claim of AA.

Faith in God’s Grace cannot be hindered by any obstacle nor restricted by any man nor group of men who refuse to recognize that God cures. The “Faith” of Alcoholics Anonymous lies in sobriety - my faith lies totally in God in all things!

AA itself says “We have no desire to convince anyone that there is only one way which faith can be acquired” and that’s an honest statement but the half-faith of AA clearly lives in total abstinence and not in full faith in the powers of God Almighty which extend beyond such restrictions as recovery when the terminology is clearly opposed to “cure”!

The big book flatly makes the statement, “We know that no real alcoholic ever recovers control,” that’s as truthful as the atheist who claims that no God exists, ever! It is not only an untruthful claim but it smacks of visions of grandeur and intellect which signal that somebody is playing at being God instead of having real honest Faith in God!

AA says “once an alcoholic, always an alcoholic” but it doesn’t say that about a single other thing, in fact it goes to great lengths to prove that once an atheist, not always an atheist, for many have come over to our way of thinking. Every opinion of AA is biased to fit their wants and their structure, and this should be clearly understood by all who read the “Big Book” and their propaganda material contained in their numerous pamphlets. Am I herein condemning AA? No, I am simply attempting to point out what they say and claim and what their true program is. AA has done many wondrous things for numerous amounts of people, but it stops short of what is attainable - cure over

recovery - its true faith lies in abstinence, in sobriety, (not drunkenness) not in God and His Awesome power. The whole structure of AA is to get the alcoholic to transfer his addiction from alcohol to Alcoholic's Anonymous, this is not freedom as Jesus taught it - AA teaches insanity and death - that's fear - there is no freedom in fear and where there is no freedom there is no Spirit - What are you afraid of? What are you addicted to? People, places, things - or God and His All in All? The way in is the way out - the choice is yours. You set the mind, God will cure you of All things for it is The Way!

In AA Faith is belief in God to restore you to sanity - i.e., sound judgment - it is also necessary to turn your will and your life over to the care of God. When any restrictions are placed upon this it is less than faith. Faith lies in those servants of God who have committed their lives to Him in unwavering trust and obedience - without any ifs, ands, or buts. Faith in AA is used to claim the fullness of knowledge - i.e., you can never be cured - true faith grants complete assurance and confidence, but it does not grant the fullness of knowledge. My faith lies in my Christ Jesus who demands faith, praises faith and has declared that faith saves - in the context, saves from an illness which is miraculously cured as it is spelled out in the New Testament.

To one who believes all things are possible, a small

amount of true faith can move mountains and other wondrous things - I walk by Faith in Christ, not by Faith in sobriety or AA - They cannot save me anymore than I can save myself - My fulfillment doesn't lie in AA nor in recovery but in Christ who is my introduction to God - The One God who cures and saves. My ultimate goal is not sobriety but "life" here and now and hereafter!



## What I Say to You, I Say to All - Watch!

Greetings:

What I say to you, I say to All - Watch! It takes a very strong person to back off from his or her society and have some perspective on it in order to evaluate its strengths and weaknesses and be Free enough from it to form alternatives - Alternatives strong enough to carry the Truth - the Real truth - upward!

Most people seem to think they know what it is they are running from and that may be true, but I tell you hardly a one knows what it is they are running toward - and that is what true Spiritualism is all about - the opportunity to see what is up in front - without that understanding and visibility - the eyes to see - why push forward blindly? Life is not a spontaneous moment - it is eternal!

In the experience of the Spirit one has contact with the very life of the Supreme Spirit itself and with nothing else, here nor anywhere. The Spirit is the communication of Christ's high potency to all of us, everywhere. The Spirit "goes where it will," does "what it wants" and uses "those that it wishes."

Now of course I am leading up to something - let me get right to it - Today there is hardly a word in The Religious

language which is both popular as well as theological which is subject to more misuse, distortion and certainly questionable definitions than the word "Faith." That word is today, more productive of dis-ease than of health. It confuses - misleads - creates superstition - fanaticism - intellectual and emotional mishaps - the rejection of true Spiritualism and drives people into false beliefs and worse, Substitutes.

