

DAILY CONTEMPLATIONS FOR MEMBERS OF

ACTIVE ADDICTIONS ANONYMOUS



THE WILD LIFE

DAILY CONTEMPLATIONS FOR MEMBERS OF
ACTIVE ADDICTIONS ANONYMOUS - THE WILD LIFE
is created and manifested by
Harishchandra Sharma TuTu and Solvejg Sharma TuTu



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January 01: *Feeling Small*

However, when we came to AcAdAn, we discovered we could learn to live a content life with the help of the Program of Active Addictions Anonymous whether our active addiction was mild, moderate or severe.

Active Addictions Anonymous - The Wild Life, Page 7

Our addiction to chronic dissatisfaction had been with us for as long as we could remember, but as we worked with the AcAdAn Program, we discovered that we had made a big dissatisfied decision as children.

We promised ourselves that as adults we would not feel as small as we did when we felt limited, ignorant, powerless and mortal/changeable, but as adults we still felt small, for the same reason.

As adults, we had an underlying sense that we were breaking our promise to ourselves as children, and this led to our becoming chronically dissatisfied with our humanness.

Little by little, we learned how we could come to feel content with our human limitation, ignorance, powerlessness and mortality/changeability, with the help of our AcAdAn Program.

Today's Contemplation

Today I will accept my limitation, ignorance, powerlessness and mortality/changeability so that I can be content with myself and my life.

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January 02: Active Addiction

Those of us who, even if we want to, cannot free ourselves from our obsession over alcohol, drugs, nicotine, food, our body, compulsive spending, sex, relationships, codependency, destructive thoughts and emotions, character defects, work, money, power, prestige, fame, material or spiritual ambitions, or any other obsession that drives us to act compulsively, suffer from an active addiction.

Active Addictions Anonymous – The Wild Life, Page 7

Our lack of capacity to accept ourselves as we are settled within us as a constant, low-lying, nagging pain, which stemmed from our addiction to chronic dissatisfaction.

In AcAdAn meetings, we heard that we were not alone about experiencing this pain even though other members spoke of their dissatisfaction for reasons that were not necessarily the same as ours.

Although we and the other members might have different reasons for being chronically dissatisfied, we all had in common the constant, nagging, low-lying pain from our addiction to chronic dissatisfaction.

It was only when we came to AcAdAn that we discovered the constant, nagging, low-lying pain, and that it stemmed from our addiction to chronic dissatisfaction, which AcAdAn promised we could recover from.

Today's contemplation

Today, I will remember that the constant, low lying nagging pain in my solar plexus I experience daily is due to my addiction to chronic dissatisfaction.

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January 03: Being unique

Each of us in AcAdAn have our own unique way of understanding and working the Steps, and that is what makes our Fellowship so diverse and interesting.

Active Addictions Anonymous – The Wild Life, Page 85

When we came to AcAdAn, many of us suffered under the perception that we had to adjust to the Fellowships we were a part of, whether it was one of two in our coupleship or in our family or at our workplace.

Little by little, as our work with the Rings of Joy and Pain in the AcAdAn Program evolved, we became acquainted with the Small Ring of Arrogance with its superiority, inferiority, overcrowding and isolation.

When we paired that with the Small Ring of Truth with its humility, honesty, individuality, and fellowship, which is the antidote to the Small Ring of Arrogance, we learned that our individuality mean we are unique.

Thereby we understood that our individuality was our unique gift, not only to ourselves, but to everything and everyone around us, and that we could give ourselves and others this gift by standing by our individual uniqueness.

Today's contemplation

Today, I will give my individuality's unique gift from my Higher Power to myself and others and thereby enrich my own and their life.

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January 04: Isolation

Those of us who tried to achieve contentment on our own realized that it was together with others that many undiscovered sides of our addiction to chronic dissatisfaction surfaced.

Active Addictions Anonymous – The Wild Life, Page 23

Some of us chose to try to liberate ourselves from our addiction to chronic dissatisfaction on our own, because it was especially together with others that we experienced the pain that is characteristic of our character defects.

However, after coming to AcAdAn, we discovered that we could use our painful active defects of character from interactions with others to come closer to ourselves as human being and to grow spiritually.

In the Tenth Step, we examined one of the defects of character we had used in our social life during the day and by admitting our use of it, we came closer to ourselves as human beings.

When we paired our character defect with its corresponding virtue, we transformed our thinking mind, our Ego, who in that way grew in enlightenment and wisdom, and thus came closer to ourselves as Spirit.

Today's Contemplation

Today I will use my Tenth Step to pair one of my defects of character that I used in a social interaction with the corresponding virtue in my Sixth Step in order to come closer to myself as a human being and as a Spirit.

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January 05: *To Follow the heart*

The principle of Step Three is Surrender. Slogan: Follow your heart.

Active Addictions Anonymous - The Wild Life, page 83

Before we came to AcAdAn, many of us did not know what it meant to follow our hearts, but little by little it became clear to us that we followed our hearts when we did what we felt like in the now.

In Step Two, most of us had chosen a Higher Power who was unconditionally loving, and that made us realize that our Higher Power would love us no matter how many mistakes we made.

We also understood that our desires would not be judged by our Higher Power as worthy or unworthy, so the only thing preventing us from having all our desires fulfilled was our own judgements.

When we fulfilled one of our desires, we might not like the consequence, and this could make us mistakingly believe that there was something wrong about our desire that God was now punishing us for.

Today's Contemplation

Today I choose to work on fulfilling all my desires regardless of the consequences they might lead to in the future and without judging them as worthy or unworthy.

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January 06: *Addiction to chronic dissatisfaction*

When we began studying our addiction to chronic dissatisfaction in Step One, we discovered that it sprang from the fact that we had difficulties accepting our four basic attributes as human beings - our limitation, ignorance, powerlessness and mortality.

Active Addictions Anonymous - The Wild Life, page 15

By the help of the concepts of Active Addictions Anonymous, we investigated if it was true for us that we were addicted to chronic dissatisfaction, and we discovered that it was indeed the case.

We realized that we compulsively used dissatisfaction with ourselves, others, life, or the World at large many times a day despite the devastating effect it had on our and their joy of living.

We had made it a daily habit to be dissatisfied with ourselves, others, life, or the World hoping that it would be so unpleasant for ourselves and others, that it would give us or them that little push in the right direction.

We learned this as children because our parents sometimes criticized us and showed dissatisfaction with us being the way we were, and we took it as an expression of care, and passed it on as adults to ourselves and others.

Today's Contemplation

Today I will acknowledge that my addiction to chronic dissatisfaction is a mental illness that I wish to recover from.

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January 07: What is Active Addictions Anonymous?

Active Addictions Anonymous is a non-profit Fellowship of men and women, for whom addiction to dissatisfaction with ourselves, others, life and the World at large had become a problem.

Active Addictions Anonymous - The Wild Life, page 8

Before we came to Active Addictions Anonymous, most of us had done our utmost to become content with ourselves, others, our life and the World at large without success.

We were dissatisfied with that all our efforts had been to no avail, and even when we came to AcAdAn it was hard for many of us to face that we were addicted to use chronic dissatisfaction.

It was also hard for some of us to face that we were powerless over our addiction, and it took many of us several years of struggle with our addiction to dissatisfaction before we were ready to receive help.

When we finally admitted that we were powerless over our addiction, we discovered that the Fellowship of AcAdAn was ready to give us the help we needed no matter how long it had taken us to become ready.

Today's contemplation

Today, I will participate in the Fellowship of Active Addictions Anonymous to have my desire fulfilled to be lead to contentment with myself, others, my life and the World at large.

January 08: *Self-respect*

Instead of thinking that we had to sacrifice our time, energy, money and interests for others to be able to feel that we were good people, we accepted that we needed to take care of our own needs first by the help of the time, energy, money and interests our Higher Power had put at our disposal for the purpose.

Active Addictions Anonymous - The Wild Life, page 48

Most of us thought we were selfish if we wanted to spend our time, energy, money, and interest on taking care of our own needs and desires instead of others' when we came to Active Addictions Anonymous.

When we learned about the Ring of Codependency with its savior role, seducer role, victim role, and offender role, we understood that our codependency was causing us emotional pain that led to physical illness.

The Ring of Emotional Sobriety with its deattachment, integrity, respect for self, and respect for others opened a door for us that allowed us to let go of our codependency.

We understood that our self-respect was respect for our individuality, and we understood that our self-respect gave others the opportunity to get to know us, and our respect for others gave us a harmonious social life.

Today's Contemplation

Today, I will use my resources to take care of my own needs and desires before I give the money, time, energy, and interest to others to whom I wish to give some of my resources.

January 09: *My Truth*

*The principle of Tradition Eleven is Truth.
Slogan: My truth is not the whole truth.*

Active Addictions Anonymous - The Wild Life, page 99

Little by little, as our work with the AcAdAn Program progressed, we realized that there were as many perspectives on AcAdAn's Steps and Traditions as there were members of our Fellowship.

When we realized this, we clearly understood that although we had our Program, our Traditions, our meetings and a sponsorships in common, we had our own unique perspective on them.

This realization gave us the freedom to express our perspective, knowing very well that our perspective is unique so we do not need to seek others' approval of what we perceive to be true.

In the same way, we gave others the freedom to express their perspective, knowing very well that their perspective was also unique and we did not have to agree with them in what was true for them.

Today's contemplation

Today, I will express my personal truth without trying to overwhelm others with it, and I will listen to their truth and take to heart what I can use and leave the rest.

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January 10: Fear

Before we came to Active Addictions Anonymous, many of us felt that we could not be fully understood by anyone, and we kept that a secret, which we perceived to be our failures out of fear of the condemnation of others, and we kept that a secret that we perceived to be our successes out of fear of the envy of others.

Active Addictions Anonymous - The Wild Life, page 43

When we began working with the Program in AcAdAn, we discovered that our life had been dominated by fear, and in the material field, it came to expression as fear of not getting what the material things we wanted.

In the physical area we were afraid of illness, weakness, discomfort, pain and death, and in the energetical area we were afraid of not having the energy to carry out our chores for the day.

On the mental-emotional plane we feared the thoughts that came to us, which were followed by painful emotions of avarice, envy, arrogance and hatred like it comes to expression in the Big Ring of Pain.

We also feared the judgements of others of our thoughts, emotions, actions and appearance, and we used the Rings of Social Interaction from Step Eight in Step Six, to transform our fears into enlightenment and wisdom.

Today's contemplation

Today, I will use Step Six to transform my fears to enlightenment and wisdom.

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January 11: To seek help

We admitted we were powerless over our addiction to chronic dissatisfaction – that our life had become unmanageable.

Active Addictions Anonymous - The Wild Life, page 9

We needed to admit that we were suffering from the disease of addiction because we were actively using our addiction to chronic dissatisfaction many times a day, even though we wanted to be content.

Therefore, we began our recovery in Step One by admitting that we were suffering from an illness over which we were powerless, and how the illness made our life unmanageable.

For most of us, it had been a long process trying to recover from our compulsive use of dissatisfaction on our own before we were ready to admit that we needed help to recover.

Having admitted that we were powerless over our illness and how it made our lives unmanageable, we were ready to begin our recovery in Step Two, where we enlisted the help of our chosen Higher Power.

Today's contemplation

Today, I will use my AcAdAn Fellowship to get the help I need to let go of my addiction to chronic dissatisfaction instead of struggling with it.

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January 12: Step Three

We made a decision to turn our will and our life over to the care of our Higher Power, as we understood that Power.

Active Addictions Anonymous - The Wild Life, page 27

In our work on Step Three, we investigated our chronic dissatisfaction, and to our surprise, we discovered that our Higher Power had been quietly fulfilling most of our desires from our childhood to the present.

We understood that our chronic dissatisfaction was an illness that blinded us to the gifts of our Higher Power, because we could only use it if we used dissatisfaction and denied Reality.

These realizations finally enabled us to give ourselves permission to let go of our addiction to chronic dissatisfaction, as the illness it is, but from which we could recover in AcAdAn.

At the same time, our trust in our Higher Power's unconditional love, care, compassion, and mercy grew, and this gave us the courage to surrender our will and our life to the care of our chosen Higher Power.

Today's contemplation

Today, I will surrender my will and my life to my chosen Higher Power's care.

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January 13: *The Group Conscience*

When we address an issue or suggestion at our Group-Conscience meetings, each of us take our turn to express our individual conscience regarding the issue that is being discussed, and we listen attentively to what each of the group members have to contribute until all, who want to express something about this issue have spoken.

Active Addictions Anonymous - The Wild Life, page 87

In our Step Work in Active Addictions Anonymous, we learned to surrender to our chosen Higher Power, and in our service work we learned to surrender to a Higher Power at group level.

If we wanted to debate a topic that was important to our group in Active Addictions Anonymous, it took place in a business meeting after our recovery meeting.

When we participated in our business meetings, we both became acquainted with our Twelve Traditions and with the Group Conscience that we perceive to be our Higher Power on a group level.

When each member, who wanted to had expressed his/her conscience about a solution to the topic/s that were up for debate, we perceived it to be our Group conscience that had spoken.

Today's contemplation

Today, I will surrender to my Higher Power in my groups by surrendering to the Group Conscience, whether my group consists of to or many.

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January 14: *Discernment*

When we began to seek our Higher Power's guidance on a daily basis, we discovered that our ability to distinguish the voice of our Higher Power from our own began to develop, and thus Step Eleven began working for us.

Active Addictions Anonymous - The Wild Life, page 69

In the course of our Step Work in AcAdAn we had become more aware of the difference between purely physical feelings and feelings that sprang from our thoughts and expressed themselves as emotional feelings.

We realized that feelings such as hunger, thirst, tiredness, touch are purely physical, and feelings arising from our thoughts can settle in different areas in our physical body as lightness or tension.

In the Tenth Step we further developed our discernment, so that it became easier for us to distinguish between our physical and our emotional feelings, and thus we got to know our Ego's dualistic thought system.

When we discerned between thoughts that came from our Ego, and impulses that came from our Higher Power, we became better at finding our Higher Power's will for us in Step Eleven.

Today's contemplation

Today I will use my discernment to know the difference between what comes from my Ego and what comes from my chosen Higher Power when I seek guidance about my Higher Power's will for me.

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January 15: *Easy does it!*

It is also important to remind ourselves that we did not develop our addiction to chronic dissatisfaction in one day and we do not recover in one day either, so remember – EASY DOES IT!

Active Addictions Anonymous - The Wild Life, page 11

It took us so long time to realize that we suffered from an addiction to chronic dissatisfaction because we had come to believe that dissatisfaction on a daily basis was a natural state of mind.

When it dawned on us that it was not a natural state of mind, and that the Fellowship and the Program of AcAdAn could help us to become content, we wanted to recover from our addiction as soon as possible.

Our friends in AcAdAn, however, explained to us that our addiction to chronic dissatisfaction began with the use of dissatisfaction that, on repeated use, grew into chronic dissatisfaction that grew into addiction.

We had become accustomed to our addiction to chronic dissatisfaction, so when we began to let go of it, we could feel empty and insecure, so we accepted that it took time to recover and took it easy.

Today's contemplation

Today, I will work with my AcAdAn Program and thus take another small step forward in my recovery from my addiction to chronic dissatisfaction.

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January 16: Step Twelve

Having had a spiritual awakening as a result of these Steps, we practiced these principles in all our affairs, and carried the message of AcAdAn to others suffering from addiction to chronic dissatisfaction.

Active Addictions Anonymous - The Wild Life, page 82

When we came to Step Twelve in our Stepwork, our perception of ourself, others, life, and the World at large had changed dramatically from chronic dissatisfaction to contentment in many areas of our lives.

In a Twelve Step inventory, we investigated a situation where we used our addiction to chronic dissatisfaction, but using all the principles of the Steps from Step One to Step Twelve to recover from the situation.

Thereby, we became aware of the suffering that sprang from our addiction to chronic dissatisfaction in the situation we investigated and how we could recover from it by the help of our AcAdAn Program.

In a meeting, we shared our Twelfth Step work on how we had recovered from the situation so that others could use our experiences in a similar situation and thus be spared to go through the pain themselves.

Today's Contemplation

Today I will use my healing experiences to share my healing with others who still suffer from addiction to chronic dissatisfaction if they wish to recover.

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January 17: Fellowship

Thereby, we became aware that we could seek and receive consolation, understanding and fellowship with others if we were brave and honest about our thoughts and our emotions, irrespective of the reasons we had to think and feel the way we did.

Active Addictions Anonymous - The Wild Life, page 44

When we thought of our AcAdAn Fellowship, many of us often remembered a story that circulates in our Fellowship about a Red Indian mother, who wanted to show her son the importance of the Fellowship.

She took out an arrow from the arrow quiver and said that it was supposed to illustrate a person, and then she asked her son to break the arrow, and he did so easily.

Then she took out a bundle of arrows from the arrow quiver and said that they were to illustrate the Fellowship, and then she asked him to break the bundle, but he could not do it.

This story showed us how important it was for us to seek Fellowship with others, because when we were alone our pains could break us, but together with others we could recover from them.

Today's contemplation

Today, I will seek consolation and release of my life's pains in my AcAdAn Fellowship.

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January 18: Death

We also stopped fleeing from death in all its forms, which could actually be perceived in one word as 'change'.

Active Addictions Anonymous - The Wild Life, page 18

For many of us, death was a scary and difficult area of life until we came to Active Addictions Anonymous and began working with the AcAdAn Program.

By the help of our Program, we became aware that we experienced death every moment of every day and not only when we separated from our physical form.

We realized that each NOW has a form, which consists in everything that NOW contained, only to disintegrate into the next NOW, and the NOW that was before has thus passed into death by changing form.

We realized that death in Reality merely is change, and that change is what made our life vibrant and interesting so we needed to let go of our fear and anger about change.

Today's contemplation

Today, I will embrace both my limitation, ignorance, powerlessness and changeability as an inevitable part of being human.

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January 19: *Addiction*

Our active addiction can be of a mild, moderate or severe nature, just as it is the case with any other physical or psychological illness.

Today many are found who suffer from a severe case of active addiction, and many more that have a mild or moderate form of this disease.

Active Addictions Anonymous - The Wild Life, page 7

Most of us had difficulties perceiving ourselves as an addict, because we thought of addiction as being addicted to drugs, but in AcAdAn, we present ourselves as people, who suffer from an active addiction.

This disease means that we become possessed by a dissatisfied thought pattern that could overwhelm us to feel compelled to act on our dissatisfied thoughts in spite of not wanting to.

As a result we became chronically dissatisfied with ourselves, others, our life and the World at large, and eventually, we were dissatisfied on a daily basis in spite of all the benefits that life had given us.

We had sought many solutions to recover from our addiction to chronic dissatisfaction, but only when we came to AcAdAn, we found the solution we had been looking for.

Today's contemplation

Today, I will work on recovering from my addiction to chronic dissatisfaction by the help of my AcAdAn Fellowship and the AcAdAn Program.

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January 20: *Simplicity*

There are no restrictions for us as individuals to participate in other enterprises of a related nature, but an Active Addictions Anonymous Group strives to keep everything simple by maintaining that which is characteristic for an AcAdAn Group in its place and our other activities of a similar nature in their place.

Active Addictions Anonymous - The Wild Life, page 92

As we learned the principles of the Traditions in AcAdAn, we discovered that it became easier for us to live a life of contentment when we followed Tradition Seven's principle of simplicity.

We created and manifested simplicity in our material possessions by finding a place for each thing and putting each thing back in its place when we were finished using it.

We created and manifested simplicity in our activities by setting aside a time for each of the activities we wanted to prioritize, and we followed our plan as best as we could.

In our mental-emotional lives, we created and manifested simplicity by taking care of our thoughts and emotions, and in our social lives, we created and manifested simplicity by taking out time to integrate them.

Today's Contemplation

Today I will keep everything simple by consciously creating and manifesting a place for everything I want to prioritize today.

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January 21: Group Readings

The group readings can be read in the following order:

(at the beginning of the meeting:) <i>Who has the disease of active addiction?</i> <i>What is Active Addictions Anonymous?</i> <i>Why are we here?</i> <i>The Program of Active Addictions Anonymous</i> <i>Easy Does It!</i>	(at the end of the meeting:) <i>The Twelve Traditions of Active Addictions Anonymous</i> <i>What Can I do?</i> <i>Just For Today</i>
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Active Addictions Anonymous - The Wild Life, pages 120, 121 & 122

Most of us used the meeting format suggested at the end of our book *Active Addictions Anonymous – The Wild Life* when conducting an AcAdAn meeting because it covered what we wanted to include.

Our meeting format included the group readings from the beginning of our book, *Active Addictions Anonymous – The Wild Life*, and we found these group readings desirable to hear again and again in our meetings.

