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## Aa promises paragraph

If we talk painstakingly about this stage of our development, we will be amazed before we are halfway through. We will know new freedom and new happiness. We will not regret the past and will not want to close the door on it. We understand the word calmness, and we will know the world. No matter how far we go, we will see how our experience can benefit others. This sense of futility and self-pity will disappear. We will lose interest in selfish things and gain interest in our comrades. Self looking will slip away. All our attitude and outlook on life will change. Fear of people and economic instability will leave us. We will intuitively know how to deal with situations that previously confuse us. We will suddenly realize that God is doing for us what we could not do for ourselves. Are these extravagant promises? We think not. They run among us - sometimes fast, sometimes slowly. They will always materialize if we work for them. Many of us have heard about the promises of the ninth step from page 83-84 of the Great Alcoholics Anonymous Book. There are, however, additional promises in the Big Book. The below is a list of about 150 promises that I made from the first edition of the Big Book. Some promises are directly related to the completion of the step. Some of the promises came from the experience of the first 100 men and women who recovered from alcoholism. Either way, I found it helpful to remember there are promises throughout the Big Book if we just look for them. As I collected them myself, I was more than open to feedback or suggestions. Enjoy! The story of how a hundred men and women recovered from alcoholism. (Title page) We, Alcoholics Anonymous, are over a hundred men and women who have recovered from a seemingly hopeless state of mind and body. Showing other alcoholics **PRECISELY HOW WE HAVE RECOVERED** is the main purpose of this book. For them, we hope that these pages will be so convincing that no further authentication will be required. We believe that this report of our experience will help everyone to better understand the alcoholic. Many do not understand that an alcoholic is a very sick person. And besides, we are sure that our way of life has its advantages for everyone. (Forward to the first edition) On the other hand - and strange as it may seem to those who do not understand once the mental changes have occurred, the very person who seemed doomed, who has so many problems, he despaired ever of solving them, suddenly finds himself easily able to control his desire for alcohol, the only effort required is that it is required to follow several simple rules. (Opinion of doctors (fifth page)) Almost all recovered. They solved the alcohol problem. But, there is among us communication, friendliness, and understanding that Wonderful. (16) The feeling that we shared a common danger is one of the elements of powerful cement that binds us to a huge fact for each of us, is that we have found a common solution. We have a way out on which we can absolutely agree and on which we can join the brotherly and harmonious action. This is good news this book carries for those suffering from alcoholism. (17) There is a solution. (25) But we saw that it really works in others, and we came to believe in the hopelessness and futility of life as we lived. (25) We found most of the sky, and we were rocketed in the fourth dimension of existence, which we never even dreamed of. (25) The great fact is only this, and no less: that we had deep and effective spiritual experiences that revolutionized our attitude to life, to our neighbours, and to the universe of God. (25) The central fact of our life today is the absolute certainty that our Creator has entered our hearts and lives in a way that is truly miraculous. (25) He started doing things for us that we could never do ourselves. (25) We, in turn, sought the same escape with all the despair of drowning people. What at first seemed like a far-fetched cane turned out to be a loving and powerful hand of God. A new life has been given to us or, if you prefer, a design for a life that really works. (28) Next, clear directions are given showing how we recovered. (29) Having received a spiritual awakening as a result of these steps, we have tried to convey this message to alcoholics and to practice these principles in all our affairs. (60) Well, that's exactly what this book is about. (45) We found that as soon as we put aside prejudice and put even a willingness to believe in a force greater than ourselves, we began to get results, even though none of us could fully define or understand this Force, which is God. (46) To our relief, we found that we did not need to consider another concept of God. Our own concept, however inadequate it may be, was sufficient to make this approach and make contact with Him. (46) As soon as we recognized the possible existence of Creative Intelligence, the Spirit of the Universe, which