

## **Into Action from the AA Big Book Original Manuscript with page references to the AA Big Book 4<sup>th</sup> edition**

84:2 This thought brings us to step ten, which suggests you continue to take personal inventory and continue to set any new mistakes right as you go along. You vigorously commenced this way of life as you cleaned up your past. You have entered the world of Spirit. Your next function is to grow in understanding and effectiveness. This is not an overnight matter. It should continue in your life time. Continue to watch yourself for selfishness, dishonesty, resentment, and fear. When these crop up, ask God at once to remove them. Discuss them with someone immediately. Make amends quickly if you have harmed anyone. Then resolutely turn your thoughts to someone you can help. Love and tolerance of others is your code.

84:3 And you have ceased fighting anything or anyone - even alcohol. For by this time your sanity will have returned. You will seldom be interested in liquor. If tempted, you will recoil from it as you would from a hot flame. You will react sanely and normally. You will find this has happened automatically. You will see that your new attitude toward liquor has been given you without any thought or effort on your part. It just comes! That is the miracle of it. You are not fighting it, neither are you avoiding temptation. You feel as though you had been placed in a position of neutrality. You feel safe and protected. You have not even sworn off. Instead, the problem has been removed. It does not exist for you. You are neither cocky nor are you afraid. That is our experience. That is how we react so long as we keep in fit spiritual condition.

85:1 It is easy to let up on the spiritual program of action and rest on your laurels. You are headed for trouble if you do, for alcohol is a subtle foe. We are not cured of alcoholism. What we really have is a daily reprieve. Every day is a day when you have to carry the vision of God's will into all of your activities. "How can I best serve Thee - Thy will (not mine) be done." These are thoughts which must go with you constantly. You can exercise your will power along this line all you wish. It is the proper use of the will.

85:2 Much has already been saying about receiving strength, inspiration, and direction from Him who has all knowledge and power. If you have carefully followed directions, you have begun to sense the flow of His Spirit into you. To some extent, you have become God-conscious. You have begun to develop this vital sixth sense. But you must go further and that means more action.

85:3 Step Eleven suggests prayer and meditation. Don't by~ shy on this matter of prayer. Better men than we are using it constantly. It works if you have the proper attitude and work at it. It would be easy to be vague about this matter. Yet, we believe we can give you some definite and valuable suggestions.

86:1 When you awake tomorrow morning, look back over the day before. Were you resentful, selfish, dishonest, or afraid? Do you owe an apology? Have you kept something to yourself which should be discussed with another person at once? Were you kind and loving toward all? What could you have done better? Were you thinking of yourself most of the

time? Or were you thinking of what you could do for others, of what you could pack into the stream of life? After you have faced yesterday, ask God's forgiveness for any wrong. Ask to be shown what to do. Thus you keep clean as you live each day.

86:2 Next, think about the twenty-four hours ahead. Consider your plans for the day. Before you begin, ask God to guide your thinking. Especially ask that it be divorced from self-pity, dishonest or self-seeking motives. Then go ahead and use your common sense. There is nothing hard or mysterious about this. God gave you brains to use. Clear your thinking of wrong motives. Your thought life will be placed on a much higher plane.

86:3 In thinking through your day you may face indecision. You may not be able to determine which course to take. Here you ask God for inspiration, an intuitive thought, or a decision. Relax and take it easy. Don't struggle. Ask God's help. You will be surprised how the right answers come after you have practiced a few days. What used to be the hunch or the occasional inspiration becomes a working part of your mind. Being still inexperienced and just making your contact with God, it is not probable that you are going to be divinely inspired all the time. That would be a large piece of conceit, for which you might pay in all sorts of absurd actions and ideas. Nevertheless, you will find that your thinking will, as time passes, be more and more on the plane of inspiration and guidance. You will come to rely upon it. This is not weird or silly. Most psychologists pronounce these methods sound.

87: 1 You might conclude the period of meditation with a prayer that you be shown all through the day what your next step is to be, that He gives you whatever you need to take care of every situation. Ask especially for freedom from self-will. Be careful to make no request for yourself only. You may ask for yourself, however, if others will be helped. Never pray for your own selfish ends. People waste a lot of time doing that, and it doesn't work. You can easily see why.

87:2 If circumstances warrant, ask your wife or a friend to join you in morning meditation. If you belong to a religious denomination which requires a definite morning devotion, be sure to attend to that also. If you are not a member of a religious body, you might select and memorize a few set prayers which emphasize the principles we have been discussing. There are many helpful books also. If you do not know of any, ask your priest, minister, or rabbi, for suggestions. Be quick to see where religious people are right. Make use of what they offer.

87:3 As you go through the day, pause when agitated or doubtful. Be still and ask for the right thought or action. It will come. Remind yourself you are no longer running the show. Humbly say to yourself many times each day "Thy will be done." You will be in much less danger of excitement, fear, anger, worry, self-pity, or foolish decisions. You will become much more efficient. You will not tire easily, for you will not be burning up energy foolishly as you did when trying to arrange life to suit yourself.

88:1 It works - it really does. Try it.

88:2 We, alcoholics, are undisciplined~. So let God discipline you in the simple way we have just outlined.

88:3 But this is not all. There is action and more action. "Faith without works is dead." What works? We shall treat them in the next chapter which is entirely devoted to step twelve.