The group readings reminded us that our addiction is a disease and not a moral failing, as many seem to think, and the group readings also reminded us of our goals and means as members of AcAdAn.

Group readings also helped us introduce the AcAdAn Program to newcomers, thereby making it easier for them to decide whether the AcAdAn Program could help them at this point in their lives.

Today's Contemplation

Today I will listen attentively to the group readings in my AcAdAn meeting or read them myself if I cannot attend a meeting today to reaffirm my healing in AcAdAn.

January 22: Freedom from guilt and shame

By applying these Steps in our daily life, we became able to keep our path free of guilt and shame.

Active Addictions Anonymous - The Wild Life, page 66

In many situations from our childhood to the present, we did not feel accepted when our way of being in the World was in conflict with others' perceptions of the right thing.

The natural impulse for all of us was to adjust to our surroundings in order to survive, and when it was not possible for us to adjust, we felt guilty and ashamed of ourselves.

In Step Eight we brought out all that we felt guilty and ashamed of out in the open, and we decided how we would make amends to ourselves and others in these areas.

In Step Nine, we made the amends we had decided to make in Step Eight, and in doing so, we liberated ourselves from the guilt and shame that we had carried from childhood to the present.

Today's contemplation

Today, I will remember that my feelings of guilt and shame because of being who I am are the deadliest poisons for my spiritual life, and therefore, I will liberate myself from these feelings by the help of Step Eight and Nine.

January 23: Mutual wisdom

We need that fountain of mutual wisdom, which is found in our group.

Active Addictions Anonymous - The Wild Life, page 85

In the AcAdAn Fellowship we met many different people with many different perspectives on AcAdAn Steps, Traditions, sponsorship, and on people in general and life as it is for a human being.

We listened to the wisdom of others and also shared our own, and in doing so we became acquainted with each other's strengths and weaknesses in the same way we were acquainted with our original family.

This enabled us to reach out to those of our group members who had found a solution to a problem we were currently struggling with, so that we could learn from them to solve the problem.

In this way we drew on the wealth of shared knowledge and experience that exists within our Fellowship, and it gave us confidence that our shared wisdom would be available to us when we needed it.

Today's contemplation

Today, I will seek solutions to one of my problems in my AcAdAn Fellowship either by sharing at an AcAdAn meeting or by reaching out to another member, who had found a way out of the problem that I need to solve.

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January 24: *The Fruit of the Right Action*

We have come to realize that the right action is the sweet fruit itself, which means that the joyful consequences of our virtues are sufficient on their own; likewise, the painful consequences of our defects of character are sufficient on their own, and both have theirs to give.

Active Addictions Anonymous - The Wild Life, page 24

When we came to AcAdAn, many of us had the idea that the joy we experienced when we did the right action was a reward from our Higher Power, because we had been 'good'.

In the same way, we had the idea that the pain we experienced when we used our character defects was a punishment from our Higher Power, because we had been 'bad'.

After working with the Steps in AcAdAn for a while, we realized that it was not the case, and thereby we became able to take the slogan of AcAdAn to heart, which says that the right action is the sweet fruit itself.

Thus we realized that our pain over using our character flaws was not a punishment from our Higher Power, but an opportunity for us to grow in enlightenment and wisdom by using Step Six of AcAdAn.

Today's Contemplation

Today I will use my Sixth Step to pair one of my character flaws with one of my virtues and thus achieve enlightenment and wisdom.

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January 25: *Self-importance*

Some of us used a prayer that covers most of our defects of character, and we used this prayer for our Seventh Step work at adequate moments in the course of the day, thinking or saying, "God, liberate me from this self-important seriousness."

Active Addictions Anonymous - The Wild Life, page 49

Before we came to AcAdAn, we had taken our thoughts seriously because we knew innermost that our Higher Power often used our thinking mind, our Ego as a sounding board for impulses that our Ego translated into thoughts.

Little by little as our Step Work in AcAdAn progressed, we realized that most of our thoughts revolved around the past or the future that we thought negatively or positively about, and so they did not come from our Higher Power.

These negative or positive thoughts were merely 'stories' that we told ourselves, and we could change these 'stories' to our advantage anytime we wanted to.

Therefore, it was important for us to use our Seventh Step to liberate ourselves from our self-important seriousness by applying our Seventh Step in the course of the day on our painful thoughts.

Today's contemplation

Today, I will use my Seventh Step Prayers every time I discover that a painful thought about the past or the future dominates my mode of thinking.

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January 26: The Small Ring of Hope

When The Small Ring of Hope became active in us, we had faith that our needs and desires would be met if we worked for it (Belief), and that our Higher Power would show us the way ahead (Enlightenment).

Therefore, we listened attentively to the guidance of our Higher Power (Discernment) before moving ahead along the shown path, one step at a time (Serenity).

Active Addictions Anonymous - The Wild Life, page 35

In many areas of our lives we had given up hope that what we wanted could come to us, even though we worked for it, and therefore we had often given up even beginning to fulfill our desires.

In our work with the Small Ring of Hope, we realized that the Small Ring of Hope was set into vibration the moment we opened our mind to have faith in that we could have our desires fulfilled if we worked for it.

We began to seek information about what we needed to do to fulfill our desires and tried out some of the solutions to find out what worked for us, and thereby we developed our discernment.

Little by little we came closer to the goal of our desires, and as we saw the effect of applying the Small Ring of Hope in different areas of our lives, we gained peace of mind about the fulfillment of all our desires.

Today's contemplation

Today, I will use my knowledge of the Small Ring of Hope to work on fulfilling my desires.

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January 27: Poverty

We always felt something was lacking in our lives, and we thought if only we worked more, changed enough, thought, felt and acted differently or performed better in some areas, we would be able to accept ourselves as we are; and if only others treated us better, were more understanding, loving and caring, we would be able to accept them and life as it is.

Active Addictions Anonymous - The Wild Life, page 9

When we felt lack in our lives, we felt poor, and if others would just spend some of their time, energy, interest, and money to help us get what we wanted, our feeling of poverty would disappear.

In the Small Ring of Avarice with its stinginess, greed, poverty, and gluttony, we discovered that our feeling of poverty had got nothing to do with how much we owned or with the help others were willing to give us.

Realizing this, we began to pair the Small Ring of Avarice with the Small Ring of Faith with its generosity, trust, prosperity, and accountability, and thus we grew in enlightenment and wisdom, and our pain disappeared.

Instead of paining from feeling poor, we could now begin to rejoice in that we were prosperous enough to be able to share our material goods and wisdom with others.

Today's Contemplation

Today I will investigate the pain in the Small Ring of Avarice and pair it with the Small Ring of Joy, so that I may grow in enlightenment and wisdom.

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January 28: From Self-centeredness to God-centeredness

We investigated how ourselves-criticism had brought about depression and how ourselves-praise had brought about euphoria in us, and how this had impacted our life from childhood till today.

We also investigated how our open-mindedness had brought about help from unexpected sources, how this had empowered us to solve our issues, and how this had brought about gratitude and joy in us.

Active Addictions Anonymous - The Wild Life, page 31

In Step Four, we began working with the Rings of Joy and Pain to study how our stay in these energy fields had affected us from childhood to the present.

We discovered that when we were in the Ring of Self-Centering, we suffered from a bipolar swing from depression to euphoria, stemming from self-critical or euphoric thoughts, and so we felt emotionally unstable.

When we were in the Ring of God-Centeredness, we were open to new thoughts and were empowered, which made us glad and grateful, so we preferred to use the Ring of God-Centeredness.

In Step Six, we paired the two Rings, and thus we were able to transform the swing from pain to joy to enlightenment and wisdom, and thus we achieved serenity in connection with what we were thinking about.

Today's Contemplation

Today I will use my Sixth Step to pair a Ring of Pain with a Ring of Joy so I can attain enlightenment and wisdom as well as serenity.

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January 29: *The Gratitude Prayer*

<i>The 'I' Version:</i>	<i>The 'We' Version:</i>
<i>God, You know what this, your child, needs today.</i>	<i>God, You know what these, your children, need today.</i>

Active Addictions Anonymous - The Wild Life, page 77

When we used the AcAdAn Gratitude Prayer, we acknowledged that we were not necessarily aware of that, which we needed in the course of our day.

In particular, we had difficulty imagining that we might need physical illness, weakness, discomfort and pain, but nevertheless we needed it.

We needed these energies, because we needed contrast to achieve the experience of life, so we needed a contrast to health, strength, well-being and joy.

If we did not experience contrasts, our life experience would be like looking at a white canvas instead of a canvas that held all the colors of the rainbow, as well as the black and the white.

Today's contemplation

Today, I will use the Gratitude Prayer to remind myself that my Higher Power knows what I need today both of pain and joy.

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January 30: *The For Free Principle*

Active Addictions Anonymous is a non-profit Fellowship, and hence, we pass on our literature to anyone who wants to read it by making it available for free.

Active Addictions Anonymous - The Wild Life, page 92

The building blocks of our earthly life are money, time, energy and interest, and we can use our time, energy and interest to make money, and we can buy the time, energy and interest of others for our projects.

If we receive something for free time from a stranger, we often become suspicious because we find it difficult to imagine that others would give us this gift simply because they want our well-being.

Since the purpose of AcAdAn is of a spiritual nature, we do not want to mix worldly means with our purpose, and therefore we do not want to take payment in any form for passing on our knowledge to anyone who wants it.

In AcAdAn, we mark that we are interested in the well-being of members rather than in their material situation by giving everyone who wants it access to everything we possess, without asking for money in return.

Today's Contemplation

Today I will use the for free principle of AcAdAn to further my own and others' well-being by making use of AcAdAn's literature, sponsors, Recovery Buddys, and meetings.

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January 31: *Sharing in AcAdAn Meetings*

In AcAdAn meetings, each member shares how far he&she has come in this work with the help of the AcAdAn Program.

The building blocks of our earthly life are money, time, energy and interest, and we can use our time, energy and interest to make money, and we can buy the time, energy and interest of others for our projects.

If we receive something for free from a stranger, we often become suspicious because we find it difficult to imagine that others would give us this gift simply because they want us to do well.

Since the purpose of AcAdAn is of a spiritual nature, we do not want to mix worldly means with our purpose, and therefore we do not want to take payment in any form for passing on our knowledge to anyone who wants it.

In AcAdAn, we show that we are interested in the well-being of members rather than in their material situation by giving everyone who wants it access to everything we possess, without asking for money in return.

Today's Contemplation

Today I will use the for free principle of AcAdAn to promote my own and others' well-being by making use of AcAdAn's literature, sponsors, recovery buddies, and meetings.

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February 01: *New perspectives*

JUST FOR TODAY through AcAdAn, I will try to get a better perspective on myself and my life.

Active Addictions Anonymous - The Wild Life, page 14

When we began working with our Active Addictions Anonymous Program, we discovered many opportunities to gain the new perspectives on ourselves, our lives, others and the World as a whole that we needed.

At our disposal we had the Fellowship's four books from which we could pick up new information, and we also had our recovery buddyships, sponsorships and our meetings to our aid.

The four AcAdAn books contain a detailed description of our Program, each in its own way, and they enabled us to be inspired in our recovery on a daily basis.

In meetings we listened to others and talked about our own recovery process and in our sponsorships and recovery buddyships, we talked to another person about it in a more private setting.

Today's contemplation

Today, I will choose to use my membership of AcAdAn to get a better perspective on myself and my life.

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February 02: *Service*

Each of us serves the group by being part of our meetings.

Active Addictions Anonymous - The Wild Life, page 86

When we were newcomers to AcAdAn, many of us thought that we only served AcAdAn if we took on various positions in the Fellowship but later we understood that we also served AcAdAn when we attended a meeting.

During meetings we could inspire others with our recovery, and thus AcAdAn became attractive to them, and we could listen to the recovery of others and let ourselves be inspired by it.

When we inspired each other in this way, we served AcAdAn as a whole, and we shared our recovery with people who were interested in hearing about it, and in that way we passed on AcAdAn's message.

By participating in Active Addictions Anonymous meetings in this way, we could thus serve both ourselves and others within and outside our AcAdAn Fellowship.

Today's contemplation

Today, I will attend an AcAdAn meeting and thus serve both myself, others, Active Addictions Anonymous and the World at large.

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February 03: *The Ring of Emotional Sobriety*

We also took a look at how we could move from the pain of our codependency to the joy of our Emotional Sobriety, by looking at how we could move from the attributes in the Ring of codependency to their corresponding attributes in the Ring of Emotional Sobriety.

Active Addictions Anonymous - The Wild Life, page 47

Instead of remaining in the savior role of the Ring of Codependency with its savior role, seducer role, victim role and offender role by trying to save another from the pain of his&her life, we let go of the role.

Instead we used the Ring of Emotional Sobriety with its detachment, integrity, respect for ourselves and respect for the other and gave the other time and space to find a solution to their problem.

In doing so, we liberated ourselves from the idea that it was our job to solve his&her problem, which was in reality his&her choice before he&she came to Earth.

In this way, he&she could grow in wisdom and compassion, which is the whole purpose of being on the spiritual path, so we let go of attaching ourselves to his&her problem as if it were our own.

Today's contemplation

Today, I will use my AcAdAn Program to move into the joy of the Ring of Emotional Sobriety in a situation, if I observe that the pain of the Ring of Codependency has taken over my thinking.

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February 04: *The Serenity Prayer*

The 'I' Version:	The 'We' Version:
God, grant me the serenity to accept the things I cannot change, the courage to change the things I can and the wisdom to know the difference	God, grant us the serenity to accept the things we cannot change, the courage to change the things we can and the wisdom to know the difference.

Active Addictions Anonymous - The Wild Life, page 52

For us, serenity meant that we could look at a situation without judgment, and it became possible because we had no desire for a particular outcome as we had surrendered our will and our life to our Higher Power's care.

It could happen that we were still dissatisfied with how a situation was developing, and in such circumstances we used the Serenity Prayer to calm down instead of projecting our dissatisfaction into the world.

However, many situations that we would prefer were different, we could change, so that they were more in line with our desires, and we also used the Serenity Prayer to remind ourselves of this.

If we were in doubt, we used the Serenity Prayer to examine whether we were in a situation we could not change or in a situation we could change, and if we could change it, we acted accordingly.

Today's Contemplation

Today I will practice the Serenity Prayer by accepting what I cannot change, changing what I can and by using my wisdom to see the difference.

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February 05: *Creating and manifesting a Group Conscience*

Active Addictions Anonymous is a Fellowship, which is governed by our Group Conscience, and the Group Conscience comes to expression, when each individual member's voice is heard and taken into consideration before the group makes a decision.

Active Addictions Anonymous - The Wild Life, page 95

When we entered into a Fellowship with others, we wanted our point of view to be heard and considered, and we knew that others wanted the same, so we wanted to develop a Group Conscience as it is in AcAdAn.

To fulfill this desire, we developed a Group Conscience in each of our Fellowships by ensuring that each member was given time and space to express themselves on the subject.

There could be many perspectives that needed to be heard and considered, so we gave each member one voice so that he&she could express his&her perspectives once if there were many of us.

In our coupleship Fellowship, we used time limits on each partner's speaking time, giving both partners the time they needed to express their perspectives on a given topic more than once.

Today's contemplation

Today, I will honestly express my thoughts and emotions to the other members of those Fellowships I am a part of and I will listen attentively and respectfully to what others have to share about their thoughts and emotions.

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February 06: Tradition One to Four

1: Our common welfare should come first; our personal recovery depends on the unity of our group and the survival of the group depends on each individual member's sense of belonging to the group.

2: For our group purpose there is but one ultimate authority, a loving Higher Power, as that Power comes to expression through our Group Conscience. Our leaders are trusted servants; they do not govern.

3: The only requirement for membership in Active Addictions Anonymous is a desire to stop using dissatisfaction.

4: Each AcAdAn group is autonomous except in matters affecting AcAdAn as a whole; similarly, each member of the group has the right to be autonomous except in matters affecting the group or AcAdAn as a whole.

In the beginning of our membership in AcAdAn, we were consumed by doing our Step work and going to meetings, but after some time we spotted the Traditions that are the foundation our Fellowship is built on.

The Steps taught us to take care of our inner lives, and the Traditions taught us to take care of our outer lives, and how we best could relate to our outer lives, and thus we developed our social skills.

The Traditions showed us that it was important that both we and the other members of our groups thrived in order for us to achieve what we participated in group settings to achieve.

To this end we used the Principle of the Second Step, which is Openmindedness, and the accompanying Slogan, which is: Listening attentively and respectfully to another is the first expression of emotional sobriety.

Today's contemplation

Today, I will surrender to the Group Conscience in all the groups I become a part of in the course of my day, whether the group consists of two people or two hundred.

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February 07: *The origin of our addiction to chronic dissatisfaction*

We felt chronically dissatisfied with self, others and our lives.

Active Addictions Anonymous - The Wild Life, page 9

Already in our First Step, we discovered that our addiction to chronic dissatisfaction stemmed from our dissatisfaction with our human limitation, ignorance, powerlessness, and mortality/changeability.

When we were dissatisfied with our limitation, we rebelled against the natural limitations of our Mother Earth body, against the time a task takes, against our emotions and thoughts, against our social life, and against our spiritual life.

When we were dissatisfied with our ignorance, we tried to deny it or pretend that we knew something about everything, and when we were dissatisfied with being powerless over something, we became dissatisfied with it.

Our dissatisfaction with our mortality/changeability, when our Mother Earth body changed, even though it changed from day to day, we became dissatisfied with it, even though we could do nothing about it.

Today's Contemplation

Today I want to explore how I can give myself permission to be content with my own humanity and that of others.

February 08: *Membership of AcAdAn*

You are a member if you say you are.

Active Addictions Anonymous - The Wild Life, page 119

In Active Addictions Anonymous we learn from our Traditions that we have no leaders; we have trusted servants who are members who have committed themselves to serving the Fellowship in various ways.

Members can serve the Fellowship by coming to meetings and sharing their experiences, they can take on the role of meeting leaders, treasurers, coffee people, or group service representatives.

Since we had no leaders, we did not need to approach anyone to apply for membership, because we were members if we said we were.

It was only we, ourselves, who knew if we had a desire to give up our addiction to chronic dissatisfaction, and this is the only requirement for membership.

Today's contemplation

Today, I will make use of what AcAdAn has to offer me, if yet another time I have come to acknowledge that I need help to recover from my addiction to chronic dissatisfaction.

February 09: *Tradition Four*

The principle of Tradition Four is Serenity.

Slogan: To meet and to separate and to meet again is the life condition of all manifested creatures.

Active Addictions Anonymous - The Wild Life, page 99

Our free-flowing Spirit is the guiding energy just beneath the brittle surface behind any of our forms, whether that form is from the Earth's mineral, plant, or animal realms.

It didn't matter if it was the form of our movement through space over time, the form of our emotional feelings, our thought forms, or our social interaction's form.

Thus, when we interacted with others, it was always the Spirit behind the form that we interacted with, and thus we began to see through all the illusions of form to the Spirit behind the forms.

The awareness of this was a revolution in our lives that completely changed how we dealt with our physical lives, our movement lives, our emotional lives, our thought lives, and our social lives.

Today's contemplation

Today, I will remember that it is the Spirit behind the form that is coming to meet me in all the forms I meet.

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February 10: From addiction to chronic dissatisfaction to contentment

If you become absorbed by a thought that springs from your dissatisfaction, put yourself on a '5 minutes at a time' basis to abstain from taking your dissatisfaction into use.

Active Addictions Anonymous - The Wild Life, page 13

Before we came to Active Addictions Anonymous many of us believed that we could get control of our dissatisfaction, if we only used it occasionally as a driving force for change.

When we came to AcAdAn we discovered that our addiction to chronic dissatisfaction would take our power away from us, if we used dissatisfaction in any way, so we had to abstain from using it.

To be able to liberate ourselves from our addiction to chronic dissatisfaction, we had to refrain from using dissatisfaction although we were scared of losing this driving force to improve ourself and our life.

However, we gradually discovered that we actually became better and better at improving what we wanted to improve without being under the pressure from our addiction to chronic dissatisfaction.

Today's contemplation

Today, I will use contentment with myself, my life, others and the World at large – if needed, five minutes at a time.

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February 11: From emotional pain to emotional joy

Gradually, as we investigated The Big Ring of Pain and The Big Ring of Joy this way, we understood that these Rings were named so because our defects of character brought us pain and our virtues brought us joy.

Active Addictions Anonymous - The Wild Life, page 31

In AcAdAn we looked at different thought patterns as energy forms and we looked at the outflow of energy from these thought patterns as our emotional feelings.

Through our experiences with our work with our AcAdAn Program, we discovered that some energy patterns brought us emotional pain, and others brought us emotional joy.