I say "forget" the word Faith (as it is used by most humans today) - believe in the Supreme Spirit - The Word - The Message of our Christ - let your interpretation of faith fall within those categories and you need not wonder nor fear where your "Faith" truly is at! Now we know, that every form of life has a will (a purpose) - this will exists according to its form of life - a form of life given by the Supreme Spirit - the will according to the form of life given - yet the will then is the expression of "self" and not of the Supreme Spirit.

It isn't difficult to glean from The Message that the Spirit's aim is for every human being to become fully human and spiritually perfect.

Therefore, understanding is required of All who feel they are, for example, addicted to Alcohol and so forth. You are all victims of predetermined beliefs - untruths, and yes,

of biological imprints which medical science, society, and such groups as AA consider a malady, symptomatic of Alcohol in any shape, manner, or form.

Alcoholism is a “coined” term - something that started out as a myth and then was given credence by an organization that gave it much lip service and finally was “accepted” by the American Medical Association as a “disease” in order to open the flood gates of grants - Thereby, money, is as much “alcoholic” as is the so called disease of Alcoholism - Certainly, many thousands of people cannot sanely drink Alcohol. Others can - others don't. You, whoever you are, belong somewhere in this grouping or groupings.

I once believed myself to be an alcoholic, then something happened to me!

I, who had shunned alcohol as a terrible thing was told to go and drink it - I suffered - I staggered - I survived - and that is what counts - I survived because I believed in what I was doing - not in getting drunk but following the dictates of the Spirit that told me - “Do this, whatever we ask, and we will Prove to you our power over All Things.” Well I did this - Yes I suffered - I Sacrificed - I hurt - but I persevered and I found the truth -

Now - I must spread this truth to others - by taking one

dis-ease at a time, I must be the example - the guinea pig - the one "out in front" and until I have at least shown "one other person" the absolute truth of the truth of the way I must keep doing those things, even those things which may be obnoxious to those I love most, until I have been able to transfer the Power of the gift of the Spirit - until then I shall continue, at proper and acceptable intervals, to "take a drink." Just to prove that the taking of a drink is not disastrous and holds no torment for a so-called self-admitted alcoholic - for a self - admitted anything of this plane is to avow oneself a slave - something a true Christian Spiritualist can never be.

Why can I take a drink?

Why should I take a drink?

I have a task to prove to All who believe that "taking a drink" is sinful or harmful. I hope to lay aside those inane thoughts Forever and ever. It hasn't been easy - therefore let us together examine the dynamics of Faith as well as the Truth of Faith - Faith is something I have! Yet, the truth of Faith, must be considered from both sides - from the subjective side we should say that Faith is true if it adequately expresses an ultimate concern. From the objective side one must say that Faith is true if its contents is the Really Ultimate. The first answer acknowledges the

truth in all genuine symbols and types of Faith. It seemingly Justifies the history of Spiritualism and makes it understandable to the so-called “holy” in so many places and in so many ways.

The second answer points to a criterion of ultimacy by which the history of Spiritualism is Judged - not in terms of Rejection, mind you, but in terms of yes or no.

Faith has truth in so far as it adequately expresses an ultimate concern - “Adequacy” of expression means the Power of expressing an ultimate truth in such a way that it Creates Reply, Action, duplication, Communication, understanding, and most of all, the loss Finally - of one’s ignorance.

I drink simply to overcome your ignorance!

Can You understand this?

I can drink - or I can leave it alone - Can You? You may not believe so - I have to Persuade You! And that’s “Action” in movement - in example - in truth! In Spiritualism!

## Are You Alive? Really?

When I was an alcoholic I had unknowingly lost a piece of life, my life. For it is true that whenever you lose a bit of the freedom of life a part of you has died. Hence you are not fully alive for you are partly dead. Part of you is asleep and you need to wake up! Fully come awake, come alive, and be visible, viable, vibrant and present. The past is dead. If any part of you of the total whole of you is in the past. You are not fully alive. Part of you is dead. Is there a way out?

Every human being somehow, somewhere, will always lose a bit of life, a piece of life and some of us Live in this emptiness the rest of our life! This is the problem that most alcoholics are confronted with. But the truth is this. You don't have to lose any part of your life! All "so called" losses are either gains for the real life or can be made so in exact proportion to the effort you are willing to exert to make it so!