is the basis of a set of things, we began to have a new sense of strength and direction, provided that we took other simple steps. (46) We have found that God does not make too rigid relationships with those who seek Him. (46) For us, the Kingdom of the Spirit is broad, all-inclusive; never exclusive or forbidding for those who genuinely seek. We believe that it is open to all men. (46) After that we found ourselves accepting many things that then completely out of reach. (47) As soon as a person can tell what he is doing or willing to believe, we resolutely assure him that he is on his way. Among us, it has been repeatedly argued that a remarkably effective spiritual structure can be built on this simple cornerstone. (47) Here are thousands of men and women, truly the world. They flatly state that since they began to believe in a force greater than themselves, to take a certain attitude to the Power, and to do some simple things, there have been revolutionary changes in their way of life and thinking. (50) In the face of collapse and despair, in the face of the complete failure of their human resources, they have found that they are flowing into a new power, peace, happiness and a sense of direction. (50) The outlines and promise of the New Earth brought a gleam of tired eyes and fresh courage to mark the spirits. (53) We finally saw that believing in some God was part of our makeup, just like the feeling we feel for a friend. Sometimes we had to look fearlessly, but He was there. He was just as much a fact as we were. (55) We found the Great Reality deep within us. In the latest analysis it can only be found there. So it was with us. (55) If our testimony helps to sweep away prejudices, allows you to think honestly, encourages you to search diligently within yourself, then if you want, you can join us on a wide highway. (55) With this attitude you cannot fail. (55) Consciousness of your faith is bound to come to you. (55) Despite this, God has restored us all in our right minds. (57) But He came to all who honestly sought him. (57) As we approached him, He revealed Himself to us! (57) Rarely have we seen a man fail who carefully followed our path. (58) (a) That we were alcoholics and could not control our own lives. b) That perhaps no human power could alleviate our alcoholism. c) What God could and would have wanted if it were sought. (60) First of all, we alcoholics must get rid of this selfishness. We have to, or it will kill us! God makes it possible. (62) Most good ideas are simple, and this concept was the cornerstone of the new and triumphal arch through which we moved to freedom. (62) When we sincerely took this position, all sorts of wonderful things followed. (63) We had a new employer. (63) Being all powerful, He provided what we needed if we were to stand by him and do his job well. (63) Created on this basis, we were less and less interested in ourselves, our small plans and projects. (63) More and more we have become interested in what we could contribute to life. (63) As we felt a new influx of strength, enjoying the calmness, when we discovered that we could successfully live with His presence, we began to lose our fear of the present, tomorrow or beyond. (63) We have been reborn. (63) It was just the beginning, to be honest and humbly made, the effect is sometimes very very one, felt at once. (63) When the spiritual illness is overcome, we begin to straighten mentally and physically. (64) We cannot be useful to all people, but at least God will show us how to treat each of them kindly and tolerantly. (67) Just to the extent that we do what we think He will have from us and humbly rely on Him, does He allow us to match distress with calmness. (68) We ask him to remove our fear and direct our attention to what he would like us to be. Immediately begin to grow fear. (68) In meditation, we ask God what we should do on each particular issue. The right answer will come if we want to. (69) If we regret what we have done and have an honest desire to allow God to accept us for the better, we believe that we will be forgiven and have learned our lesson. (70) We began to understand their futility and their demise. (70) We began to see their terrible destructiveness. (70) We have begun to learn tolerance, patience, and goodwill towards all people, even our enemies, because we look at them as sick people. (70) We hope that you are now convinced that God can remove all that arbitrariness has blocked you from Him. (70) After we made this step without hiding anything, we are delighted. (75) We can look the world in the eye. (75) We can be alone in an ideal world and lightness. (75) Our fears are falling off us. (75) We begin to feel the closeness of our Creator. (75) We may have had certain spiritual beliefs, but now we are beginning to have a spiritual experience. (75) The feeling that the problem with alcohol has disappeared often comes strongly. (75) We feel like we are on the Broad Highway, going hand in hand with the Spirit