We investigated our personal use of these patterns by the help of the Rings of Pain and the Rings of Joy and thus we became aware of where we were at in our psychological landscape in the here and now.

Little by little, as our discernment developed, we discovered that we could pair the Rings of Pain with the Rings of Joy in many situations, and thus create and manifest enlightenment and wisdom in our thinking mind.

Today's contemplation

Today, I will use my AcAdAn Program to work on pairing a Ring of Pain with a Ring of Joy so as to create and manifest enlightenment and wisdom in my thinking mind, my Ego, so my Ego would be content.

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February 12: Guilt

In some instances, we thought that the one we needed to make amends to had harmed us too or had been the cause for the situation to occur, but in this work, we only dealt with our own feelings of guilt and not with others' guilt or the lack of it.

Active Addictions Anonymous - The Wild Life, page 66

In our Eighth Step in Active Addictions Anonymous, we investigated those areas we felt guilty about from our childhood to the present day in order to use this in our Ninth Step.

Our Ninth Step we used to make amends to ourselves and others for our mistakes and thus we purified our consciousness of guilt, which is the deadliest poison for our spiritual life.

Sometimes we were reluctant to make amends to another, because we thought that the other created and manifested the situation, so we thought that we needed the other to make amends to us first.

In our Eighth and Ninth Step however, we exclusively dealt with purifying our own consciousness of guilt, and therefore we were not dealing with the guilt of others.

Today's contemplation

Today, I will focus on how I can liberate my mind from guilt without putting hindrances in my way by demanding that first, others must make amends to me for those mistakes they did to me.

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February 13: Letting go of dissatisfaction

This is a Program of complete abstinence from using dissatisfaction with ourselves, others and life.

Active Addictions Anonymous - The Wild Life, page 8

For many of us, it had become a habit to use dissatisfaction in any area that we wanted to improve, whether it was our physical or our spiritual life.

Until we came to AcAdAn, it had not occurred to us to examine how our dissatisfaction affected us, our relationships with others, our lives, and the World at large, or that we were using dissatisfaction daily, many times a day.

It had not occurred to us that we were addicted to chronic dissatisfaction, that we were obsessed with thoughts of dissatisfaction followed by compulsive actions, and that our dissatisfaction was not giving us the results we had envisioned.

When we used our addiction to chronic dissatisfaction, we became sick in mind and body, and as a result of this discovery, we became willing to let go of our use of dissatisfaction in any circumstances, no matter what they were.

Today's Contemplation

Today I will use my AcAdAn Program to learn how to let go of my addiction to chronic dissatisfaction.

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February 14: Growth

Some of us were angry about our ignorance and that of others, until we realized that no matter how wise we are today we will always be wiser tomorrow.

Active Addictions Anonymous - The Wild Life, page 20

Many of us had great difficulty admitting our human ignorance because we had often experienced others mocking or ridiculing us if they knew something we did not know.

We had also experienced being perceived as stupid if we were ignorant of something others thought was common knowledge, but our most painful experiences happened when we were perceived as evil for the same reason.

After we came to AcAdAn and realized that ignorance was a natural part of our humanness, and realized it had its advantages, because our ignorance allowed us to discover new things about everything on a daily basis.

This allowed us to stop pretending that we knew something about everything, and thus we became ready to explore our lives as humans on this Earth, and that made our life more interesting.

Today's contemplation

Today, I will even accept my ignorance in the areas that I have most knowledge about, and in this way I will open my mind to new knowledge, new inspiration and new growth in all areas.

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February 15: Prayer and meditation

Some perceived our approach to our Higher Power as prayer and our Higher Power's answer to be meditation.

Active Addictions Anonymous - The Wild Life, page 69

In the Eleventh Step, we expanded our conscious contact with our chosen Higher Power by the help of prayer and meditation, and most of us chose to use the prayers of our Eleventh Step for this purpose, in particular the Two-Way Prayer.

Already in Step Two, we chose a Higher Power, in Step Three, we worked on surrendering ourselves to Higher Power's intention, and in Step Seven, we began our cooperating with our Higher Power.

Our chosen Higher Power often used our thinking mind, our Ego as a sounding board to give us impulses, which our thinking mind, our Ego translated into thoughts that we could understand.

It could be difficult for many of us to discern the voice of our Ego from the voice of our Higher Power, but we used the Two Way Prayer and became better at discerning our Higher Power's from those of our Ego.

Today's contemplation

Today, I will to expand my conscious contact with my Higher Power by the help of the Two Way Prayer from Step Eleven.

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February 16: *The principles of Step Twelve*

The Principle of Step Twelve is mercy.

The Slogan of Step Twelve is: We do not ask how your pain arose but what you want to do about it and how we can help.

Active Addictions Anonymous - The Wild Life, page 200

By the time we reached Step Twelve in our Step work, our perception of ourselves, others, life, and the world as a whole had changed dramatically from chronic dissatisfaction to contentment in many areas of our lives.

In a Twelve Step inventory, we investigated a situation where we were using our addiction to chronic dissatisfaction, by the help of all the principles of the Steps from Step One through Step Twelve to recover from the situation.

In doing so, we became aware of the suffering that arose from our addiction to chronic dissatisfaction in the situation we were inventorying, and how we could recover from it by the help of our AcAdAn Program.

In a meeting, we shared our Twelfth Step work on how we had recovered from the situation so that others could use our experiences in a similar situation and thus be spared from going through the pain themselves.

Today's Contemplation

Today I will use my recovery experiences to share my recovery with others who still suffer from addiction to chronic dissatisfaction if they wish to recover.

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February 17: *Passing it on*

If somebody outside the Fellowship expressed a desire to know what we were up to, we readily shared about our experiences with the AcAdAn Program, and thereby, we passed on the message of AcAdAn to them.

Active Addictions Anonymous - The Wild Life, page 82

In AcAdAn we work with our deepest and most frightening existential sufferings; our fear of and our dissatisfaction with our human limitation, ignorance, powerlessness and mortality/changeability.

Our addiction to chronic dissatisfaction, which is the result of our lack of acceptance of our humanness, had led to big sufferings both for ourselves, our life, others and the World at large.

When we began to achieve recovery from these sufferings by the help of the AcAdAn Program and came to see the advantages that entailed, we also wanted that our discoveries should benefit others.

Therefore, when others expressed a desire to hear about it, we readily told them, what liberating ourselves from our addiction to chronic dissatisfaction, and in that way we eased the pains of humankind.

Today's contemplation

Today, I will pass on my discoveries and experiences from my work with my AcAdAn Program in a meeting or with others, who express a desire to hear about it.

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February 18: Acceptance of the process of sorrow

Over time, after having consciously gone through the process of sorrow a few times, we became more accepting and patient, both with ourselves and with others, whether it was our own grief of having lost a loved one or our having to deal with a child who had just lost his/her favorite plaything.

Active Addictions Anonymous - The Wild Life, page 41

We learned that the grieving process consists of five stages, expressed in different orders as denial, anger, bargaining, resentment and acceptance, and it could come to expression in our everyday lives.

Usually, our daily grieving processes consisted in us getting upset that we ourselves or others did not live up to our expectations, and the long grieving processes consisted in us rebelling against Reality.

As we consciously observed ourselves going through the grieving process several times, we became more and more calm, because it became clear to us that the process had a beginning, a peak and an end.

Consciously experiencing a grieving process as suggested in AcAdAn meant that we could come out on the other side of the grieving process with acceptance and a greater knowledge of our existence as humans.

Today's Contemplation

Today I will accept my grieving processes because I know that I will come out the other side of them a more enlightened, wise, and compassionate person.

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February 19: Surrender

No matter how we chose to perceive our Higher Power, we needed to surrender our will and our life to the care of our chosen Higher Power in Step Three, because we by ourselves alone were powerless over our addiction to chronic dissatisfaction.

Active Addictions Anonymous - The Wild Life, page 27

In Step One, it had been difficult for most of us to come face to face with how it made our life unmanageable that we were addicted to chronic dissatisfaction with our humanness.

Therefore, it was a big relief for us to come to Step Two, where we came to believe that a Power greater than ourselves could help us to recover from our addiction to chronic dissatisfaction.

Having developed faith in that a Power greater than ourself could help us, we gained trust in that we could surrender our will to recover from our addiction to chronic dissatisfaction to the care of our Higher Power in Step Three.

Thus, it became possible for us to let go of our struggle with our addiction to chronic dissatisfaction in order to be led to contentment by the help of the rest of the Steps from Steps Four through Twelve.

Today's contemplation

Today, I will let myself be led to contentment with myself, my life, others and the World at large by surrendering to the Program of Active Addictions Anonymous.

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February 20: The victim role of codependency

When others failed to give us the praise we sought from them, we felt victimized, and this brought about a state of anger and disrespect for others in us, as the feeling of being a victim is accompanied by feelings of hostility.

Active Addictions Anonymous - The Wild Life, page 32

In AcAdAn, we began to examine our addiction to chronic dissatisfaction and discovered that many of us had felt that there was something wrong with us due to the criticism we had received from our childhood to now.

In our desire to be who we thought we should be, we tried to please others, and we took it as a sign that we had succeeded if others praised us, so we became addicted to praise.

If others failed to praise us, we felt like victims because we had spent our money, time, energy, and interest on their well-being instead of our own without them praising us.

However, in the Ring of Emotional Sobriety, we discovered that it was not our task to save them from solving their own problems, but that it was our task to simply solve our own problems.

Today's contemplation

Today, I will work on moving from my victim role by moving from the Ring of Codependency into the Ring of Emotional Sobriety.

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February 21: Progress rather than perfection

Thus, we became aware that we would continue to make mistakes, and we would still need our Program and continue to need guidance, help and consolation from everything and everyone around us, so as to get empowered to find solutions and move on instead of getting stuck in various dysfunctional patterns.

Active Addictions Anonymous - The Wild Life, page 58

When we came to AcAdAn, many of us hoped that we could achieve perfection with the help of the Program, until we realized that we were still making mistakes and still needed support and guidance from others.

We were disheartened because there was always room for improvement in our well-being in all areas, but as our disappointment wore off, we realized that this was precisely the fact that made our lives interesting.

When we thought that we could not improve a project further, we were indeed finished with the development of that project, but that did not mean that we would not face other challenges in our lives.

The empty space left by the completed project was soon filled by a new challenge, so that we could continue to develop our talents without ever reaching a point where our talents could not be developed further.

Today's contemplation

Today, I will rejoice in my progress in the many small things that I improved in my life today.

February 22: *Conscious contact with a Higher Power*

The most important thing was that it worked for us to interact with our Higher Power.

Active Addictions Anonymous - The Wild Life, page 74

In Step Eleven, we learned that this Step gave us the opportunity to further develop our work with Steps Two, Three, and Seven in creating and manifesting an interaction that worked for us with our Higher Power.

With this purpose in mind, we began to investigate, how we could learn to use prayer, meditation and Constant Remembrance like it has been suggested in our Eleventh Step.

Many of us used the Two Way Prayer to learn to expand our conscious contact with our Higher Power and moreover we used meditation to come into oneness with our true Self, our Spirit.

Little by little we learned to discern between those impulses that came to us from our thinking mind, our Ego and those that came to us from our true Self, our Spirit, and thus our Eleventh Step began to work for us.

Today's contemplation

Today, I will use Constant Remembrance to return to the meditative state of mind that I achieved during my morning meditation so as to maintain my conscious contact with my Higher Power's guidance throughout the day.

February 23: *Forgiveness*

In the end, we set aside a day that we called the Sacred Day of Forgiveness, where we went through our list point-by-point and forgave ourselves for the mistakes we had made in the past, and thus, we were ready to move on to Step Nine.

Active Addictions Anonymous - The Wild Life, page 64

We discovered in the course of our work with our AcAdAn Program that forgiveness could not be given as a decision, but had to spring from the heart however much we wanted to forgive ourselves or others.

We faced that what we thought others had done against us, which we felt that they should be ashamed of, we ourselves could have done under similar circumstances.

By the help of this realization, we became better able to understand the actions of

others, and the understanding of the actions of others made it easier for us to forgive them.

When it concerned forgiving ourselves for the mistakes we had done to ourselves or others, we could make it possible for us to forgive ourselves by making amends for our mistakes.

Today's contemplation

Today, I will ask my Higher Power for the capacity to forgive myself for those mistakes I have done to myself and others for the mistakes I think they have done to me.

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February 24: *Honesty*

We strived to be as honest and thorough with our Fifth Step as we could be, because we realized that it was decisive for our progress in our recovery.

Active Addictions Anonymous - The Wild Life, page 44

Most of us tried to be as honest with ourselves as we able to, so we had not asked ourselves whether it was possible for us to tell the truth about anything before we came to AcAdAn.

After we came to AcAdAn and investigated the matter, we discovered that we were actually incapable of telling the truth about even a single event in our daily experiences, no matter how honest we wanted to be.

For example, if we walked a short distance outside, it would not be possible for us to tell about all the sensory impressions, emotions, and thoughts that passed through us on the way.

Therefore, our honesty in our Fifth Step consisted in telling about our discoveries in the limited areas we had chosen to focus on in our Fourth Step, whether they put us in a more or less flattering light.

Today's contemplation

Today, I will be honest to myself both about a side of me that I find less flattering and about a side of me that I find more flattering.

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February 25: *The newcomer*

The newcomer is the most important person in AcAdAn as he&she is the source of growth for us and our Fellowship, giving us an opportunity to keep what we have received from AcAdAn by sharing it with the newcomer.

Active Addictions Anonymous - The Wild Life, page 8

Our old-timers were very important to us because they were the backbone of the Fellowship and we wanted them to continue to be members, so we did our best to make them feel respected and comfortable.

When a newcomer came to a meeting, we took good care of the newcomer by giving him&her our full attention so that we could find out what he&she needed from us to feel safe among us.

We also understood that the newcomer was the most important person in AcAdAn because he&she gave both old-timers and other newcomers the opportunity to share our experiences with the Program in AcAdAn.

By sharing our understanding of the Program, we expanded our own perspectives, and the more members we became, the more perspectives we gained on the Program, and the more recovery we got access to.

Today's contemplation

Today, I will further develop my social skills by taking care of a newcomer or an oldtimer in my AcAdAn Fellowship.

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February 26: Humaneness/fallibility

No matter how much spiritual information was passed on among us, we realized that we still needed to accept each other's humaneness and fallibility.

Active Addictions Anonymous - The Wild Life, page 17

Before we came to AcAdAn, our existential sufferings made us seek for freedom from them and we heard from many that the solution to our sufferings lay on the Spiritual Path.

This had led us to believe that if only we became spiritual enough, we would no longer suffer from being a limited, ignorant, powerless and mortal/changeable human being on this Earth.

In AcAdAn's Program, we discovered that no matter how prominent our spiritual life became, we still lived as human beings on Earth and that our fallibility stemmed from our humanness.

This made us realize that fallibility was an inbuilt part of our humanness and not a moral flaw, and this realization made us realize that our fallibility did not have to prevent us from being content.

Today's Contemplation

Today I will use my AcAdAn Program to forgive myself and others for the mistakes I think we have made today.

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February 27: Willingness to transformation

This Step is exclusively about achieving the willingness to be liberated from all of our defects of character and not about becoming super human beings.

Active Addictions Anonymous - The Wild Life, page 46

In Step Six, we began to transform our character defects into enlightenment and wisdom by pairing them with our virtues, beginning this process in Step One by admitting that a defect of character was active in our minds.

Next, we asked ourselves what we hoped to achieve by using our defect of character and in that way we discovered the desire that lay at the root of our use of that defect of character

Then we moved from the pain of the character defect to examining how we thought the situation would have turned out if we had used the joy of the corresponding virtue to fulfill our desire.

Thereby, we gained some enlightenment about our mind that led to wisdom, and our serenity grew every time we went through the process of transformation from pain to enlightenment and wisdom.

Today's Contemplation

Today I will use my Sixth Step to go through a process of transformation from pain to enlightenment and wisdom in my thinking mind, my Ego.

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February 28: Step Five to Eight

The Program of Active Addictions Anonymous Step Five to Eight.

Active Addictions Anonymous - The Wild Life, page 10

We gradually discovered that it was not only Step One to Four that set the Big Ring of Joy with its faith, hope, love, and truth into oscillations, but that it also was true for Step Five to Eight.

In our work with Step Five in our AcAdAn Program, we had **faith** in that it was to our advantage to share our realizations from Step Four with ourselves, our Higher Power, another human being and our Fellowship.

In Step Six, we **hoped** that the transformation of our defects of character would make us more content, and in our cooperation with our Higher Power in Step Seven, we received the unconditional **love** of our Higher Power.

In Step Eight, we came face to face with the **truth** about those areas we were ashamed of and received forgiveness from ourselves, our Higher Power, another human being and our Fellowship.

Today's contemplation

Today, I will use Step Five to Eight to set the Big Ring of Joy into oscillations.

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February 29: *Guilt and shame*

We brought all those areas out in the open that we felt guilty about from our childhood till today.

Active Addictions Anonymous - The Wild Life, page 61

In Step Four we bring out into the open all that we feel hurt about, and in Step Eight we bring out into the open all that we are ashamed of because we believe we have hurt ourselves or others.

The purpose of bringing our guilt and shame out into the open is to liberate ourselves from guilt and shame because they are the deadliest poisons to ourselves, for when we feel guilty and ashamed we hide from others and thus harm them.

When we worked with our feelings of guilt and shame, we had already acknowledged many painful feelings and had experienced the healing of the pain by admitting it and its unmanageability in Step One.

This had given us the courage to bring out our most secret and painful emotional feelings of guilt and shame into the open in Step Eight and to liberate ourselves from them in our Ninth Step.

Today's Contemplation

Today I will bring a painful shame feeling out into the open by admitting it and using my Ninth Step to liberate myself from it.

Today's contemplation

Today, I will bring a painful emotion that I am ashamed of out into the open, so the work of transforming the pain to joy can begin.

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March 01: *The purpose of the group*

As a group, we possess vital collective experiences and wisdom about recovery from our addiction to our chronic dissatisfaction, and we consider it to be the group's primary purpose to make this wealth of knowledge available to ourselves and others.

By opening an AcAdAn meeting, we created and manifested a place where we could meet with like-minded people who had also discovered that they were dissatisfied on a daily basis.

In our meetings, we told each other about our experiences with recovering from our addiction to chronic dissatisfaction, and about how we managed to find satisfaction under all circumstances, no matter what they were.

By listening to each other's experiences, we began to understand that we were not alone in this suffering, and that together we held a wealth of experiences on how to recover.

With the help of our meetings with the other members, it became easier and easier for us to recover from our addiction to chronic dissatisfaction both physically and psychologically.

Today's contemplation

Today I will participate in a meeting in Active Addictions Anonymous to let myself be enriched by the experiences of other members and to enrich others with my experiences.

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March 02: To pass on the message of AcAdAn

The Twelfth Step suggests that we practice these principles in all our affairs, and when we did that, our way of being clearly reflected the rewards of working the AcAdAn Program in everything we did, and thus we carried the message by living it even when we were not passing it on to others by word of mouth.

In AcAdAn, it was important for us to pass on the message that it was possible to recover from one's addiction to use one's addiction to chronic dissatisfaction with ourselves, others, life and the World at large.

It was important for us both because we wished others well, and because growth in our AcAdAn Fellowship helped us to gain new perspectives on our Program by the help of the newcomers.

When we passed on the message, it was important for us to remember that pressure creates manifests counter pressure, so we did not try to overwhelm others with the message or to persuade them to become members.

Instead, we chose to follow the principles of our Active Addictions Anonymous Program, which states that our Program works through attraction rather than promotion.

Today's contemplation

Today, I will to apply the principles from my AcAdAn Program, when I pass on the message about AcAdAn to others.

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March 03: Coming to believe

After coming to AcAdAn, we discovered that it is a process to come to believe in someone or something greater than us.

Active Addictions Anonymous - The Wild Life, page 24

When we came to AcAdAn, most of us had been completely locked in by our fears of our human limitation, ignorance, powerlessness, and mortality/changeability.

We had done everything the were in our power to deny our humanness, but despite all our efforts, we still came face to face with the fact that it could not be done every day.

We also tried to flee from it, and when we failed, we became dissatisfied with our humanness on a daily basis, and little by little we became addicted to being dissatisfied, and our dissatisfaction became chronic.

When we came to AcAdAn, we discovered that it helped us to bring a Power greater than ourselves that could help us recover into our lives , because we ourselves were powerless over our addiction to chronic dissatisfaction.

Today's Contemplation

Today I will use my Third Step to surrender myself to the care of a Power greater than myself that I find in my AcAdAn Fellowship.