If, as an alcoholic, you feel strongly that you have lost "Something," I ask you to simply and honestly re-examine what it is you are despairing in and over? Is there really any truth, cause or need for your despairing? Is not what you are lamenting over something you can change by either working hard to regain it or replace it with something new and better? The past is dead and gone! All things are new but

you have to recognize this truth! Whatever it is you are depressed over, or despairing of is it absolutely necessary to your very existence? Are you in fact, in truth, really running your life, or are people, places, things and the dead doing it for you? Are you a slave? To get out from under the bondage of alcohol is only part of becoming free if you remain enslaved by something else of this earth. If you are living in the past you are partly dead! You are alike a tombstone looking for a place to settle in. I will tell you of a mystery. No matter how fast you run ahead and no matter what direction you race off in you will only come to self! Let me say that again! Rushing ahead blindly is futile, it is not in and of itself an answer. Nobody, including yourself, knows where you are headed and usually they could care less, still the truth remains that all you can ever come to is yourself! You need to learn to crawl before you can ever walk and you need to listen before you can even talk. The answer to alcoholism is not simply the cessation of drinking alcohol! It is only the beginning and if you remain locked in the old you, the past you, then you can never be the real you. The you God so Intended. There is a way out just as there is a way in. If you cannot find it I suggest you seek it for it will be given unto you. Knock and you may enter. I know the way in and the way out and it is yours for the asking. You must ask! He is waiting for you and you are waiting for what? A miracle, a

magic wand or something. Stop Waiting! Wake Up! Come Alive, become visible! Be present! Have you ever once stopped to consider that the reason God can't find you is the fact that you hide you so well. You hide in the past, in the dead and God is alive and He never looks for life among the dead. You want God to see you? Then for God's sake wake up. Come Alive. Be present. Walk up to life and be visible. Get out of the darkness and come into the light! That's where life is waiting for you. Must it always wait for you? I don't think it will, for the choice is yours and yours alone. Not people, not places, not things, Just you! You have a choice. Be dead or be alive.

Love, Peace, Sobriety, God.

F.



## All But the Cure is Waste - Part I of II

Greetings:

Whether you are cognizant of it or not, everyone has the power of authority to drink alcohol or to do drugs. We know this power as free will. But to those who say “I’m an Alcoholic.” or “I’m a drug addict.” and then use such substances, fail to realize that they are simply and ignorantly “using and abusing themselves” and worse, they are abusing the God-given gift of their free will.

Such as these fail to see the most important requisite involved with this use of the Free Will, they are totally unprepared. They have no sense of direction, they take perilous steps along an uncharted Path, never knowing exactly where it will lead them, nor caring, until once again it is too late. Such as these are walking dead. Such as these openly defy their Creator’s gift of Life. Life to them is meaningless for what would you call a continuous routine of “Hello alcohol,” “Hello drug,” “Hello detox,” “Goodbye life”? Who are they fooling? Who are they hurting? Who have they turned their backs on? Why do they cry out “Help me,” or “Please help me” when they absolutely refuse to help themselves?

Every time such as these take the uncharted way, they

eventually end up, again and again, in the same stupid predicament, and having known in advance their destination, foolishly ask, “Why?” Such as these do not “get lost” they are already lost, before the stupid act, during the stupid act and after the stupid act. Many such fools as these claim they were unaware or that this time it would be different. The former is a lie, the latter is the result of an unprepared one’s grasping for a defense in the face of defenselessness. For these, the best defense is still a prepared offense. They do not get lost because they fail to keep moving; no, they get lost because they insist in always moving in the wrong direction. There is a right Path and there is a wrong Path. The addict, so-called, is too preoccupied with self and misery to ever truly and honestly seek out the true path to victory over their self-inflicted folly.

In spite of the fact that they have The Way out clearly given in The Message of I Paul, their selfishnesses and their attitudes and lack of Faith and understanding leads them to their own destruction. If such as these truly want to self-destruct and have no concern whatsoever for “life and their souls” they have the gifted free will to do so. Of course, it is an abuse of the Free-Will, but is there anything left for such as these to abuse anyway? They have abused their life, their bodies, which are the living temples of God Almighty, their

so-called loved ones, their neighbors, their minds, so what is left to abuse except the gift of eternal life, Life in The Light not in the dark.