of the Universe. (75) By carefully reading the first five sentences, we ask if we have omitted anything because we are building an arch through which we will walk a free man at last. (75) If this degree of humility can allow us to find the grace by which such a deadly obsession can be banished, then there must be hope for the same result, respecting any other problem we might have. If our manner is calm, frank and open, we will be satisfied with the result. (78) Nine times out of ten, the unexpected happens. Sometimes the person we are called upon to acknowledge their own flaws, so the feuds of the years stood to melt in an hour. (78) Rarely have we been able to make satisfactory progress. (78) If we talk painstakingly about this stage of our development, we will be amazed before we are halfway through. (83) We will know new freedom and new happiness. (83) We will not regret the past and will not want to close the door on it. (83) We comprehend the word calmness, and we will know the world. (83) No matter how far we have come, we will see how our experience can benefit others. (84) It's a feeling and self-pity will disappear. (84) We will lose interest in selfish things and gain an acquisition in our fellows. The desire for one's self-drive will slip away. (84) All our attitude and outlook on life will change. (84) Fear of people and economic instability will leave us. (84) We will intuitively know how to handle situations that used to confuse us. (84) We will suddenly realize that God is doing for us what we could not do for ourselves. (84) Are these extravagant promises? We think not. They run among us sometimes quickly, sometimes slowly. They will always materialize if we work for them. (84) And we stopped fighting anything or anyone even with alcohol. (84) For by that time sanity will return. (84) We are rarely interested in liquor. If tempted, we recoil from it as a hot flame. (84) We react in our right mind and normally, and we will find that this happened automatically. (85) We will see that our new attitude to liquor has been given to us without any thought or effort on our part. He's just coming! That's the miracle. (85) We don't fight it, and we don't shy away from temptation. (85) We feel as if we have been placed in a position of neutrality and protected. (85) We didn't even swear. Instead, the problem was fixed. It doesn't exist for us. (85) We are not cocky or afraid. This is our experience. This is how we react as long as we keep in shape the spiritual state. (85) If we followed the instructions carefully, we began to feel the flow of His Spirit in us. (85) To some extent, we have become God conscious. (85) We started to develop this vital six sense. (85) Step eleven involves prayer and meditation. .... It works if we have the right attitude and work for it. (86) In these conditions we can use our mental abilities with confidence, because in the end God gave us brains to use. (86) Our thought-life will be placed on a much higher level when our thinking is cleared of wrong motives. (86) Reflecting on our day, we may face indecision. We may not be able to determine which course to take. Here we ask God for inspiration, intuitive thought, or judgment. We relax and take it easy. We're not fighting. We often wonder how the right answers come after we have tried this for a while. (86) What used to be a hunch or a random inspiration is gradually becoming a working part of the mind. (87) However, we believe that our thinking will, as time passes, will be more and more on the plane of inspiration. We rely on that. (87) Then we are in much less danger of excitement, fear, anger, anxiety, self-pity or stupid decisions. (88) We are becoming much more efficient. (88) We don't get tired so easily because we don't burn energy stupidly, as we did when we tried to organize life, satisfy ourselves. (88) It works that really does. (88) PRACTICAL EXPERIENCE shows that nothing will insure your immunity from alcohol as intensive work with other alcoholics. It works when other others Not. (89) Life will take on a new meaning. (89) Watch people recover, see how they help others, watch loneliness disappear, see how communication about you grows, have a lot of friends, it's an experience you shouldn't miss. We know you won't want to miss it. Frequent contact with newcomers and with each other is a bright spot in our lives. (89) Both you and the new person must walk day by day on the path of spiritual progress. If you persist, wonderful things will happen. (100) When we look back, we realize that what came to us when we put ourselves in God's hands was better than anything we could have planned. (100) Follow the dictates of the Supreme Power, and you will live in a new and beautiful world, regardless of your current circumstances! (100) Assuming we are spiritually fit, we can do all kinds of things alcoholics shouldn't do. (100) Your job right now is to be in a place where you can be of maximum utility to others, so never hesitate to go somewhere