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March 04: Higher Power's will

The Eleventh Step suggests only to pray for knowledge of our Higher Power's will for us and the power to carry that out.

This meant that we wanted to know our Higher Power's will for us, which is, in Reality, our own will for ourselves when we are not blinded by our thoughts and emotions.

Active Addictions Anonymous - The Wild Life, page 74

In Step Eleven we used prayer and meditation because prayer helped us to turn to our Higher Power, and meditation enabled us to pick up on our Higher Power's guidance.

We needed meditation to quiet our minds so that we could pick up on our Higher Power's subtle guidance in order to make our Eleventh Step work for us.

As we began to pick up on our Higher Power's guidance, some of us became afraid of becoming slaves to our Higher Power's will, but we learned that it was important only to follow the guidance when we were ready.

Little by little, as we gained experience in our Eleventh Step work, we became more and more willing to surrender to our Higher Power's will for us because we discovered that it was to our advantage.

Today's Contemplation

Today I will open myself to listening to my Higher Power's will for me, so in that way I may become able to find my own true will for me.

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March 05: *The Small Ring of Avarice*

We discovered that when The Small Ring of Avarice became active in us, we wanted to receive something materially, physically, time-space wise, emotionally, mentally, socially or spiritually without having to use our own money, time, energy or interest to get it (Stinginess), and we readily received anything that we did not have to make an effort to get (Greed) even if we did not need it (Gluttony), while at the same time, we felt poor in spite of all the things and advantages we possessed (Poverty).

Active Addictions Anonymous - The Wild Life, page 38

In our work with the Small Ring of Avarice, we discovered that poverty was part of the Small Ring of Avarice, which made us feel poor despite the fact that our basic needs were met.

Most of us could even gluttonously possess far more than we needed, and our homes were filled with furniture and toys for our entertainment, such as TVs, computers, the Internet, and games.

The feeling of poverty caused us to become greedy to acquire more than we needed, and we became stingy with others because we feared we would lack something if we gave our surplus away.

Our studies of how the Small Ring of Avarice affected us evoked a desire in us to move out of this energy field, and into the Small Ring of Faith, which is the antidote to the Small Ring of Avarice.

Today's contemplation

Today, I will work on moving out of the Small Ring of Avarice and into the Small Ring of Faith.

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March 06: *The Seducer Role of Co-dependency*

At times, we seduced others by claiming to know better than them and their Higher Power as to what their path and their truth in life ought to be or not to be, or by pretending to genuinely care for their wellbeing, whereas we were actually driven by this need for others to take our suggestions to heart, for us to feel better and more valuable than we were able to due to ourselves-criticism.

Active Addictions Anonymous - The Wild Life, page 30

Sometimes, we felt a need to have confirmed by others that we were valuable, in particular when we felt a low self-esteem, and we imagined that we could achieve this by doing something for others.

We hoped to save them from the pains of life in those areas where we had found a solution and that made us seduce ourselves and them to believe that we were able to save them from the pains of their life.

This could lead to that we used our resources, our money, time, energy and interest on saving them, and when we discovered that our attempts to save them often had the opposite effect, we felt like victims.

This made us understand that each of us needed to find our own way out of the pain, so we could grow in enlightenment and wisdom, so we stopped enabling others to use our resources instead of their own for healing.

Today's contemplation

Today, I will give others time and space to find a solution to their small or big existential pains instead of seducing myself and them to believe that it is my task to save them from carrying out this work.

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March 07: *The Smile Meditation*

This central area of our brain together with the healing power of a smile has been used by spiritual masters for millennia as an object of contemplation and has created manifested the smiling eyes that are so well known in spiritual masters, and this central area in the brain has been named the cave of Brahma in Hinduism and the Crystal Palace in Taoism.

Active Addictions Anonymous - The Wild Life, page 79

In our Eleventh Step of AcAdAn, we used the Smile Meditation during our meditation state to help our Mother Earth body recover from various weaknesses and illnesses.

To our surprise, research has shown that the central part of our brain, which contains the thalamus and hypothalamus, the pineal gland and the pituitary gland, plays a role in meditation.

These areas and associated glands secrete oxytocin, endorphin, dopamine, serotonin and adrenaline, and when we focused on this part of our brain, we triggered them and it helped us achieve powerful healing.

When we focused our awareness on this part of our brain with a gentle smile and loving eyes, we could infuse the healing power of our focus to infuse healing power into the sick parts of our body.

Today's contemplation

Today, I will use the healing power of the Smile Meditation from my Eleventh Step in AcAdAn to heal my own existential pains and that of others, whether the pains are physical, energetical, emotional, mental, social or spiritual.

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March 08: To stop fleeing

Some of us became so despondent upon these realizations that we withdrew from life, but when we came to AcAdAn, we decided to stop fleeing from life's pains.

Active Addictions Anonymous - The Wild Life, page 18

In AcAdAn we explored the existential pains that arose from our dissatisfaction with our four basic human characteristics, our limitation, ignorance, powerlessness, and mortality/changeability.

We had done much to escape our humanness, but when we reached the end of the road with yet another escape attempt, we had to face the fact that we were still limited, ignorant, powerless, and mortal/changeable.

In Active Addictions Anonymous we found a Fellowship with others who suffered from the same addiction to chronic dissatisfaction that we did, due to our dissatisfaction with our humanness.

By the help of our AcAdAn Program and the Fellowship of Active Addictions Anonymous, we moved together from our addiction to chronic dissatisfaction to contentment under all circumstances, no matter what they are.

Today's Contemplation

Today I will use my AcAdAn Program and my AcAdAn Fellowship to learn to become content with my human limitation, ignorance, powerlessness and mortality/changeability.

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March 09: *To let go of control*

We feared that our lives would get out of control if we surrendered to a Higher Power, but we shared our fears and reluctance at the AcAdAn meetings and with others who had experiences with working Step Three.

Active Addictions Anonymous - The Wild Life, page 27

Step Three suggests we turn our will and our life over to the care of our chosen Higher Power, but many of us feared to do that, because many of us had been brought up with the idea of a punishing Godhead.

This idea had made us imagine that our Higher Power would be like a parent who ordered us to do things we did not feel like doing, and who punished us if we did not do as we were told.

In our Second Step, however, we had worked on choosing our Higher Power as an unconditionally loving, caring, compassionate and merciful Power, and this made it easier for us to use Step Three.

When got the courage to surrender our will and our life to the care of our Higher Power, we discovered that surrender was a process, not an event, so we could take our will back, when we wanted to.

Today's contemplation

Today, I will use my Third Step to move forward in my process towards a whole hearted surrender to my Higher Power's care.

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March 10: *Step Twelve*

The principle of Step Twelve is Mercy.

Slogan: We do not ask how your addiction to chronic dissatisfaction arose but what you want to do about it and how we can help.

Active Addictions Anonymous - The Wild Life, page 83

Before we came to AcAdAn, many of us were not aware that we were addicted to chronic dissatisfaction, even though we used dissatisfaction with ourselves, our lives, others and the world around us many times a day.

We used dissatisfaction because we were trying to escape our powerlessness over ourselves, others, life and the world around us in the hope that our bodies, others, life and the world around us would change to our satisfaction.

It never occurred to us to investigate whether what we were doing was working for us when we used our addiction to chronic dissatisfaction until we heard about Active Addictions Anonymous.

It was only when we came to AcAdAn meetings and heard other members share about their work with the Program that we realized how much suffering stemmed from our illness and we began our healing.

Today's contemplation

Today, I will joyfully receive help from other members of AcAdAn by receiving the wisdom, they have to offer about recovery in AcAdAn.

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March 11: Artificial joy

The pattern of codependency settled in us because ourselves-criticism and depression created a manifested need within us to be praised by others to achieve a state of euphoria, also called artificial joy, springing from self-praise, which for many of us was the only form of joy we knew before we came to AcAdAn.

Active Addictions Anonymous - The Wild Life, page 31

The only kind of joy most of us knew when we came to AcAdAn was the artificial joy called euphoria, which springs from self-praise, and this activated the Ring of Self-Centeredness in our psychological landscape.

We activated the Ring of Self-Centering with its euphoria, depression, self-criticism, and self-praise hoping to stay in our euphoric state, but found that the euphoria turned to self-criticism and depression very quickly.

When our self-praise and euphoria were replaced by our self-criticism and depression, we often needed praise from others to feel valuable without it, and thus we opened ourselves to the pain of the Ring of Codependency.

Thus we added pain to pain, but as our work in the Sixth Step developed, we became better at moving from these pains to the joys of the Ring of God-Centeredness and the Ring of Emotional Sobriety.

Today's contemplation

Today, I will let go of using the Ring of Self-centeredness in relation to myself and the Ring of Codependency in relation to others, and instead I will use the Ring of Godcenteredness in relation to myself and the Ring of Emotional Sobriety in relation to others.

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March 12: Ignorance

We respected our own and others' emotions and stopped pretending that we knew something about everything, and as a result, we became more content.

Active Addictions Anonymous - The Wild Life, page 21

While growing up, many of us were ridiculed if there was something we did not know, and sometimes we were called evil when we accidentally hurt another living being because of our ignorance.

At other times, we were called stupid in a derogatory way, and it could also happen that we were teased by others when we were ignorant about something, in tones that made us cringe.

This made some of us decide that when we became adults, we did not want to be ignorant anymore, and therefore we found it harder and harder to admit our ignorance.

As a result, we pretended to know something about everything because we were afraid that someone would expose our natural human ignorance, without understanding that true knowledge comes from experience.

Today's contemplation

Today, I will use my AcAdAn Program to liberate myself from my fear of my human ignorance.

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March 13: To share understanding with others

We also realized that the spiritual wisdom we were blessed with was inherent in each one of us as a natural part of our being; so it was not our task to persuade others to believe in anything that was not true for them, but their own task to seek help to come into contact with their inner knowing.

Active Addictions Anonymous - The Wild Life, page 17

Many of us became so excited about the discoveries about ourselves that we made by the help of our AcAdAn Program that we wanted to share them with our fellow human beings.

Therefore, we had a tendency to share our pearls with others, even if they had not expressed a desire to hear about the happiness-creating effects of our self-realizations.

Instead of letting go of saying any more, some of us became so eager to make the other person understand how good it would be for him&her to become members of AcAdAn.

After doing this a number of times, we discovered that our eagerness had the opposite effect, so we reminded ourselves that our Program works by attraction, not by persuasion.

Today's contemplation

Today, I choose to only share my experiences with my AcAdAn Program with others, who express an interest in hearing about it them.

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March 14: Comparisons

As a natural consequence of using the Ring of Emotional Sobriety, we came in touch with the Truth that any creature manifestation is equally valuable to creation manifestation, exactly the way they are, and thus the Big Ring of Joy opened up to us.

Active Addictions Anonymous - The Wild Life, page 33

Before we came to AcAdAn, we would sometimes compare ourselves to others, and it could happen that we compared our best qualities with others' worst, or others' best qualities with our own worst.

However, in our work with our Program, we discovered that we are all so unique that there is no one like us in the entire World, so we realized that we could not understand ourselves or others by comparing ourselves with others.

Instead of comparing ourselves with others, we used the Ring of Emotional Sobriety with its detachment, integrity, respect for self and respect for others to be able to understand ourselves and others better.

In the work with this Ring, we also let go of seeing our own and others' defects of character and virtues as qualities we or they possessed, but as energy fields we or they temporarily found ourselves in.

Today's contemplation

Today, I will use the Ring of Emotional Sobriety to accept I cannot know what happens in another human being's mind unless he&she tells me about it.

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March 15: Step Seven

Step Seven consists of two parts, and the first part we could do immediately after finishing Step Six.

Active Addictions Anonymous - The Wild Life, page 54

When we came to Step Seven, we had become entirely ready to allow our Higher Power to liberate us from our defects of character, and we began our Seventh Step by praying to be liberated from all of our defects of character.

Next, we moved on to the other part of our Seventh Step, which is a daily cooperation with our chosen Higher Power about being liberated from our defects of character in those situations where we observed they arose.

Gradually, as we developed our Seventh Step we became better and better at spotting our defects of character and thereby we also became better at cooperating with our chosen Higher Power about being liberated from them.

By daily use of Step Seven, we experienced that our addiction to chronic dissatisfaction was decreased, and we became more and more content with ourselves and our life under all circumstances, no matter what they are.

Today's contemplation

Today, I will use my Seventh Step to cooperate with my Higher Power about liberating me from my activated defects of character.

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March 16: Loss

Because we accepted that the process of sorrow had to take its course and it took its time whether we wanted it or not, gradually, we learned to not oppose it but to allow it to pass so as to become able to liberate ourselves from our sorrow that otherwise might turn into bitterness.

Active Addictions Anonymous - The Wild Life, page 41

When we lost something or someone, which or who were important for us, whether it concerned our possessions, our health, or people, it often happened that we found it difficult to accept the loss.

Our lack of acceptance of the loss set the five stages of sorrow into movement: denial, anger, negotiation, grief and acceptance, and it did not matter for the intensity of our pain, in which area we experienced loss.

Even if the loss was to our advantage, it could still be painful for many of us, like it for example happened, when we let go of our addiction to chronic dissatisfaction.

When we suffered a loss of the familiar, it could make many of us turn away from our recovery in AcAdAn, because it was important for us to learn to live through the process of sorrow.

Today's contemplation

Today, I will use my AcAdAn Program to ease and heal the pain of my losses.

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March 17: To try to escape from life

We discovered that our addiction to chronic dissatisfaction were just one of the many paths we had traveled in our attempts to escape from coming face to face with our four basic human attributes.

Active Addictions Anonymous - The Wild Life, page 15

Most of us had been on the spiritual path for a long time in our search for a solution to our existential pains before we came to AcAdAn.

At meetings in Active Addictions Anonymous we heard others talk about that it was good to stop trying to flee from life as a human being.

However, we could not put a finger on what it entailed to try to escape from life even if we had a vague idea about that it was what we did.

Only when we heard about our human limitation, ignorance, powerlessness and mortality/changeability we understood that it was our humanness we had tried to flee from.

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Today, I will use my AcAdAn Program to learn to be content with my human limitation, ignorance, powerlessness and mortality/changeability.

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March 18: Praise from others

Instead of thinking that we had to save others from the consequences of their thoughts, emotions or actions so as for us to be able to feel good about ourselves, we respected their right to own the consequences of their thoughts, emotions and actions, and hence, we gave them time and space to find their own solutions, and at the same time, we gave ourselves the right to the same.

Active Addictions Anonymous - The Wild Life, page 48

Our need to be able to perceive ourselves as good people could make us use the savior role of our codependency to achieve praise from others so we could get to feel better about ourselves.

As we did not expect to get praise from others just like that, we became willing to use our resources to save others from life's pains even if our true motive was not to save them but to get praise from them.

We discovered our true motive by us experiencing emotional pain, if nobody expressed praise about us sacrificing our resources so others could get to feel good instead of using our resources on ourselves.

This showed us that our co-dependency was active, so used the detachment of our emotional sobriety to the existential pains of others without letting go of our love for them.

Today's contemplation

Today, I will use my AcAdAn Program to liberate myself from my need for praise from others.

March 19: *The euphoria of self-praise*

Instead of praising ourselves for the successes we thought we had achieved in the course of a day and thereby creating manifesting a short-lived euphoria from the thought of how great we thought we were, we chose to focus on our gratitude about the help we received in the course of the day that made our success possible, whether the help sprang from within or without.

Active Addictions Anonymous - The Wild Life, page 47

When we saw the beauty and qualities of others, we could feel that they were better than we were, and this could make us want to praise ourselves for the successes that we had recently experienced.

When we praised ourselves for our successes, we tended to forget that we had achieved them because we had received an empowerment from our inner World's inspiration or from the help and support of our outer World.

Our self-praise gave us a short-lived state of euphoria from the Ring of Self-Centeredness about how good we thought we were, and we knew that our self-criticism and depression would soon follow.

This taught us to move from the pain of the Ring of Self-Centeredness with its self-praise, euphoria, self-criticism and depression to the joy of the Ring of God-Centeredness with its gratitude, joy, openmindedness and empowerment.

Today's contemplation

Today, I will use my AcAdAn Program to move from the pain of the Ring of Self-centeredness to the joy of the Ring of God-centeredness.

March 20: *Task solving*

Some of us thought it wasn't necessary to seek our Higher Power's will for us so often in the course of a day as we had done so at the beginning of the day itself.

Active Addictions Anonymous - The Wild Life, page 70

Step Eleven suggests that we must seek guidance from our Higher Power, before we begin a task to be able to find the best possible solution to the task.

Furthermore, Step Eleven suggests that we thank our Higher Power for the guidance and the power to carry out the task, when the task is completed.

Many of us did not think we had the time to stop both before and after a task, because we wanted to proceed to the next task immediately.

We discovered however, that this impatience and rashness often led us to feeling rushed, irritable and belligerent, and thus we lost our contentment.

Today's contemplation

Today, I will use the suggestion from my Eleventh Step in AcAdAn to stop both before and after a task to seek guidance before the task and to thank for the guidance and the power to carry out the task afterwards.

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March 21: Choice of a Higher Power

The right to have a Higher Power of our own choice is unconditional and without traps.

Active Addictions Anonymous - The Wild Life, page 27

Before we came to AcAdAn, many of us had some perceptions of a Higher Power that frightened us because we had been told that if we didn't do certain things or failed to do others, our Higher Power would punish us.

In AcAdAn, we had a need to liberate ourselves from these impressions in Step Two and instead choose a Higher Power that did not punish or reward us for things we did or did not do.

The only suggested guidelines in our Second Step are that we choose a Higher Power that we were able to perceive as **unconditionally** loving, caring, compassionate, and merciful.

When we heard about other members' experiences with choosing an unconditionally loving, caring, compassionate, and merciful Higher Power, our confidence grew that it could be done by us too.

Today's contemplation

Today, I will use my faith in that my choice of my personal Higher Power is completely without traps so I can freely choose a Higher Power that I trust.

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March 22: Appreciation of the group members

We know that each and every group member is vital for the group to survive.

When we moved around in society, we observed that both we and other people were treated more or less respectfully depending on our and their external appearance.

Furthermore, we observed that we and other people were treated differently because of our wealth or prestige or lack thereof, especially if we or they had a high position in society.

In our Fellowship, we did not want to use this external yardstick for how we related to each other because our common goal was of an internal nature, and therefore we emphasize the Principle of Anonymity.

The Principle of Anonymity says that we all have equal value to the Fellowship because each individual member is vital to the survival of our group, and therefore we want to show each member of our group the same respect.

Today's contemplation

Today, I will respect and appreciate every single member of my group both in my AcAdAn Fellowship and my other Fellowships, like for example the Fellowship of two people in my marriage.

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March 23: To learn by listening to other members

Working this Program may appear to be a huge task to us when we are newly introduced to AcAdAn, but we are not expected to do it all at once.

In our first AcAdAn meeting we heard about many concepts that were new to us, and for many of us it seemed overwhelming to think about acquiring an understanding of them.

After the meeting, we talked with other members, and they told us that their understanding of the concepts also kept developing, so they had learned to take it easy.

They suggested that we took it easy and just listened to what others had to share about their understanding of the concepts, and little by little our understanding would develop.

Furthermore, we could consider beginning the work on our own AcAdAn Program and thus become even better at developing our own understanding of the concepts.

Today's contemplation

Today, I will participate in an AcAdAn meeting to learn about the AcAdAn Program by listening to other members' understanding of it.

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March 24: Acts of violence and war

We remembered that attack is the first act of violence and defense the first act of war, and an explanation would be an expression of our desire to defend our wrong.

Active Addictions Anonymous - The Wild Life, page 67

Most of us considered ourselves to be peaceful people, until we came to AcAdAn and investigated the issue further, and here we found out that we often attacked others, although we rarely did so physically.

We had denied that it was a violent attack on others when we used irritated, impatient, belligerent or bitter tones or looked at them with angry facial expressions or used angry words towards them.

We defended our attacks on others by saying that we were defending good against evil or that we were saving him&her from his&her misunderstandings of right and wrong, thus sparing him&her from future pain.

After working with our AcAdAn Program for some time, we realized that all of these actions were acts of violence and that our defense of our attacks on others were acts of war regardless of whether they attacked us first or not.

Today's contemplation

Today, I will use my AcAdAn Program to stop those acts of violence and war that I usually carry out in my social life.

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March 25: Step Eight

We began by looking at what we considered to be harm today seen through the eyes we had gained through working the first Seven Steps in Active Addictions Anonymous. Therefore, we took an honest stand on how we had harmed ourselves and others materially, physically, time-space wise, emotionally, mentally, socially and spiritually.