Now I have a God and whether those of you who read this know it or not, so do such as these whom we are concerned with herein and hereout, except my God is the living God, the Almighty God, the Creator and giver of Life, while their god is the dead god, the giver of misery and death - god Alcohol and god drug.

No need to deny it for one and all can easily see who you bow before, who you Sacrifice to! Yet I say to these drunkards and these addicts, go ahead and lie and deny, it's your true nature anyway, only try to remember that practically everybody knows it and you're only fooling your poor, pitiless selves. You who have sold your lives to the gods of Alcohol and drugs, who are mastered day in and day out by them, master nothing! Why? Because you have sold everything you once had for a drink or a fix and in selling All, you have nothing left to master!

Now it has been said that the extreme abuse of Alcohol and drugs is a sickness. But I say to you that it is nothing more than a habit, and a habit is more easily alleviated than many sicknesses. To you who are nailed to the cross of Alcohol or drugs, You must first truly seek God and pray for

him to come in and take away your grief, your pain, your misery and your habit. But before you do this, you must first sincerely ask for His forgiveness. (Simple), and then You must truly accept it, (difficult). Now You do this in all honesty and prove it by your attitudes and your actions and I tell you that You are prime candidates for healing. The choice is Yours.

To such as you I recommend that you study Beatitude #3 until you are blue in the face - and study it as much again.

Now allow me to say to those of you who are in such habits, deeply or otherwise, that you are helpless but not hopeless. But also allow me to tell you that in order to receive help you must first begin by helping yourself. You must change and you must sincerely and honestly desire such change with every drop of blood within you. You change and You help yourself and I guarantee that you will receive all the outside help you will ever need and more. The great teacher said "Know thyself" and that's where you must begin for it is clearly obvious that you do not know yourself and therefore you know nothing and especially nothing of your spiritual nature.

The singular most important difference between you and myself is that I follow Spirit and you follow "self." I am free and You are enslaved. While I care deeply about our

Christ-Jesus and the Supreme Spirit and His will for all of us, which is our well-being, you care only to satisfy an insatiable habit.

No, you do not know yourself and you hide from such knowledge. You hide so well that everyone else knows you but you do not. You have access to a Message that very clearly tells you who and what you are and if you can get well enough, long enough, to study it on your own or with the help of another, I strongly recommend you do so as quickly as possible for it is your entire Future that is at stake and it is very definitely right at this moment in your hands and no one else's, although there are many hands stretched out to you in Love, Faith and Hope. All you need to do is begin to help yourself and then reach out and be healed.

Now, as I have said, I Follow Spirit, and strange as it may seem I last drank because I was told to! Mind you now, I was told to, I did not partake of Alcohol because I wanted to. You see, I made the claim that I was cured of my so-called alcoholism. What was needed was proof. Proof that I could drink huge quantities of alcohol and still function mentally and stop when told without benefit of outside assistance. A very dangerous game for most, but for those with true faith and love and with absolute confidence and trust in the spirit there is no danger whatsoever. It was proven, to my satisfaction at least, if not to others. But even more

important, it proved that although cured, there was no longer any need nor any sense to continue drinking. I learned well, that cured or not, all drinking and all other drug use was a waste - Anything that lacks of benefit to the physical mind. And drugs of any kind that inhibit habit are wasters as are those who wallow in their use.

Christ-Jesus didn't come to waste but to save. To send forth a Spiritual Fire throughout the Universe in the name of the Supreme Spirit. A fire that saves, not wastes, a fire that Loves not hates, a fire that unifies, not tears apart, a fire of truth, not of lies, a fire of eternal life, not death!

Come and bathe in the Spiritual Fire and have no fear, for though it will consume You, it will not hurt You - it can only save you, if you have the mind to be so saved.

Seek unrelentingly and you shall find it.

Prepare, Follow and Come to THE Fire!

“P<sub>z</sub>.”

## All But the Cure is Waste - Part II of II

Greetings:

Alcoholism, so-called, is a poltergeist of sorts, a ghost that really doesn't exist except as an illusion in the minds of many of both the drinker and non-drinker.