if you can be helpful. You should not hesitate to visit the dirtiest place on earth on such an errand. Keep in the line of fire life with these motives, and God will keep you unharmed. (102) The power of God goes deep! (102) We stopped fighting anyone and anything. We have to! (103) There is all the evidence that women regain their health as easily as men if they try our suggestions. (104) We want to leave you with the feeling that no situation is too complicated and there is no misfortune to great to be overcome. (104) However, often such people have had an impressive and powerful recovery. (113) The power of God goes deep. (114) But sometimes you have to start life anew. We know the women who did it. If such women adopt a spiritual way of life, their path will be smoother. (114) When you carefully explain to such people that he is a sick person, you create a new atmosphere. The barriers that have arisen between you and your friends will disappear with the growth of sympathetic understanding. You will no longer be shy or feel that you should apologize as if your husband was a weak character. He can be anything but that. Your new courage, good nature and lack of self-awareness will work wonders for you socially. (115) We have noticed elsewhere how much better it is to live when we live on a spiritual plane. If God can solve the age-old riddle of alcoholism, He can solve your problems too. (116) Now we try to make spiritual principles work in our lives. When we do this, we find it solves our problems too; the subsequent absence of fear, anxiety and resentment is a wonderful thing. (116) If you and your husband find a solution to the pressing problem with drinks, you will certainly be very happy. (117) Faith and you and your husband will be put under the test. These jobs should be seen as part of your education, for, so you learn to live. You'll make mistakes, but if you're serious they won't drag you down. Instead, you will capitalize on them. The best way of life will appear when they are overcome. (117) When offended thoughts come, try to pause and count your blessings. Eventually, your family is reunited, alcohol is no longer a problem and you and your husband are working together towards an undreamed future. (119) You will both awaken to a new sense of responsibility for others. (119) You will lose an old life to find one much better. (120) Show others who are suffering as we got help is the very thing that makes life seem so worthwhile for a while for us now. Cling to the idea that in the hands of the gods, the dark past is the greatest possession you have - they are the key to life and happiness to others. With it, you can prevent death and suffering for them. (124) Let them remember that his drinking wrought all kinds of damage that can take a long time to recover. If they feel these things, they will not take so seriously its periods of irritability, depression or apathy that will disappear when there is tolerance, love and spiritual understanding. (127) Giving, not receiving, will be the guiding principle. (128) The joy of our liberation from a life of disappointment knew no bounds. (128) If the family cooperated, the Pope will soon see that he suffers from the distortion of values. He will perceive that his spiritual growth is lopsided, that for the average person like himself, a spiritual life that does not include his family obligations may not be so perfect after all. If the family appreciates that dad's current behavior, but the stage of his development, everything will be fine. In the conditions of mutual understanding and sympathy of the family, these whims of the fathers of spiritual infancy will quickly disappear. (129) Those of us who spent a lot of time in the world of spiritual rebinding eventually saw the childishness of it. This dream world has been replaced by a great sense of purpose, accompanied by a growing consciousness of God's power in our lives. We came to believe that He would like him and I to keep our heads in the clouds, but our feet must be firmly planted on the ground. That's where our fellow travelers are, and that's where our work should be done. These are the realities for us. We have found nothing incompatible between a powerful spiritual experience and a life of sane and happy utility. (130) We are sure that God wants us to be happy, joyful and free. We are convinced that the spiritual way of life is the most powerful restorative one. We, recovered from serious drunkenness, work miracles of mental health. But we have witnessed remarkable transformations in our bodies. Hardly anyone in our crowd now shows any sign of scattering. (133) Over time, they will see that he is a new man, and in his own way will know it. When it's they can be invited in in morning meditation and then they can take part in a daily discussion without rancor or bias. From now on, progress will be rapid. Miraculous results often follow such a reunion. (134) (134)

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