Active Addictions Anonymous - The Wild Life, page 60

When we came to AcAdAn, we had mainly seen material loss and illness as harmful to us, and it had taken us a long time to understand that we were addicted to chronic dissatisfaction and that it was harmful to us.

In Step Eight, we had become aware that we needed to make amends to ourselves and others for the harm our addiction to chronic dissatisfaction had inflicted on ourselves and others.

In Step Eight, we understood that our addiction to chronic dissatisfaction was a mindset that had come at great cost to ourselves, our loved ones, and everyone around us, and that it was the root of much of the suffering in our lives.

Furthermore, we discovered that our addiction to chronic dissatisfaction was not only harming us socially, but also materially, physically, energetically, emotionally, mentally, and spiritually, so we needed to make amends to ourselves for this.

Today's contemplation

Today, I will use my Eighth Step to make myself ready to make amends for the harms I have done to myself and others with my addiction to chronic dissatisfaction in Step Nine.

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March 26: Accountability in service

Tradition Nine opens up the possibility that we may create and manifest service boards and committees if we want to take on a bigger project like writing new literature or organizing an event or a convention, but those who take on this service are directly responsible to those they serve – the members, groups and the Fellowship of AcAdAn as a whole.

Active Addictions Anonymous - The Wild Life, page 95

In AcAdAn our most important task was to help and support each other in recovering from our addiction to chronic dissatisfaction, which has got nothing to do with our profession, our status or our position in our society.

To create and manifest the haven we needed to recover from our addiction to chronic dissatisfaction without fear or favor, we needed that our Fellowship was non-professional.

This meant that we did not look at each others' status in society, and therefore we had a need for that service work in our Fellowship happened on a voluntary basis, so our service structure did not depend on status or fear or favor.

When we needed to carry out a bigger project, we wanted also this to happen by the help of a voluntary effort, and that those who served our Fellowship, kept the Fellowship informed about their line of action and the economics.

Today's contemplation

Today, I will be aware of that although the service work I do for the Fellowship is

voluntary, an important part of this service is, that I keep the Fellowship well informed about my workflow and the economics in my part of the service work.

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March 27: Transformation

This way, by being thorough, meticulous and committed to do this work day after day, gradually, we became entirely ready to be liberated from all of our defects of character by allowing our Higher Power to transform them to their corresponding qualities in the Rings of Joy.

Active Addictions Anonymous - The Wild Life, page 53

Gradually, as our work with our Seventh Step develops, we became aware of that our perception of what transformation of our defects of character involved, was not in conformity with Reality.

Many of us thought that our chosen Higher Power would transform them all when we used the first Seventh Step Prayer so we needed not do any more about, but in Step Seven we needed to learn to cooperate with our Higher Power.

When we worked with Step Seven however, we realized that the transformation was not an event but a process, and we had to contribute every step of the way to attain a working Seventh Step.

After completing the initial prayer, we used our Seventh Step Prayers, one at a time according to the defect of character we spotted in a social interaction by asking our chosen Higher Power to liberate us from it.

Today's contemplation

Today I will use my Seventh Step to cooperate with my chosen Higher Power to liberate myself from my use of my defects of character throughout the day.

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March 28: The changeability

Thereby, we came to understand that every moment is precious and is forever over when the next moment is born, and by looking at our mortality through this perspective, death became less frightening for us, and we became more present and content in the here and now.

Active Addictions Anonymous - The Wild Life, page 21

When we worked with our four basic attributes as manifested creatures in our AcAdAn Program, we discovered that our perception of death changed.

Most of us thought of death as the moment we left our physical bodies, but by investigating death in daily life, we discovered that mortality/changeability is an ongoing process throughout our day.

We also discovered that we needed mortality/changeability to be able to see ourselves, our lives, others, and the World as a whole in the new perspectives that constantly arose due to the changeability of everything.

In this way, we could find ourselves, others, our lives, and the World at large interesting, and thus we could enter the joy of the Ring of Fulfillment with its fulfillment, interest, meaningfulness, and oneness.

Today's contemplation

Today, I will use my AcAdAn Program to let go of my fear of change.

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March 29: *The consequences of our addiction to chronic dissatisfaction*

Most of us realized that in spite of our continuous efforts to change, and in spite of all the understanding, love and care we received from others, we still felt dissatisfied with ourselves and others.

Active Addictions Anonymous - The Wild Life, page 9

Gradually, as we worked with our addiction to chronic dissatisfaction in our AcAdAn Program, it became clearer and clearer to us how deeply **rooted** it was.

It also became clear to us that the thoughts we thought as a result of our addiction to chronic dissatisfaction, gave rise to some emotions that both hurt us and our loved ones.

This insight into our addiction to chronic dissatisfaction and its consequences, made our desire to recover from it more intense.

Thereby, it became easier for us to let go of this disease by the help of the daily work with Step Ten, Eleven and Twelve for the maintenance of our contentment.

Today's contemplation

Today, I will use my AcAdAn Program to maintain my contentment.

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March 30: *Recovery from existential pains*

Some of us tried to hide parts of our past in an attempt to look better, but we could not afford this mistake.

Active Addictions Anonymous - The Wild Life, page 44

When our Fifth Step was approaching, some of us could feel unsafe by the thought of telling another person about those discoveries we had made about ourselves in our Fourth Step.

That thought made us consider hiding them, so that the other person should not think poorly about us or maybe even lose interest in working the Steps with us.

Other members told us however that our honest admission of our existential pains was the basis for that our recovery from them could begin.

They also said that in Step Five we admitted many of our existential pains to another human being, and the more we had the courage to admit, the greater would be our possibility of recovering from them.

Today's contemplation

Today, courageously, I will admit my existential pains, and how they make my life unmanageable to another human being.

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March 31: Acceptance of the ignorance

Many of us had equated ignorance with stupidity, and even with evil, and as we neither wanted to be stupid nor evil, we had problems admitting our ignorance, but when we accepted the fact that ignorance is an integral part of our humaneness, we gave up blaming ourselves and others for not knowing better.

Active Addictions Anonymous - The Wild Life, page 20

In our highly developed culture, we received a flow of information all the time through newspapers, magazines, TV and the Internet, and that could make many of us imagine that we knew a lot about this, that and the other.

As we were not personally involved in most of the events, we got information about, we were ignorant about the true nature of the events, but anyway we were expected to have a stand point on everything between heaven and earth.

If we admitted our ignorance, we could be exposed to reactions from others, which gave us the impression that there was something wrong with our ignorance, and this could lead us to get an urge to hide our ignorance.

The fact was, however, that both we and others could not escape our human ignorance

no matter how much information we possessed, because there would always be a lot of areas that we knew nothing about.

Today's contemplation

Today, I will accept my ignorance as a part of being a human being.

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April 01: *Recovery from our addiction to chronic dissatisfaction*

Whether our disease is mild, moderate or severe, it generally settles within us as an addiction to chronic dissatisfaction with ourselves, with everything and everybody

everywhere at all levels of existence, and thereby with life itself.

Active Addictions Anonymous - The Wild Life, page 7

Most of us perceived dissatisfaction as a tool we could use when we wanted to create and manifest change for the better in our lives, until we realized that giving ourselves this pain was not the solution.

It also did not occur to us that we were dissatisfied on a daily basis many times a day without changing anything for the better because of it, so we were torturing ourselves to no avail.

Before we came to AcAdAn, we were not aware that our daily use of dissatisfaction was a chronic insanity that was harmful to ourselves, our loved ones, and everyone we encountered during the day.

Using our AcAdAn Program, we began the work of overcoming our addiction to chronic dissatisfaction by changing what we could change and accepting what we could not change.

Today's Contemplation

Today I will use my AcAdAn Fellowship to get the help I need to overcome my addiction to chronic dissatisfaction.

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April 02: Fellowship with everything and everybody

In the course of our spiritual work in AcAdAn, we discovered that self-sufficiency is an illusion. We need everyone and everything around us, and we need to experience a sense of Fellowship with everyone and everything around us.

Active Addictions Anonymous - The Wild Life, page 85

Most of us thought we only had a Fellowship with our near and dear ones and with different groups we were a part of, but at AcAdAn meetings, we discovered that we have a larger Fellowship.

We may not have thought we had a Fellowship with a stone, and yet a stone is a manifested creature that is limited, ignorant, powerless and mortal/changeable just like we are, so we have that in common.

Both plants and animals are limited, ignorant, powerless and changeable manifested creatures, just like we are, and both on Earth and in the Higher Worlds this applies, so we all have that in common.

The only energy field where we are not limited, ignorant, powerless and mortal/changeable, is in the oneness with our true Self, our Spirit in the God Realm.

Today's contemplation

Today, I will open myself up to the Fellowship, I have, with everything and everybody everywhere on all planes of existence.

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April 03: Existential pains

We sought help and consolation from each other in AcAdAn, and thus we got the strength to go through the emotions of pain until they subsided.

Active Addictions Anonymous - The Wild Life, page 40

Little by little, as we worked with our AcAdAn Program, we began to accept that pain is an advantageous part of life even if we had not imagined that something like that could become possible for us.

We realized that pain protected us from sitting down on a hot stove, and it made us go to the doctor if we had experienced pain in our physical body for a while without us being able find out why the pain was there.

When we experienced mental-emotional pain, our natural reaction was to move away from the pain, but gradually as we developed sensitivity to ourselves, we practically experienced pain every day, if not physically then psychologically.

It were these existential pains that made us to seek a spiritual solution to our pains, and thus we stopped fleeing from our pains at long last and instead we investigated them, so we could release them and let them go.

Today's contemplation

Today, I will use my AcAdAn Program to investigate a physical or psychological pain to find out what I need to do to release it and let go of it.

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April 04: The Twelve Traditions of AcAdAn

An AcAdAn Group's fundamental purpose is of a spiritual nature, and the moment we begin to be preoccupied with money, property, power and prestige issues, we are diverted from our primary purpose.

Active Addictions Anonymous - The Wild Life, page 91

AcAdAn's Twelve Traditions are an expression of those experiences we have had with our Fellowship as a whole both in our relationship with each other and in our relationship with the surrounding society and the World at large.

We have discovered that if we let ourselves get diverted from our basic purpose, which is to liberate ourselves from our addiction to chronic dissatisfaction, the Fellowship soon lost its healing power.

We had achieved our contentment by the help of our Fellowship and our AcAdAn Program and we lost our Fellowship, and if our Fellowship did not function in conformity with our Traditions.

Our Traditions hold together our World-wide Fellowship, and if we did not follow them, we did not have the support that we needed to maintain our recovery.

Today's contemplation

Today, I will respect the Traditions of AcAdAn and maintain my focus on my spiritual work in AcAdAn above everything else.

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April 05: Individuality

We know that no single person can speak for the group or for Active Addictions Anonymous as a whole in public discussions, and therefore, we don't speak on behalf of the group or on behalf of Active Addictions Anonymous as a whole.

Active Addictions Anonymous - The Wild Life, page 96

As members of AcAdAn it was important for us that no one spoke on our behalf by speaking on behalf of the Fellowship as a whole, because we are all unique, so we all have our completely unique way of understanding our Program.

However, sometimes we needed to give one of our members a mandate to speak about AcAdAn in a public context, and when one of us got this task, it was important that we remembered our Traditions.

When we spoke about AcAdAn in public contexts without mandate we let nobody have any doubt that we spoke on our own behalf about our personal experiences with the Fellowship and with the Program in AcAdAn.

If a member had been given the mandate to present our group's views to our Area Service Committee, he/she made sure to express only what the group had assigned him/her to say.

Today's contemplation

Today, I accept that I cannot speak on the behalf of others, so I choose to be aware that I am speaking for myself and about myself, when I express my thoughts.

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April 06: *The decision-making process*

Beginning the day by making up our minds if our decision to surrender to our Higher Power's care was also valid today the decision could slowly grow and become wholehearted.

Active Addictions Anonymous - The Wild Life, page 28

In Step Three, we had a need to surrender the care for our will and our life to our chosen Higher Power's unconditionally loving, caring, compassionate and merciful intention.

For most of us, this decision was not an event but a process, and while we worked with our Third Step, we reached to a **desire** to surrender our will and our life to our Higher Power's care.

We soon discovered that we felt like withdrawing our desire to surrender our will and our life to our Higher Power's care for many different reasons that we thought were good reasons.

By beginning the day with our Third Step Prayer, we could support ourselves in our desire to achieve that wholehearted surrender that we had experienced in short glimpses during our work with Step Three.

Today's contemplation

Today, I will use the Third Step Prayer to support my desire to surrender my will and my life wholeheartedly to my Higher Power's care, one day at a time.

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April 07: *Appreciation*

*The principle of Tradition Five is Gratitude.
Slogan: Mutual appreciation pleases the heart.*

Active Addictions Anonymous - The Wild Life, page 99

Many of the actions we carried out during the day, were about our interactions with others, and in that connection we performed many actions that contributed to the lives of others with an empowerment.

We believed that we were then entitled to receive their joy and gratitude, so we expected them to be in the Ring of God-Centeredness with its joy, empowerment, openmindedness and gratitude.

Therefore, it was important for us to know that appreciation for our contribution was not necessarily possible for the one whose life we contributed to, so instead we could choose to be grateful that our Higher Power had given us the capacity to contribute.

The highest joy for us as givers was to experience the appreciation and joy of others in response to our contribution, but we were not entitled to it, so we made sure that we would rejoice in helping and that this was enough.

Today's Contemplation

Today I will only choose to help my neighbor if it would bring me joy to do so, knowing that the right action is the sweet fruit itself.

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April 08: *To give and receive life force*

When we participate regularly in the meetings, we are part of that Power that keeps the group alive.

Active Addictions Anonymous - The Wild Life, page 86

In our work with our AcAdAn Program, we began to observe ourselves and our lives in the course of the day and discovered that our thoughts, emotions and actions held many possibilities.

Little by little, we observed that there were some areas of our lives that we particularly valued, and therefore we supported these areas by using our resources on them, our money, our time, our energy and our interest.

For us, as AcAdAn members, our inner life is of great importance, and therefore we chose to give life force to our inner life by working with our AcAdAn Program and attending meetings in our AcAdAn Fellowship.

By working with our Program, we discovered ourselves in new ways, and when we went to meetings, we got inspiration and life force for our inner life, because the other members shared their experiences with their inner life with us.

Today's contemplation

Today, I will give life force to my inner life by doing Step work in AcAdAn and I will attend an AcAdAn meeting and receive life force to my inner life from what the other members share during the meeting.

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April 09: *Courage to be honest*

We needed to be honest and brave to be able to do this work, and we initiated it by seeking strength from our Higher Power every time we sat down to write about our defects of character and our virtues, and how our use of them had affected our lives till this day.

Active Addictions Anonymous - The Wild Life, page 41

During our growing up, many of us experienced that it could be difficult to be allowed to be honest because our parents and other adults around us could get angry about what we had at heart.

Sometimes they could even become violent because of our perception of Reality, and this had led us to not believe it was safe for us to be honest about our thoughts, emotions and actions in social interactions.

Although being honest could create fear in us, we understood that it was to our advantage to surrender to the First Step, which states; The Principle of the First Step is Honesty. Slogan: Truth always triumphs in the end!

By the time we reached Step Four, we had admitted so many things to ourselves and our Sponsor or Recovery Buddy and our AcAdAn Fellowship that we now have the courage we need to look honestly at our character defects and our virtues.

Today's Contemplation

Today I will use my AcAdAn Program, my Sponsor or Recovery Buddy, and my AcAdAn Fellowship to find the courage to be honest.

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April 10: *First meeting with the Big Ring of Joy via Step One to Four*

The Program of Active Addictions Anonymous Step One to Four.

Active Addictions Anonymous - The Wild Life, page 10

In our AcAdAn Program the Steps themselves are a meeting with the Big Ring of Joy with its faith, hope, love and truth.

We carried out Step One because we **believed** it was to our benefit to begin to be honest with ourselves by admitting what was hurting us and making our lives unmanageable.

We carried out Step Two because we **hoped** that we could have a better life by opening ourselves to take a loving Higher Power into our lives, and we carried out Step Three because we wanted to surrender to the **loving** care of our Higher Power.

We carried out Step Four because we wanted to find out the **truth** about what defects of character prevented us from surrendering to the loving care of our chosen Higher Power and what virtues helped us to surrender.

Today's contemplation

Today, I will use Step One, Two, Three and Four in my AcAdAn Program to set the Big Ring of Joy into vibration in my psychological landscape.

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April 11: The Truth

*The principle of Step One is Honesty.
Slogan: Truth always triumphs in the end!*

Active Addictions Anonymous - The Wild Life, page 83

In our AcAdAn Program, we needed to be as honest as we were capable of, so as to become able to carry out the Program, but it is important for us however, not to demand of ourselves that our truth and the Truth are identical.

We accepted that the word chair is a symbol that points to the truth, which is the chair, and whether we used one or the other word for chair, depending on the language we spoke, the word however, would never become the chair.

As a result of this understanding we realized that a dispute about words is a waste of our time, our energies and our interests, and this allowed us to honestly acknowledge that our perception of Reality in one perception among many.

That made our social life easier, because we no longer needed to persuade others to accept our perception about the truth, but could allow them to use their own words to describe their own truth, as they perceived it.

Today's contemplation

Today, I will remember that words are not the Truth, but a pointer to how I and others perceive Reality right here and right now.

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April 12: Responsibility

We took responsibility for that part which we felt guilty about, and let go of their feelings of guilt or the lack of it as something, which is between them and their Higher Power.

Active Addictions Anonymous - The Wild Life, page 66

In our Ninth Step, we made the amends we had decided on in Step Eight, but sometimes we would not be willing to do a Ninth Step because we felt that the other person had also wronged us.

If that was the case, we remembered that there were three different types of tasks in life: Our tasks, the tasks of others, the tasks of our Higher Power, so it was the personal tasks of others to choose to make amends to us.

If we chose to perceive our AcAdAn Program as given to us by our Higher Power, it was our task to do it as best as we could, and it was the task of others to take care of the tasks they had been given by their Higher Power.

In other words, it was only our responsibility to do the tasks that our Higher Power had given us today and not to take responsibility for the tasks of others, because their tasks were given to them by their Higher Power and not by us.

Today's Contemplation

Today I will choose to take responsibility for the tasks that my Higher Power has given me, and I will let go of trying to take responsibility for giving others tasks and leave it to their Higher Power.

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April 13: Cooperation with our Higher Power in Step Seven

With the first part of Step Seven, we had shown our Higher Power and ourselves that we were entirely ready to have all our defects of character transformed. Now, we began to cooperate with our Higher Power about having them transformed.

Active Addictions Anonymous - The Wild Life, page 54

The first time we read the headline of Step Seven, we imagined that we would be liberated from all of our defects of character all at once, when we had finished Step Seven.

When we began working with Step Seven, we discovered that this did not happen even though we prayed for it, because Step Seven invited us to our cooperate with our Higher Power about being liberated from them, one day at a time.

With the initial Seventh Step prayer, we had shown ourselves and our Higher Power that we were willing to be liberated from our defects of character and thus ready to cooperate with our Higher Power on a daily basis.

We cooperated by asking our Higher Power to be liberated in the NOW when we observed an active defect of character beginning to surface, and in the process we became well acquainted with our psychological landscape.

Today's contemplation

Today, I will cooperate with my Higher Power by the help of Step Seven by praying to my Higher Power to liberate me from my defects of character, when I observe that they surface in the course of my day.

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April 14: Meditation

To be able to hear our Higher Power's guidance, we had to empty our mind from all thoughts and turn silent.

Active Addictions Anonymous - The Wild Life, page 69

In Step Eleven, we learned how to use prayer and meditation to expand our conscious contact with our chosen Higher Power, and with this purpose in mind, we needed to learn to empty our minds of all thoughts.

We did this by letting all thoughts from our thinking mind, our Ego, pass us by without grasping hold of them, until they slowly slipped into the background, and we became present in the Blissful Flow of the Present Moment.

As our thinking mind, our Ego, slipped into the background, we observed that various inspired impulses came to us, and we perceived them to be our Higher Power's suggestions for activities for the day.

In this way, an almost imperceptible sense of Holy Presence arose in our minds, and we understood that our meditation had begun, and therefore we had become able to sense the presence of our Higher Power.

Today's contemplation

Today, I will use meditation to expand my conscious contact with my Higher Power.

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April 15: Priorities

We place strong emphasis on this, for we know that when we use dissatisfaction in any form, we activate our addiction to chronic dissatisfaction all over again.

Active Addictions Anonymous - The Wild Life, page 11

For many years we had used dissatisfaction many times a day because we imagined that our dissatisfaction would give us the power to change the areas we were dissatisfied with.

When we began to look more closely at whether it was working as intended, we discovered that in most cases our dissatisfaction did not lead to the changes we wanted it to make.