For instance, what, pray tell is a dry drunk? Is it not but an illusion? The same illusion one experiences when they dream that they are drunk or an alcoholic!

Now it has been claimed by both the medical profession and the laymen involved in the field of "alcoholism" that alcohol, per se, doesn't cause "alcoholism" - strange this, no? Stranger also is the claim that even if one stops their consumption of alcohol the so-called disease of alcoholism continues on. That claim is unique as it is not claimed for any other so-called physical affliction.

Now that's where the strangeness really becomes eerie because so-called alcoholism is not a physical affliction, but an emotional malady and therefore a mental illusion! Surely, if you drink enough alcohol you will get drunk as I have many times. Certainly, if you drink enough alcohol, as I have, certain components of the physical body will deteriorate. But drunkenness and liver and kidney problems and so forth are not "alcoholism." It is widely recognized

and accepted today that how much one drinks is far less important than “when” one drinks, “how” one drinks, and “why” one drinks! When, how and why are not diseases. “When” is a reference to “time,” such as what time? “How” is a question, such as, in what manner or way? “Why” is also a question such as, for what reason, cause or purpose?

The most widely accepted definition of “Alcoholism” is the one given by Mark Keller of Rutgers University - “Alcoholism is a chronic disease, or disorder of behavior (even he is not sure) characterized by the repeated drinking of alcoholic beverages to an extent that exceeds customary dietary use or ordinary compliance with social customs of the community and which interferes with the drinkers health, inter-personal relations or economic functioning.”

Now wait a minute! So-called alcoholism is not necessarily caused by alcohol - it is a disease, but then again it may only be a behavioral disorder of attitude characterized by the repeated drinking of alcohol so that it impairs the drinker’s health, eventually! Now do you really know what it is, this thing called Alcoholism? I doubt it. What I do know is this - once I believed I was an alcoholic but I didn’t know what it was nor when I got it, how I got it, or why I got it. Back when I thought I was an alcoholic I usually didn’t know who I was or where I was at. So what is this thing labeled as Alcoholism simply because its true



label eludes practically everyone involved with it in one manner or another?

It's an emotional physical mind illusion! A false conception, a mistaken perception!

I the Alcoholic am no longer I the Alcoholic. I have been healed and in full truth not cured because there was no disease to cure, no illness to dissipate, no sickness to overcome - just an illusion in my physical mind that needed removal. It was removed by a Spiritual Healing! Not a disease, mind you, but the poltergeist, the illusion, the hallucination, the false perception, the insane belief that I had an incurable illness.

But it wasn't easy, not because of something called alcoholism, but because of spirit which compelled me to drink to dangerous levels for me, so that I would be the living proof that the way in is the way out!

Anyone, anywhere, can be healed of their illusion called alcoholism. Simply become a True Christian Spiritualist and follow The Message of Christ-Jesus and I Paul exactly as given. I no longer drink alcohol because it is a waste that covers many areas of my well-being - God's will for me and for all of mankind. Know you not that you have been forgiven, not forsaken?

Prepare, Follow, Come!  
Healed and Sane,  
In Love and Peace - "P<sub>z</sub>."

## Faults of the AA Program

It creates fears and uncertainties.

Full of ideological fanaticism.

Narrow-mindedness - resentful - intolerant.

Leans toward constriction - petrification.

Averse to change - life is stifled - freedom despised.

Denunciation instead of discussion.

Dictation instead of dialogue.

Absolutist - authoritarian - totalitarian.

Exclusive - distrust of others outside of fellowship.

Time-conditioned to an era long dead.

Tied to policy of unchange - anti-modernistic in its teaching - rigid to a fault.

Teaches fear (death and insanity) - hypocrisy (talking but not walking the talk) - immaturity (always learning) - insecurity (always addicted to both alcohol and the program) - passivity - (controlled by outside influences) - insecurity (always diseased - could kill or maim at any time) - prejudice (non-alcoholics don't know anything) -

I, The Alcoholic

exclusiveness (only alcoholics allowed in and our way is the only way) - anti-wholeness (once an alcoholic always an alcoholic - sick people down through history have always searched for cures - full recovery).