Only when we came to AcAdAn we realized that we used our dissatisfaction to feel that we had done something about what we wanted to change and could become willing to do something about it in a fictional future.

In our work with the Program, we became aware of how our dissatisfaction damaged us and everything around us, and therefore our work to recover from our addiction to chronic dissatisfaction became the center of our life.

Today's contemplation

Today, I will give my recovery from my addiction to chronic dissatisfaction first priority in my life.

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April 16: *The Ring of God-centeredness*

We also investigated how our open-mindedness had brought about help from unexpected sources, how this had empowered us to solve our issues, and how this had brought about gratitude and joy in us.

Active Addictions Anonymous - The Wild Life, page 31

Many of us imagined that the use of God-centeredness meant that we thought about God or were focused on the concept of God all the time during our day, and that we served God in ways that we imagined would please God and reward us.

In AcAdAn, we used the Ring of God-centeredness with its joy, empowerment, openmindedness, and gratitude for this purpose and to liberate ourselves from the pain of the Ring of Self-centeredness with its euphoria, depression, self-criticism, and self-praise.

The Ring of God-centeredness enabled us to be grateful for everything that happened during our day, whether it brought us pain and thus the opportunity to grow in enlightenment and wisdom, or joy.

In our AcAdAn Program and our AcAdAn Fellowship, we learned to use both pain and joy to our advantage, and thus we were able to let go of our addiction to chronic dissatisfaction.

Today's contemplation

Today, I will use the Ring of God-centeredness to find joy in myself, my life, others and the World at large.

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April 17: Anger

We had a tendency to live secret lives by hiding behind artificial masks, hoping we could fool others into loving us by the help of these masks. However, we discovered that the only one we fooled was ourselves.

Active Addictions Anonymous - The Wild Life, page 44

Many times we hid behind a mask of kind friendliness because we did not want to hurt others with our anger, nor did we want to experience the consequences of expressing our anger to others.

Before we came to AcAdAn, we did not know what else to do with our anger, even though the reaction of others to us suggested that they knew we were angry.

In AcAdAn, we learned that we could safely express our anger because we now knew that repressed anger is hatred, and we needed to express the pain of our hatred in order to recover from it.

We used Step One to admit our anger and how it made our lives unmanageable, Step Two to find the loving intention behind the situation that made us angry, and Step Three to surrender to that loving intention.

Today's contemplation

Today, I will liberate myself from one of my anger forms by the help of my AcAdAn Program.

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April 18: Respect and love for ourselves

Even if we would succeed in making others love and respect us, it would still not bring about our own love and respect for ourselves and thus we needed to develop respect and love for ourselves to be able to achieve contentment.

Active Addictions Anonymous - The Wild Life, page 16

Many of us believed that if we could get others to love and respect us, we would be able to love and respect ourselves, so we fought many battles with other to force them to do what we wanted so as to be able to believe that they loved and respected us.

No matter how many times others did what we wanted to prove that they loved us, we discovered that it did not change our perception of ourselves or our belief that we were worthy of love.

In doing so, we understood that even though others did what we wanted, we did not believe in their love, and we understood that we needed to develop love into respect for ourselves in order to believe that we were loved.

In Step Six, we transformed the aspects of ourselves that made us feel unloved by developing an enlightened and wise and thus quiet Ego, so that we could use Step Eleven to receive the unconditional love of our Higher Power.

Today's contemplation

Today, I will use my AcAdAn Program to work on those thoughts in me that prevent me from respecting and loving myself.

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April 19: Trust

When we had made our choice, we moved ahead in confidence with our chosen person.

Active Addictions Anonymous - The Wild Life, page 43

In our Fifth Step, we had admitted to ourselves how our misunderstandings and use of pain had affected us and our life until now, by writing it down in our Fourth Step.

It had been a painful but also liberating task to write it down, and in our Fifth Step the time was ripe to share it with our chosen Higher Power, and we did so by reading it to our Higher Power.

We then needed to share the same with another human being, and that could be a frightening thought for many of us, and so we needed to choose to trust the person with whom we had decided to share our Fourth Step.

In making this choice, we discovered that we were met with recognition and understanding, and we also discovered that our joy was doubled and our pain was halved when we shared our joy and pain sincerely with another human being.

Today's contemplation

Today, I will choose to trust that I can sincerely share my joy and my pain with another human being.

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April 20: Self-will and God's will

We began taking care of our pain and the changes that took place in our lives all the time with the help of our AcAdAn Program, and as a result, we discovered that both pain and change are advantageous parts of life.

Active Addictions Anonymous - The Wild Life, page 18

When we came to It had been a painful but also liberating task to write it down, and in our Fifth Step the time was ripe to share it with our chosen Higher Power, and we did so by reading it to our Higher Power.

We then needed to share the same with another human being, and that could be a frightening thought for many of us, and so we needed to choose to trust the person with whom we had decided to share our Fourth Step.

In making this choice, we discovered that we were met with recognition and understanding, and we also discovered that our joy was doubled and our pain was halved when we shared our joy and pain sincerely with another human being..

Today's contemplation

Today I will use my AcAdAn Program to find my chosen Higher Power's loving, caring, compassionate and merciful intention behind the events in my day that I harbored the greatest ill will towards.

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April 21: Obsession

When we become overpowered by such obsessive thoughts, we end up acting on them, impulsively and at times against our will, and thus we are compulsive.

Active Addictions Anonymous - The Wild Life, page 7

We thought that we were in control of our thoughts, when we came to Active Addictions Anonymous, and we had spent much time criticizing ourselves, because we did not implement the decisions that we had made in the beginning of the day.

However, we discovered that we were not only powerless over our feeling of addiction to chronic dissatisfaction, but we were also powerless over the thoughts that led to our feeling of addiction to chronic dissatisfaction.

We believed that our thoughts spoke the truth, when the thoughts that went through our mind, told us that we had good reasons to be dissatisfied with ourselves, others and the World at large.

It did not occur to us that we could suffer from a mental obsession that gave rise to our

feeling of addiction to chronic dissatisfaction and that we needed help to recover from this obsession.

Today's contemplation

Today, I will use my membership of Active Addictions Anonymous to get the help I need to recover from my mental obsession by thoughts, which holds addiction to chronic dissatisfaction with me, others and the World at large.

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April 22: Tradition Five

TRADITION 5:

Each group has but one primary purpose – to carry the message of recovery to others suffering from addiction to chronic dissatisfaction.

Active Addictions Anonymous - The Wild Life, page 12

Before we came to AcAdAn, we believed that we could recover from our addiction to chronic dissatisfaction by using willpower, and we have tried to do that for many years without success.

After we came to AcAdAn, we realized that we were suffering from a mental illness that we needed help to recover from, and we received that help from our Program, our Sponsor or Healing Buddy, and our meetings.

In our meetings, we heard about how others handled their recovery from their addiction to chronic dissatisfaction, and that gave us a lot of inspiration in our own recovery.

When we shared in meetings about how we were working on our recovery, we deepened our understanding of our illness and at the same time passed on the message that recovery from addiction to chronic dissatisfaction IS possible.

Today's contemplation

Today, I will share about my recovery from my addiction to chronic dissatisfaction in an AcAdAn meeting.

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April 23: Tolerance

The principle of Tradition Three is Tolerance.

Slogan: Tolerance furthers understanding.

Active Addictions Anonymous - The Wild Life, page 99

In Tradition Three we open ourselves both as individuals and as a group to the fact that we cannot judge other people's lives and motives by looking at them from the outside.

We are honest when we admit that we can never know if someone else has a desire to give up his/her dissatisfaction with himself/herself, his/her life, others and the World at large.

By the help of the Program in AcAdAn, our personal work with it, our Sponsor and/or recovery buddy, our Higher Power and our meetings, if we have a desire to give up our addiction to chronic dissatisfaction.

Therefore, we welcomed anyone, who expressed a desire to give up his/her addiction to chronic dissatisfaction, regardless of the reasons they state to be dissatisfied, and regardless of in what their active addiction consists.

Today's contemplation

Today, I will use my AcAdAn Program to show tolerance towards others, who suffer from addiction to chronic dissatisfaction and thereby give myself a chance to get a new perspective on my own addiction to chronic dissatisfaction.

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April 24: Detachment

We detached from others' material, physical, time-space wise, emotional, mental, social and spiritual issues without detaching from our love, care, compassion and mercy for them, and thus, we maintained our detachment.

Active Addictions Anonymous - The Wild Life, page 48

Our dissatisfaction with others mostly sprang from our childhood, where we tried to solve our parents' problems of intolerance and anger by trying to change our behavior to please and appease them.

Therefore, when we spent our time, energy, interest, and money on trying to fulfil the desires of others or solve their problems without success or without them showing gratitude for our help, we became dissatisfied once again.

When we came to Active Addictions Anonymous, we learned that our job is to spend our time, energy, interest, and money on fulfilling our own desires and taking care of our own existential problems.

Furthermore, we learned that in the same way it is the job of others spend their time, energy, interest, and money on fulfilling their own desires and solve their own problems, so we stopped attaching ourselves to other people's problems.

Today's Contemplation

Today I will listen respectfully to the problems and desires of others without taking them on as if they were my own.

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April 25: Changeability

In Active Addictions Anonymous, our recovery began only when we stopped using dissatisfaction, and that meant that we stopped finding reasons to be dissatisfied every day, even many times a day and found reasons to be content every day, many times a day instead.

Active Addictions Anonymous - The Wild Life, page 22

When we came to Active Addictions Anonymous, many of us believed that the impetus to create and manifest advantageous changes in our life sprang from our dissatisfaction with ourselves and our life.

We also believed that we could force others to change in accordance with our perception of what is right, if we voiced our dissatisfaction with their way of being in the World.

It never occurred to us that we could create and manifest advantageous changes in our lives without using dissatisfaction, but in AcAdAn we that the changeability of life called forth changes without us needing to use dissatisfaction.

When we used our AcAdAn Program to take a closer look at the changeability in ourselves, others and our life, the changes always and without exception proved to be to our advantage in the long run, and thereby it became easier for us to be content.

Today's contemplation

Today, I will use my AcAdAn Program to further my recovery from my compulsive use of dissatisfaction with the changeability of myself, others and life.

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April 26: To make amends

We made a decision as to how we could restore the damages we thought we had done, and thus, we became empowered to liberate ourselves from our feelings of guilt and shame.

Active Addictions Anonymous - The Wild Life, page 61

In the course of our life we had done much harm materially, physically, energetically, emotionally, mentally, socially, and spiritually, and we wanted to make amends for the harm we felt we had done to ourselves or others.

We wanted to do this to be able to liberate ourselves from guilt and shame., so we brought out into the open all the areas we were ashamed of in our Eighth Step and decided how we would make amends to ourselves and others for our mistakes.

We then used the Great Day of Forgiveness to forgive ourselves, and in Step Nine we made our amends after having sought guidance from our chosen Higher Power and our Sponsor on how best to make amends.

We made direct amends to ourselves and others by changing the behavior that had hurt us or them, and we made indirect amends to others if it was not possible to make amends to them directly.

Today's contemplation

Today, I will make amends to myself and others in those areas I think I need to make amends for in order to become able to liberate myself from guilt and shame.

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April 27: Sponsorship

When we took on a commitment as Sponsor, we found yet another way of passing on this message.

Active Addictions Anonymous - The Wild Life, page 82

In our work with our AcAdAn Program we discovered that when we got the opportunity to express ourselves about our understanding of the Program, our understanding of the Program became deeper and clearer.

That inspired us to pass on the message of AcAdAn to others, who suffered from addiction to chronic dissatisfaction.

Simultaneously, we experienced the satisfaction of contributing to that another person's existential pains diminished, and this is the phenomenon we call a 'win win' situation, because we both win something valuable by sharing our experiences.

When we took on the commitment as a Sponsor, we discovered the benefits of having a person in our life, who was deeply interested in what we thought about the Program, and who made it possible for us confidently to express what we had learned in AcAdAn.

Today's contemplation

Today, I will deepen my understanding of my AcAdAn Program by passing on my

experiences with my Program to another human being, who is interested in my Program.

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April 28: To carry out a full Twelve Step Recovery

Sometimes, we discovered that our Higher Power did not remove a particular defect of character in us, for example, our impatience, in a given situation even if we prayed for it.

From this, we realized that our Higher Power wanted us to take a closer look at what our impatience had to tell us.

Active Addictions Anonymous - The Wild Life, page 58

Gradually, as we became accustomed to using our Seventh Step many times a day, when we observed that a character defect rose to the surface, we were also getting used to being in recovery under many different circumstances.

However, sometimes it happened, that we used our Seventh Step without a change happening in our painful perspective on the situation, and we know then that we need stronger measures to recover from our pain.

Therefore, we made use of the first given opportunity that arose to inventory the situation by the help of our Sixth Step, and if we were still not able to recover from the situation, we carried out a full Twelve Step recovery on it.

A full Twelve Step Recovery is a powerful means to recover from most pains in life whether the pain is material, physical, energetic, emotional, mental, social or spiritual.

Today's contemplation

Today, I will use my AcAdAn Program to take a painful situation through a full Twelve Step recovery, if my Sixth and Seventh Step do not work for me in the situation.

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April 29: Self-created and self-manifested sufferings

When we had completed our list, we went through it point-by-point, and we wrote down how we wanted to make amends.

Active Addictions Anonymous - The Wild Life, page 63

We had many situations in our life from the past that we felt guilty about, because we did not like the way, in which we handled the situation in question, and we needed to recover from our feelings of guilt and shame because from the past.

We also needed to recover on a daily basis from our feeling of guilt and shame about the way we handled situations in the present that mostly stemmed from that pattern, we experienced in our childhood.

It is important for us to learn how to handle any situation that gives rise to guilt and shame in us, whether it took place in the past or in the present, because guilt and shame are the deadliest poisons for our spiritual life, where happiness is found.

Guilt and shame make us break off our contact with our chosen loving, caring, compassionate and merciful Higher Power, when we need this contact the most, and thereby our sufferings are prolonged unnecessarily.

Today's contemplation

Today, I will use Step Eight and Nine in my AcAdAn Program to recover from ways in which I handled a situation that I am ashamed of.

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April 30: A punishing Godhead

Therefore, we could approach our Higher Power in many different ways that could give us an experience of a loving, caring, compassionate and merciful Higher Power, such as our 12-Step Program, the earthly and spiritual principles, God, our Spirit, love that flows as the life energy between us and others, everything and everybody everywhere at all levels of existence or any other understanding and experience that we had of a loving, caring, compassionate and merciful Higher Power's presence.

Active Addictions Anonymous - The Wild Life, page 73

Whether we grew up in the North, the South, the East or the West, our surrounding society had given us an impression of an invisible Higher Power together with all what our society thought about the invisible Higher Power.

An important detail for many of us was that we were told that the Higher Power, which our society perceived as the right one, was the only right one, and if we did not think so, we were doomed to hell, if not now then once we died and the time of reckoning came.

This made our life far more difficult than it needed to be, so it was a great relief for us when we came to our Twelve Step Program in AcAdAn that we were told in Step Two that we had an absolute freedom without traps to choose a Higher Power.

The only stipulation was that we chose to take a loving, caring, compassionate and merciful Higher Power into our life, and in that way the punishing Godhead lost its power over us.

Today's contemplation

Today, I will to use my AcAdAn Program to let go completely of the thought of a punishing Godhead by the help of my Second Step.

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May 01: *The principle of anonymity*

When we interact with the outside World – both with the public as well as while carrying the message to others who suffer from addiction to chronic dissatisfaction – in the course of our AcAdAn services, we practice Tradition Ten by not expressing anything about outside issues such as religion, therapeutic communities, politics, treatment methodologies etc.

As members of AcAdAn we tried to give everything its proper place, and our Traditions were one of the areas we wanted to keep in mind when we mentioned AcAdAn in public contexts.

We respected the Principle of Anonymity by being aware that we were ambassadors of AcAdAn rather than our personal selves when we expressed ourselves about AcAdAn in public contexts.

Therefore, we did not express our personal opinion on outside issues, but were happy to express our knowledge of AcAdAn's capacity to contribute to our individual well-being.

So if others wanted to find out what AcAdAn has to offer them personally, we could only suggest that they read our literature or attended a few AcAdAn meetings to find out if they think they could benefit from what we have to offer.

Today's contemplation

Today, I will respect the Anonymity Principle of AcAdAn by accepting my role as AcAdAn's ambassador in public contexts if my participation in AcAdAn crops up in the conversation.

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May 02: Our life's purpose

The principle of Tradition Six is Life-force.

Slogan: I liberate myself from that which does not serve my purposes.

Many of us felt guilty when we wanted to take care of our own purposes first and foremost, because we learned during our upbringing that we had the right to take care of our own purposes only, when we had taken care of the wishes of our parents.

Our parents taught us that their purposes were more important than ours, and our society taught us that their purposes were more important than ours, and some of us have even learned that we should serve the God's needs instead of our own, as they were described by others.

However, when we came to AcAdAn we realized that our omnipresent, omniscient, omnipotent and immortal Higher Power holds everything and everyone everywhere at all levels of existence and desire does not need anything from us other than us following our hearts!

When we discovered that it became clear to us that our life's purpose is to improve our life on a daily basis, so we understood that our true purpose in life is the same as everyone else's: namely to work on improving our own life, and thereby improve life on Earth.

Today's contemplation

Today, I will use my AcAdAn Program to liberate myself from that which prevents me from using my resources on improving my own life and thereby on improving life on Earth.

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May 03: Our basic purpose in AcAdAn

Therefore, we don't use AcAdAn resources to endorse, finance or lend the AcAdAn name to any related facility or outside enterprise, because such an affiliation of Active Addictions Anonymous with other facilities having a purpose similar to ours may easily create and manifest a situation where power, prestige, and debates over money and ownership might divert us from our primary purpose.

Active Addictions Anonymous - The Wild Life, page 91

In AcAdAn our basic purpose was to liberate ourselves from the existential pain that sprang from our addiction to chronic dissatisfaction with our human limitation, ignorance, powerlessness and mortality/changeability.

Those results we achieved by working with our AcAdAn Program were of such a miraculous nature that many wanted to take AcAdAn's credit for their work of a similar nature.

This could easily lead to controversy about which enterprise should be given the honor for these results, but in AcAdAn we were not interested in participating in a public debate about the honor.

Our basic and only purpose is to help each other to recover from our addiction to chronic dissatisfaction and thus achieve contentment, so we do not participate in discussions about to whom belongs the honor for the improvement in another's life situation.

Today's contemplation

Today, I will stick to my basic purpose when I take part in conversations, whether they are about my membership of AcAdAn or other areas of my life.

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May 04: To listen

The principle of Step Two is Open-mindedness.

Slogan: To listen attentively and respectfully to another is the first expression of emotional sobriety.

Active Addictions Anonymous - The Wild Life, page 83

Most of us could become so eager about expressing our perception of a topic that we stopped listening to other participants in the conversation, especially if it was a topic that we knew something about, and even more so if it was about our area of expertise.

It could even lead to us completely stopping listening to what others had to contribute with on the topic in question, because we became so consumed by thoughts of what we wanted to contribute with, when our turn to speak came.

As our entire focus was on our thoughts instead of on listening attentively and respectfully to what the others had to share, we lost the very purpose with conversation with others.

In that way, at the same time, we lost the enrichment of our own perspectives that we could have achieved, if we had chosen to listen attentively and respectfully to what others had to contribute with to our perspectives.

Today's contemplation

Today, I will listen attentively and respectfully to others to draw nourishment from the perspectives they have to offer.

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May 05: Our choices

This way, by being thorough, meticulous and committed to do this work day after day, gradually, we became entirely ready to be liberated from all of our defects of character by allowing our Higher Power to transform them to their corresponding qualities in the Rings of Joy.

Active Addictions Anonymous - The Wild Life, page 53

In AcAdAn, little by little, we got to know our psychological landscape in Step Four, and thereby we got to know the emotional and mental energies that brought us and others pain and those that brought us and others joy.

In Step Six, we were given the power to choose between using the energies that pained us and others and the energies that gave joy to us and others and this strengthened our capacity to find contentment under all circumstances, no matter what they are.

At the same time we discovered how it affected our material life, our physical life,

energy life, emotional life, thought life, social life and spiritual life when we chose pain, and when we chose joy that both have theirs to give .

That taught us to appreciate the message of pain, because pain showed us what we could advantageously transform in our life, and furthermore the pain gave us an intensified drive to renew ourselves, and joy gave us the power to experience a life of contentment.

Today's contemplation

Today, I will use my Sixth Step in my AcAdAn Program to transform an emotional pain to enlightenment and wisdom by the help of the Rings of Joy.

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May 06: The four states in our thinking mind, our Ego

This meant that we wanted to know our Higher Power's will for us, which is, in Reality, our own will for ourselves when we are not blinded by our thoughts and emotions.

When praying for the power to carry that out, we were actually praying for the capacity to overcome our thoughts and emotions that stood in our way.

Active Addictions Anonymous - The Wild Life, page 74

As our work with our AcAdAn Program developed, we discovered that our thinking mind, our Ego, basically contained four types of thoughts with the associated emotional feelings.

We found out that our painful emotions were related to painful thoughts passing through our Egomind, and our joyful emotions were related to joyful thoughts passing through our thinking mind, our Ego.

When we paired a Painring with a Joyring in Step Six, we gave our thinking mind, our Ego, a state of enlightenment and wisdom, which gave our Ego mind peace in the Blissful Flow of the Present Moment

The silence that our peace of mind brought forth made it possible for our Egomind to become the sounding board for our knowing mind, our Godmind, and thus learn about and get to know God's will for us and thus our own innermost will for ourselves.

Today's contemplation

Today, I will use my AcAdAn Program to study the four basic states of my thinking mind, my Ego in the course of the day, and I will use my silent mind to find out what I want innermost.

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May 07: Pain's function

In Active Addictions Anonymous, we want to be led to contentment, and by investigating these patterns that revolves around and around in circles we clearly saw how our contentment was blocked by ourselves-centeredness and was achieved by help our God-centeredness.

Active Addictions Anonymous - The Wild Life, page 31

In AcAdAn, we discovered that the pains of life were not meaningless or a punishment for known or unknown trespasses, because we found out that the pain an action signal, which tells us that we must move away from what is going on.

We also discovered that if we did not feel able to move away from the pain in our inner or outer World for various reasons, we could use our AcAdAn Program to inventory our pain, so we could find new ways in which to move away.

By the help of our inventory, we developed new perspectives on Reality and at the same time we developed our capacity to become creative and emanifestive, when we came face to face with our own or others' existential pains.

We could furthermore develop our capacity for mercy towards ourselves and others and thereby we brought ourselves in line with our true Self, our Spirit and that joy of living, which this leads to.

Today's contemplation

Today, I will use my existential pains to develop my wisdom and my capacity for mercy by the help of my Program in Active Addictions Anonymous.

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May 08: Forgiving ourselves

We simply admitted our wrongs, made amends, and then let go of them, and if we were still not able to forgive ourselves, we applied Step Two to open our minds to the loving, caring, compassionate and merciful intention of our Higher Power behind our pain.

Active Addictions Anonymous - The Wild Life, page 67

It was common knowledge in our Fellowship that the one we had the hardest forgiving was ourselves, and it was due to our relationship with the pain of life, because we imagined that if we did everything perfectly, we could escape the pain of life.

This could make us believe, we must have done something wrong, when we were in pain, but in our AcAdAn Program we learned that pain is a natural and beneficial part of life for a limited, ignorant, powerless and mortal/changeable human being.

We realized that it was the job of pain to warn us that we could get hurt if we continued to do what we were doing, and the warning meant that we needed to change direction if we sat down in a fire.

Similarly, we needed to act on our mental and emotional pain by changing something when we were in pain, and we did this by using our AcAdAn Program to change our thoughts and thus our emotional feelings

Today's contemplation

Today, I will use my AcAdAn Program to forgive myself for my judgements of today's material, physical, emotional, mental or social pains.

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May 09: Us

For some of us, coming to believe was equivalent to opening our minds to the possibility that there might be more between heaven and earth than what we were able to perceive with our senses, and this helped us to begin approaching the concept of a Power greater than us.

Active Addictions Anonymous - The Wild Life, page 24

In Step Two, we worked with 'a Power greater than me' and a 'Higher Power', and we realized that 'a Power greater than me' played out in our social interactions with a 'me', a 'you' and a 'us', and an 'us' was a power greater than each of us.

This made us realize that there was a constant interaction between us and the World around us on the horizontal plane, and that in all these interactions there was a Power greater than ourselves personally in the form of 'us'.

By the help of the concept of a 'Higher Power', we became able to receive guidance on the vertical plane in the Higher Worlds from the fourth dimension to the eighth, which is also called the Absolute.

When we chose a 'Higher Power' on the vertical axis in Step Two, many of us used that choice to choose an unconditionally loving, caring, compassionate and merciful Higher Power that we called God.

Today's Contemplation

Today I will use the power-up I receive from 'us', whether it is in my interactions with the visible or the invisible, the horizontal or the vertical.

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May 10: *To move from distrust to trust*

We talked with and listened to others in our Fellowship, and gradually, we discovered that there were one or more of the others in whom we had a special confidence, and thereby, we began trusting.

Active Addictions Anonymous - The Wild Life, page 26

When we came to AcAdAn, many of us had lost trust in both God and humankind because of our addiction to chronic dissatisfaction that made us see let downs that made us see failure in all possible ways, whether it was a real possibility or not.

So when we came to AcAdAn we distrusted both the Program, the other members and our ability to ever live a satisfied life despite all the gifts life had given us.

Still, we had a small glimmer of hope that we had found a way out of our addiction to chronic dissatisfaction, so we investigated AcAdAn in the hope that we could get confirmation that we had finally found a place where we could find contentment.

As our investigations progressed, our confidence grew in that AcAdAn really intended our best and that we had found a path to resolution of our daily pains because of our addiction to chronic dissatisfaction.

Today's contemplation

Today, I will give myself permission to investigate all aspects of AcAdAn that I distrust before I surrender to the suggestions of the Program.

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May 11: *Powerfulness*

To escape our powerlessness, many of us tried to achieve power over various aspects of our lives, varying from the cleanliness of our homes to taking on high positions in society.

Active Addictions Anonymous - The Wild Life, page 15

It could be difficult for us to face the fact that we were powerless over many things, because we often had the impression that we were powerful, especially when our projects were a success and our desires were fulfilled.

When things were working out for us, we had a tendency to forget that it did not happen by the help of our own efforts alone, and so we could forget to be grateful for the help we had received from others.

As a result of our self-praise, we also criticized ourselves for what projects or unfulfilled desires that did not work out, because all the energies of the Ring of Self-Centering were activated when we used self-praise.

When we were in the Ring of Self-Centeredness with its euphoria, depression, self-criticism, and self-praise, our lives became a painful struggle to maintain our false self-image, because we feel pain when we are unauthentic.

Today's contemplation

Today I will use my AcAdAn Program to cultivate gratitude for the help and support that I receive from others.

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May 12: The driving force of pain

Most of us were scared of admitting that we needed the driving force of pain and involuntary change in our lives to achieve enlightenment, but we realized that not only we but any creature manifestation is Spirit exploring the information hidden underneath the pains and changes of life, each in our way.

Active Addictions Anonymous - The Wild Life, page 19

Pain is an action-signal, which tells us that we must move away from what is happening, whether the pain is material, physical, energetic, emotional, mental, social or spiritual to give ourselves time to take care of the pain.

Most of us in AcAdAn, who had been working with the program for some time, did this as something natural, but some of us were unable to move away from the pain, because we sought the driving power of action that lies in the pain.

However, little by little, we realized that even though our various forms of anger gave us a temporary power of action, at the same time it incurred huge costs for our life on all levels.

When we discovered that, most of us chose instead to use the Tenth Step to dive down to the root of the pain and find the enlightenment and wisdom that hides there, and in that way we transformed the emotional pains, we experienced in everyday life to joy.

Today's contemplation

Today, I will use my AcAdAn Program to dive down to the root of one of those pains that I experienced today to find the wisdom and mercy that lies at the root of the pain.

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May 13: The Small Ring of Faith

We also discovered that when The Small Ring of Faith became active in us, we believed that our Higher Power gave us what we needed when we needed it (Trust), and we used our Higher Power's gifts to the full by passing that surplus on to others that we did not have any use for ourselves (Accountability). Therefore we passed on our material, physical, time-space wise, emotional, mental, social or spiritual surplus to others, who lacked what we had in excess (Generosity), and through these actions, we realized that we had a surplus to give from (Abundance).

Active Addictions Anonymous - The Wild Life, page 38

Despite the abundance that many of us lived in both materially, health wise, time and space wise, emotionally, mentally, socially and spiritually, it could be difficult for us to remember that it is so, because it was our habitual situation.

Therefore it was important for us to face that we were wealthy enough to have something to share in one or more of these areas for it to become easier for us to become able to be content with ourselves and our life.

By using the Small Ring of Faith, we could learn to trust that we could pass on our surplus without fearing to regret it later.

In that way we became able to experience the joy of experiencing the joy of others about receiving that, which we had in excess while at the same time we became more content by taking responsibility for that Mother that Mother Earth's resources did not go waste.

Today's contemplation

Today, I will use the Small Ring of Faith to get the driving power to share my surplus with others, who lack what I have in excess.

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May 14: The Tree of Hatred and the Tree of Love

First, we needed to find out what our part of the work consisted of.

To find this out, we needed to have an overall idea of the nature of this part of our Seventh Step work.

We could achieve this by using the below illustration of The Tree of Hatred and The Tree of Love as a representation of our defects of character and our virtues.

Active Addictions Anonymous - The Wild Life, page 54

In our Seventh Step, we began co-operating with our Higher Power about having our defects of character transformed to enlightenment and wisdom by pairing them with our virtues, and we used the Tree of Hatred and the Tree of Love with this in mind.

We imagined that the soil the trees grew in was a situation that we experienced, and the cilia of the tree, the finest roots illustrated the most subtle energies we used to handle the situation.

These cilia led nutrition into the larger roots, which led nourishment into the stems of the trees and up into the crowns, which in the Tree of Hatred was the fully unfolded hatred, and in the Tree of Love it was the fully unfolded Love.

The situation was the same, whether we chose to nourish one or the other tree in context with the situation, but dependent on what energies we used, we further developed the pain of the Tree of Hatred or the joy of the Tree of Love.

Today's contemplation

Today, I will use those energies, which bring forth growth in the Tree of Love in my interactions with others.

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May 15: The Process of sorrow

The process of sorrow moves us through a sequence of emotions namely denial, anger, negotiation, grief and acceptance in several waves, one after the other, in varying order and intensity.

Active Addictions Anonymous - The Wild Life, page 40

Gradually, as our work with our AcAdAn Program developed, we had investigated our processes of sorrow and discovered the five stages of the process of sorrow.

At the same time, we had become aware that three of the characteristics that the process of sorrow brings forth belongs in the Rings of Pain, and two characteristics belong in the Rings of Joy.

Thereby, we discovered that we could transform the process of sorrow by the help of our AcAdAn Program.

When we used the Sixth Step of our AcAdAn Program for the transformation process, we recovered faster, because we merely needed a turning point, and the turning point took place when we stepped into that Ring of Joy we had chosen for the process.

Today's contemplation

Today, I will use my AcAdAn Program to investigate the losses that still pains me and transform my pain to joy.

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May 16: *To be ill from addiction to chronic dissatisfaction*

Today many are found, who suffer from a severe case of active addiction, and many more, who have a mild or moderate form of this disease.

Active Addictions Anonymous - The Wild Life, page 7

During our growth, we studied our surroundings completely open-minded in order to get an impression of what were the norms of our parents and our surrounding society, and this gave us the impression that dissatisfaction was a useful energy.

We took this to heart without being aware that it was a disease of the mind of our parents and our surroundings, because this disease was so common that it was perceived to be a normal state of mind.

We did not discover either that this disease was chronic in our surroundings, because they were dissatisfied with their human limitation, ignorance, powerlessness and mortality/changeability.

As a result of their chronic dissatisfaction they put up impossible demands on themselves and us, which were impossible to live up to, and all of this contributed to our addiction to chronic dissatisfaction.

Today's contemplation

Today, I will use my AcAdAn Program to recover from my addiction to chronic dissatisfaction.

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May 17: *Creation of thought paths*

Our mind consists of strings of thoughts that we have created manifested from a combination of our experiences with our material life, our physical life, our life in time and space, our emotional life, our thought life, our social life and our spiritual life.

Active Addictions Anonymous - The Wild Life, page 71

In AcAdAn we discovered that we had created and manifested a long series of thought sequences that belonged together in sets, and we began to make ourselves aware of these sets in Step Four by working with the Rings of Pain and Joy.

Thereby, we discovered that although a single thought had no power in itself, it could belong to a pattern that had immense power, and that the thought set in motion, and this pattern step into our minds as an obsession.

The obsession could make it difficult for us to move out of a Ring of Pain and into a Ring of Joy, but in Step Six we worked on creating and manifesting thought patterns that enabled us to attain enlightenment and wisdom by pairing the two Rings.

The more thought patterns we created and manifested that supported our movement out of a painful thought by pairing it with a corresponding joyful thought, the easier it became for us to experience contentment.

Today's Contemplation

Today I will use my AcAdAn Program to create and manifest thought pathways that make it easy for me to let go of my addiction to chronic dissatisfaction.

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May 18: Super Human Beings

As a result of using our codependency, it became clear to us that arrogance was the natural consequence of our demand on ourselves that we must be able to save ourselves and others from the pains of life, because our desire to save ourselves and others from pain made us pretend that we were superhuman beings, who were not affected by our limitation, ignorance, powerlessness and mortality, and as a result the Big Ring of Pain opened up to us.

Active Addictions Anonymous - The Wild Life, page 33

Because we had grown up in a society that made impossible demands on us, we had got the impression that if we were not super human beings, we were not good enough, and this impression had led us to strive to be super human beings.

We demanded from ourselves that we should be able to do more than we could, know more than we knew, control more than we could, and we should not change even if constant change is the life condition for all humans, animals, plants and minerals.

As a result we became ill of an addiction to chronic dissatisfaction, and it had led to such existential pains that many of us had resorted to using legal and illegal chemical substances to quiet our addiction to chronic dissatisfaction.

Others of us had used the people pleasing of codependency, hoping that others would accept that we were not super human beings, if only we used our resources to contribute to their lives instead of our own.

Today's contemplation

Today, I will use my AcAdAn Program to learn to use my emotional sobriety to accept my human limitation, ignorance, powerlessness and mortality/changeability instead of trying to be a superhuman being.

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May 19: *The Step of Liberation*

Gradually, as we progressed in our Ninth Step, we experienced how relieved we felt about resolving all such situations from our Eighth Step list, one after another, and therefore, many call Step Nine 'The Step of Liberation.'

Active Addictions Anonymous - The Wild Life, page 65

In our childhood, many of us were often told by others that we should be ashamed of something that was bad in their eyes, and if they were to believe that we were ashamed enough, we should bow our heads and admit that we were bad people.

We did not know as children that guilt and shame are weapons that our environment uses to make us bend to their will, nor did we know that even when it was our loving parents who used these weapons against us, they did us great harm.

As adults, we still felt guilty and ashamed of ourselves, as we had been taught, and we still did not know that guilt and shame are the deadliest poisons to our spiritual life and thus to our oneness with our true Self, our Spirit.

In our Eighth Step, we brought out into the open all that we had been ashamed of, and we used the Day of the Great Forgiveness to forgive ourselves, and in our Ninth Step we experienced the liberation from guilt and shame by making amends to ourselves.

Today's contemplation

Today, I will use my Eighth and Ninth Step to let go of my feelings of guilt and shame from a situation in the present.

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May 20: *Comparison with others*

Before we came to AcAdAn, many of us perceived our demands, that we should be understood, admired, respected, perfect, healthy, beautiful, famous, rich and so on, and that others in our lives should be completely loving, caring, giving, understanding, tolerant, and so on, as fair and reasonable, but we cannot afford to be confused on this issue. These demands create and manifest dissatisfaction.

Active Addictions Anonymous - The Wild Life, page 11

From our society, we received a lot of information about other people, whom we did not know, but who were apparently perfect, healthy, beautiful, rich, respected and admired, and if we did not possess all this, we were not who we ought to be.

We also received much information about other people whom we did not know, who had wonderful social lives, full of admirers and suitors, good male and female friends and ideal relationships with parents, siblings, spouses and their and other 's children.

When we looked at the external image of others and at our own social life, we saw that our personal and social lives contained pain on a daily basis and that we had problems with parents, siblings, spouses, children and male and female friends.

This could make us think that we were not good enough, but in our AcAdAn meetings we learned to our joy that others had the same problems as us with their human limitations, ignorance, powerlessness and mortality/changeability.

Today's contemplation

Today, I will use my AcAdAn meetings to learn to let go of comparing myself and my life with others and their life.

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May 21: Dissatisfaction with our four basic attributes

After having tried everything we could by ourselves to overcome our addiction to chronic dissatisfaction without success, we eventually sought help from each other in Active Addictions Anonymous.

Active Addictions Anonymous - The Wild Life, page 9

Before we came to Active Addictions Anonymous, most of us were not aware of our four basic human conditions, which are that we are limited, ignorant, powerless, and mortal/changeable.

After we came to AcAdAn, we discovered that we were limited by our form, were ignorant of that which lay outside the form, and although we possessed information about the World in many ways, it was still outside our personal field of experience.

We realized that there would always be an unimaginable amount of information about life even in our areas of expertise, and it became clear to us that we were powerless over that which we knew nothing about.

Our resistance to our four basic characteristics led to our addiction to chronic dissatisfaction, and wanting to recover from this disease, we became willing to do the Program of Active Addictions Anonymous.

Today's contemplation

Today, I will use my AcAdAn Program and my AcAdAn Fellowship to get the help I need to recover from my addiction to chronic dissatisfaction.

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May 22: The third meeting with the Big Ring of Joy

The Program in Active Addictions Anonymous Step 9-12.

STEP 9: We made amends to ourselves and others except when doing so would cause more harm to us or others.

STEP 10: We continued to take personal inventory and when we were wrong promptly admitted it.

STEP 11: Through prayer and meditation, we sought to improve our conscious contact with our Higher Power, as we understood that Power, praying only for knowledge of our Higher Power's will for us and the power to carry that out.

STEP 12: Having had a spiritual awakening as a result of these Steps, we practiced these principles in all our affairs, and carried the message of AcAdAn to others suffering from addiction to chronic dissatisfaction.

Active Addictions Anonymous - The Wild Life, page 10

When we daily carried out our Ninth Step by making amends to ourselves and others for the harm we felt we had caused, we did so because we had **faith** in that it would make it easier for us to be content with ourselves.

When we daily carried out our Tenth Step by carrying out a personal inventory and admitting our mistakes immediately when we discovered them, we **hoped** that this would lessen the harm that could happen to ourselves and others.

When we daily carried out our Eleventh Step by expanding our conscious contact with our Higher Power, we wanted our contact with our Higher Power's **love** for us to teach us true Love.

When we daily carried out our Twelfth Step by passing on our knowledge of the AcAdAn Program to others, we held on to the **truth** of what we had received in AcAdAn, and we did this in order to keep what we had gained.

Today's Contemplation

Today I will set the Big Ring of Joy with its faith, hope, love and truth into oscillation in my life by the help of Step 9-10-11-12.

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May 23: Limitations

Furthermore, many of us have realized that we are limited in many ways, but it was difficult for us to admit this even to ourselves, because we felt defiant when we encountered limitations of any kind and so we did our best to challenge any limitation.

Active Addictions Anonymous - The Wild Life, page 20

Many of us had difficulty accepting our emotional limitations, and thus we had a hard

time saying no to a task that we did not want to do, but if we did it anyway, it became a heartless act.

When we lacked the courage to say no, we could experience a sense of defiance while doing the task, and this meant that we were now in the pain of the Small Ring of Envy with its defiance, submission, disbelief and superstition.

In the Small Ring of Envy, our disbelief consisted in us believing that we did not have the right to say no kindly, our superstition consisted of believing that others should refrain from asking us for something, so that we did not have to learn to say no.

Furthermore, when we were in the energies of the Little Ring of Envy, it meant that we had submitted to an energy field that gave us pain and that all our tasks became permeated by these energies, even when doing tasks that we would love to do.

Today's contemplation

Today, I will use my Program to release my fear of saying no to tasks that I do not want to perform.

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May 24: To serve principles

The principle of Tradition Two is Service.

Slogan: I do not serve to elevate myself but to give life force to the principles I wish to further.

Active Addictions Anonymous - The Wild Life, page 99

When we chose to serve AcAdAn we investigated our motives to determine whether we sought the power and the glory associated with the post and therefore needed to learn to accept a post exclusively to serve the principles we wished to further.

First and foremost however, we needed to investigate if we had our heart with us in our chosen service to the Fellowship, and that meant that we served the principles that we wished to further with joy and interest.

Sometimes, we realized that we had our heart with us in our service to begin with, but lost the desire to do the service at a later date after we had discovered in all details what it entailed to do it.

As we do not want to perform heartless actions against ourselves or others by performing a task we do not have our heart into, we liberate ourselves from the service that we had undertaken at the earliest possible opportunity.

Today's contemplation

Today, I will joyfully serve the principles that I want to further in my AcAdAn Fellowship and in my life as a whole, until I do not want to do it anymore.

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May 25: Shame

We looked at the harm we had inflicted on ourselves or others by destroying some of our possessions or that of others, whether the things were big or small, or whether we had done it on purpose or not.

Active Addictions Anonymous - The Wild Life, page 61

Before we came to Active Addictions Anonymous, many of us felt ashamed of ourselves when we did anything that deviated from caring for our physical bodies that need to be well rested, well cared for, well exercised, and well nourished.

Gradually, as our work with our AcAdAn Program developed, we realized that we could not in Reality harm ourselves or others without feeling ashamed of these actions.

When we admitted in our Eighth Step that we were ashamed of the harms we had caused, we refrained to judge whether we did it intentionally or not and we also did not judge whether it was major damage or minor.

The crucial thing was that we were ashamed, and therefore needed to find ways to make amends to ourselves and others in Step Nine so that we could become able to forgive ourselves.

Today's Contemplation

Today I will use my Eighth Step to decide how I will make amends to myself or others for a mistake, and I will use Step Nine to carry out my amends.

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May 26: A wholehearted decision

The more times we made this decision, the less frightening it became. Every time we made it, we got new insights about ourselves in the form of our reluctance and fear that prevented us from making the decision wholeheartedly that day.

Active Addictions Anonymous - The Wild Life, page 28

We discovered that if we wanted to change a decision, we met resistance from the part of us that we had given reasons for staying in a painful thought pattern, and therefore we could rarely go directly from our changed decision to acting on it.

First we needed to change the decision by addressing our reasons for our disadvantageous mindset by changing the mental-emotional pattern that supported our old painful behavior by the help of Step Six.

Sometimes the change of our thinking mind, our Ego, could take years before we reached a wholehearted decision in a particular area, but most of the time the everyday changes could be digested in a few hours or a few days.

However, this did not discourage us because we had our AcAdAn Program and our AcAdAn Fellowship that we could use to work on replacing our old habitual painful thought patterns with new thought patterns that gave us joy.

Today's contemplation

Today, I will use my AcAdAn Program to work on changing an old habit that does not serve me any longer, even though I might have to work on it now and then over a longer time phase.

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May 27: Politics

Each member has one voice, which they can contribute when their turn comes, and that means, we proceed to take a collective conscience on the issue through a written vote when everybody has spoken once, even if some of us might feel that if we were allowed to speak more than once, we would have a better chance of explaining and convincing others that what we suggested could be the right action to follow for our group.

Active Addictions Anonymous - The Wild Life, page 87

In political debates, it is often the most eloquent, who can convince others that their point of view of the right thing should be the foundation for decisions on behalf of everyone, but in AcAdAn we have a different perception of what is politically correct.

When making decisions on behalf of the group has to be made, we do not want that the most eloquent of us speak again and again so we in that way give them the power to overpower the rest of the group with their view points.

Our politics in group settings is therefore that each member has one voice, and thus we only get the opportunity to speak once about our perception of the right mutual foundation for action for the group.

Furthermore, we want that all group members get the opportunity to express their perception of the right foundation for action for the group, so that all members are heard and taken into consideration, before we cast our vote on, what each of us think.

Today's contemplation

Today, I will express my conscience in my AcAdAn group, if a decision has to be made about a mutual foundation for action for my entire group.

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May 28: Recovery in AcAdAn

Abstain from using your addiction to chronic dissatisfaction one day at a time.

Active Addictions Anonymous - The Wild Life, page 13

In AcAdAn we inventoried, how we used dissatisfaction in our daily life, and to our surprise we discovered that we were using dissatisfaction from we opened our eyes in the morning till we went to sleep at night.

Because we were content for few short moments in between the moments, where we made use of our dissatisfaction, we had not been aware that we were chronically dissatisfied, that we were in fact addicted to dissatisfaction.

We investigated why it was difficult for us to let go of our addiction to chronic dissatisfaction and realized that we hoped that the pain of our dissatisfaction would give us the push we needed to change ourselves for the better.

In AcAdAn, we investigated whether our use of dissatisfaction produced the desired results and discovered that dissatisfaction was not producing a change for the better, and thereby it became easier for us to let go of our addiction to dissatisfaction.

Today's contemplation

Today, I will use my AcAdAn Program to investigate how I can use contentment instead of dissatisfaction in my daily life, one situation at a time.

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May 29: Self-criticism

Instead of criticizing ourselves for the mistakes we thought we had made in the course of a day, we chose to open our mind to ideas and ways to rectify those mistakes, whether those ideas sprang from within us or from outside us though others. This way, we were empowered to set right our mistakes instead of sinking into despondency and depression.

Active Addictions Anonymous - The Wild Life, page 47

When we began working with the Ring of Self-Centeredness with its euphoria, depression, self-criticism, and self-praise in Step Four of AcAdAn, we discovered that self-criticism brings forth depression.

Until then, many of us had thought that depression was an unpleasant state of mind that we would suffer from now and then, but in AcAdAn we began to replace our self-criticism with openmindedness.

We did this in our Sixth Step, where we worked on transforming our self-criticism into enlightenment and wisdom by pairing the Ring of Self-Centeredness with the Ring of God-Centeredness with its joy, empowerment, openmindedness, and gratitude.

The Ring of God-Centeredness gave us the empowerment we needed to put our self-criticism behind us, and we discovered that depression became a rare state of mind for us.

Today's Contemplation

Today I will use the Ring of God-Centeredness to recover from my use of the Ring of Self-Centeredness.

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May 30: Accept

Before we came to the Fellowship of Active Addictions Anonymous, we could not accept ourselves, others and our lives.

Active Addictions Anonymous - The Wild Life, page 9

Our addiction to chronic dissatisfaction made us focus on those areas we thought ought not to be the way they were, whether it was about our spiritual life, social life, thought life, emotional life, actions and our material life.

We always and without exception found something to be dissatisfied with about ourselves, our lives, others and their way of being, our society or the World at large, and this constant mental-emotional pain made us sick in Soul and body.

Our addiction to chronic dissatisfaction ran like a red thread through our days, and we felt pain whether we looked inward at ourselves or outward at others, but when we came to AcAdAn and let go of our addiction to dissatisfaction, the miracle happened.

We learned to accept ourselves, others, our society and the World at large, as we and our lives are, and as the others and their lives are, and as the World at large is, and thus we began to recover from our addiction to chronic dissatisfaction.

Today's contemplation

Today, I will use my AcAdAn Program to learn to accept myself, others, my society and the World at large exactly the way we all are on all levels, whether it is materially, physically, energetically, emotionally, mentally, socially or spiritually.

May 31: *Anger*

Thus, when we approached our angry thoughts and emotions both mentally, emotionally and energetically, in loving and respectful ways, we could move beyond the anger, to the joy of feeling love for ourselves and others.

Active Addictions Anonymous - The Wild Life, page 49

Our addiction to chronic dissatisfaction led us to become angry again and again for all kinds of reasons, and over the years we had used a lot of our energy to deny, defend, justify and rationalize our anger.

We had learned in AcAdAn that our anger was telling us that we needed to change direction, but because we used denial, defense, justification, and rationalization of the anger, we were unable to listen to the message of our anger.

Instead, we tried to find good and loving reasons to inflict the pain of anger on ourselves and others, but in our Sixth Step we paired our anger with acceptance, and in doing so we gained the enlightenment and wisdom we needed to let go of the anger.

In Steps Six and Seven we learned to listen to the message of our anger, thereby expanding our thinking mind's, our Ego's enlightenment and wisdom, which we could use in similar situations in the future and thus be content even with pain.

Today's Contemplation

Today I will use my Sixth and Seventh Step of AcAdAn to transform my anger into joy over the wisdom and compassion my anger allowed me to attain because I used the Pain Rings and Joy Rings of Step Six to transform my anger into enlightenment and wisdom.

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June 01: *Courage*

The principle of Step Four is courage.

Slogan: I accept both my virtues and my defects of character.

Active Addictions Anonymous - The Wild Life, page 83

Many of us had associated courage with physical actions, but after we came to AcAdAn, we discovered that it took courage for us to use Step One to admit our addiction to chronic dissatisfaction and that it made our lives unmanageable.

As we used Step Two more and more to explore our Higher Power's unconditionally loving intention with that we are exactly as we are, it began to become easier for us to admit that we were suffering from an addiction to chronic dissatisfaction.

As we surrendered ourselves on a daily basis to our Higher Power's loving intention in Step Three, it became possible for us to begin to take the actions we discovered in Step One and Two that we needed to take in order for our life to become manageable.

This preparatory work was necessary for us to be able to get the courage that is required for us to admit our exact nature in Step Four by the help of the attributes in the Rings of Pain and Joy.

Today's contemplation

Today, I will show courage in AcAdAn by admitting both my character defects and my

virtues by the help of the Rings of Pain and Joy in Step Four.

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June 02: AcAdAn literature

At the founding time of Active Addictions Anonymous, our literature consisted of four books: Active Addictions Anonymous – The Wild Life, One Sponsor’s Suggestions for Working the Program of Active Addictions Anonymous – The Wild Life, Daily contemplations for members of Active Addictions Anonymous – The Wild Life and Six Step Analyses for members of Active Addictions Anonymous – The Wild Life.

Active Addictions Anonymous - The Wild Life, page 92

The purpose with the literature of AcAdAn is to slowly build up a library in which various members express their experience of their way through the AcAdAn Fellowship.

Some members might want to make an alternative sponsor suggestion that better suit their taste and others, who have the same taste as them, and thereby we developed our information to everyone, who wanted to participate in AcAdAn.

We could also have various books of daily contemplations for members of Active Addictions Anonymous, written by members, who felt like contributing with their ideas on how they thought a set of daily contemplations should be.

We could also choose to write pamphlets about our Traditions and about Service in AcAdAn, because only imagination sets limits for how we could expand our literature in AcAdAn for the benefit of our members.

Today's contemplation

Today, I will read some of the books that are available to me as a member of AcAdAn, and if I also feel like writing something for the benefit of other AcAdAn members, I will do it.

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June 03: To share experience, strength and hope

We carry our AcAdAn message best when we simply share our recovery, express our experiences from our work with the AcAdAn Program and how the Program has helped us, because thereby, we give others hope that they too can achieve contentment; and also, this way, they get the strength to begin their journey of recovery towards contentment with self, others and their life.

When we met our sponsor or recovery buddy in the beginning of our recovery from our addiction to chronic dissatisfaction, we told him/her about our emotional pains, and how they made our life unmanageable.

Thereby we gave our sponsor or recovery buddy the opportunity to tell us, how he/she would have used our AcAdAn Program to recover from the emotional pains, we described, and in that way it became a win-win situation.

It became a win for our sponsor or recovery buddy, because we gave him/her an opportunity to deepen his/her own understanding of the Program by sharing his/her understanding with us, and thereby we got new knowledge about Program

Thereby we learned to us it on our own existential pains, and our sponsor or recovery buddy got an opportunity to observe, ha'ow we used the Program and his/her suggestions to recover from our human pains.

Today's contemplation

Today, I will share my experiences with my AcAdAn Program with my sponsor or my recovery buddy and in an AcAdAn meeting and thereby contribute to my own growth and that of others.

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June 04: *Letting go of the seducer role of codependency*

Instead of seducing others by hiding our own pain or by pretending that we were wiser than them and their Higher Power so as to make them change according to our perception of the right thing, we gave them time and space to express their thoughts, emotions and actions according to their own perception of the right thing.

Many of us had the impression that it was our task to save others from their existential pains and that could make us seduce both ourselves and them to believe that we must not be subjected to the pains of life just like everybody else.

That made us step into the role of the powerless helpers, who could not get the help we needed ourselves, because that required us to admit the pains of our lives instead of pretending that we were above them.

When we were presented with the Ring of Codependency with its savior role, seducer role, victim role and offender role, we discovered to our relief that everyone in our Fellowship worked on letting go of the seducer role of codependency.

We used the Ring of Emotional Sobriety with its detachment to lovingly let go of

others' problems, its integrity to respect ours and theirs right to find a solution to those pains, vi had chosen to solve.

Today's contemplation

Today, I will use the Ring of Emotional Sobriety with its detachment, integrity, respect for self and respect for others to let go of my codependency's savior role, seducer role, victim role and offender role.

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June 05: The importance of Step Five

We discovered that no self-appraisal, however thorough it was, had a lasting effect unless followed up by just as thorough a Fifth Step, and with this knowledge we moved on to Step Five.

Active Addictions Anonymous - The Wild Life, page 41

In Step Four, we had made many discoveries about ourselves, and we thought that they were so important to us that we would be able to remember them without difficulty, but they got still lost like a dream in the night if we did not affirm them.

So we used the Fifth Step to affirm them by reading what we had written to ourselves, so that we could look at our self-realizations from an intellectual point of view, and we wrote a synopsis of what we discovered about ourselves at the same time.

Next, we read our synopsis to our Higher Power, because we needed to receive inspiration from our Higher Power, and we added the inspirations that came to us while we were reading our inventory to our Higher Power.

Finally, we read our self-realizations to another person and to our AcAdAn Community, and thus we also had the opportunity to hear what another person and our Fellowship had realized, and thus they were further elaborated.

Today's contemplation

Today, I will use my Fifth Step to share my self-realizations with myself, my Higher Power, another human being and my AcAdAn Fellowship.

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June 06: Perfect laziness

The principle of Tradition Seven is Simplicity.

Slogan: A place for everything and everything in its place.

Active Addictions Anonymous - The Wild Life, page 99

Many of us perceived laziness as a sin of omission, but laziness is actually a quality if we chose to look at what perfect laziness is, because then we realized that perfect laziness is perfect order on all levels.

When we had perfect order in our home, we knew where everything was down to the smallest pin, and that meant that we didn't have to spend time, energy and interest on finding things that we needed right now.

When we had perfect order in our physical condition, it meant that our physical body was well rested, well exercised, well groomed and well nourished, and thus we were spared from having to spend our resources on taking care of various lifestyle diseases.

With perfect order in our thoughts and emotions, it meant that we lived a principled life, where we took care of our thoughts and emotions, so that we could have a social life where we did not clash with other people's thoughts and emotions.

Today's Contemplation

Today I will spend time cultivating my perfect laziness by creating and manifesting a place for everything thing, and I will put every thing in its place, whether it is my material things, my physical body, my energy life, my mental-emotional life, my social life, and my spiritual life.

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June 07: *A content life*

Abstain from using your addiction to chronic dissatisfaction one day at a time.

Active Addictions Anonymous - The Wild Life, page 7

When we shared with others about our addiction to chronic dissatisfaction, we discovered that they could not relate to this illness, even though they were actually dissatisfied many times a day, so we preferred to share about our illness in meetings.

Before we came to AcAdAn, we also thought like them that we were satisfied with ourselves and our lives, until we investigated the matter and discovered that we found reasons to be dissatisfied many times a day.

We admitted that we suffered from an addiction to chronic dissatisfaction and needed to refrain from using our dissatisfaction, and at first we did it for five minutes at a time, expanding our contentment little by little.

Day by day we became better and better at finding reasons to be content with ourselves, other people, with things and situations that we were previously dissatisfied with, and this meant that we slowly came to live a content life.

Today's contemplation

Today, I will use my AcAdAn Program to learn how to let go of my dissatisfaction so I can come to live a contented life, one day at a time.

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June 08: Achievement of honor

Even when it did seem like we had succeeded in making others honor us, we discovered that this didn't bring us any closer to self-acceptance and contentment in any possible way.

Active Addictions Anonymous - The Wild Life, page 17

In our state of addiction to chronic dissatisfaction many of us imagined that if only others treated us better, were more loving, caring, compassionate and merciful, we would be more content.

Some of us hoped to be honored by others, so that we could feel valuable and appreciated, not only by our family and our circle of friends, but by a larger group outside our personal circle or even by our entire society as such.

Some of us managed to obtain special honors from society as a whole, but we discovered that it was a short-lived joy that did not make us more content with ourselves and our lives.

It made us understand that honor from others did not give us the contentment we had hoped for, and we rejoiced in that we had found a place in our AcAdAn Fellowship where we could finally recover from our addiction to chronic dissatisfaction.

Today's contemplation

Today, I will continue my work on recovering from my addiction to chronic dissatisfaction by the help of my AcAdAn Program.

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June 09: Our mutual purpose

In Active Addictions Anonymous, each of us needs a sense of Fellowship with our group.

This we attain, first of all, with the help of our mutual purpose, which is our work with our addiction to chronic dissatisfaction, so that it becomes possible for us to be led to a state of contentment.

Active Addictions Anonymous - The Wild Life, page 85

It was not possible for us as members of AcAdAn to recover from our addiction to

chronic dissatisfaction on our own, and therefore we needed our group in AcAdAn so we could get the needed help to recover.

People, who did not suffer from addiction to chronic dissatisfaction, and even people, who suffered from addiction to chronic dissatisfaction, could have difficulties understanding us if they were not members of AcAdAn.

Therefore it was vital for us that our group stayed available to us and the other members of our group, so we could achieve the necessary trust in our group with the help of a sense of fellowship with the other members.

Our mutual purpose bound us together in love, care, compassion and mercy, and slowly, we began to get the courage to change our way from being addicted to chronic dissatisfaction to contentment.

Today's contemplation

Today, I will remember that we are all members of AcAdAn, because we have a mutual purpose, which is to recover from our addiction to chronic dissatisfaction, and I choose my AcAdAn meetings as my highest priority.

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June 10: *The Step of forgiveness*

We used Step Eight to liberate ourselves from feelings of guilt, and thereby, from shame.

Therefore, many call this Step 'the Step of Forgiveness' as forgiving ourselves liberates us from guilt and shame.

Active Addictions Anonymous - The Wild Life, page 58

In Step Eight, which is the Step of Forgiveness we become able to look at how we have harmed ourselves or others, seen with the eyes that our AcAdAn Program has given us to see with.

We bring out into the light, all of our guilt and shame that we had hidden for many years and thus we discover that we do not have nearly as much reason to feel guilty and ashamed that we thought we had.

We investigate the areas where we think we need to make amends to ourselves and others and decide which amends we want to implement when we have finished our Eighth Step list and the Big Day of Forgiveness.

In the Big Day of Forgiveness we ended our Eighth Step list by forgiving ourselves for having made the mistakes that we have made, and thus we could let go of our feelings of guilt and shame.

Today's contemplation

Today, I will use my AcAdAn Program to correct my mistakes and forgive myself, so I can become able to be liberated from guilt and shame.

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June 11: The Small Ring of Envy

When The Small Ring of Envy became active in us, we imagined that we could get what others had without doing anything for it (Superstition), and that there was nothing or nobody who would help us get what we so desired if we worked at fulfilling our desires ourselves (Disbelief).

We got angry if someone suggested that we should participate and contribute with our interest, energy, time or money, like others did, to get the same as they had whether it was material, physical, time-space wise, emotional, mental, social or spiritual (Defiance), or we submitted to various demands that were contrary to our innermost desires, hoping that others e.g. God, our employer, spouse, friend, family etc. would fulfil our desires if only we threw ourselves on our knees and flattered them with sacrificial gifts or words of praise (Submission).

Active Addictions Anonymous - The Wild Life, page 38

Before, we came to AcAdAn, many of us confused the Small Ring of Envy with its disbelief, superstition, submission and defiance the Small Ring of Avarice with its stinginess, greed, poverty and gluttony.

After, we came to AcAdAn we discovered that the Small Ring of Envy is about us seeing something we desired, but which we did not believe that we could get and therefore we gave up in advance doing the required to have our desire fulfilled.

Instead of working on getting our desire fulfilled, we might then end up using the Small Ring of Avarice, because we begrudged the other person, we were envious of, the things or qualities that we did not believe we could achieve ourselves.

By the help of our AcAdAn Program, we cleared up our misunderstandings about these concepts and instead learned to pair them with the Small Ring of Hope and the Small Ring of Faith, and thus we grew in enlightenment and wisdom.

Today's contemplation

Today, I will learn to pair the Small Ring of Hope with the Small Ring of Envy and the Small Ring of Faith with the Small Ring of Avarice, so I can grow in enlightenment and wisdom.

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June 12: *Self-criticism and self-praise*

We investigated how ourselves-criticism had brought about depression and how ourselves-praise had brought about euphoria in us, and how this had impacted our life from childhood till today.

Active Addictions Anonymous - The Wild Life, page 31

When we investigated how self-criticism and self-praise had affected us and our life from childhood to the present day, we were surprised to discover that thoughts are not duty free, which we had otherwise heard many say that they are.

We discovered that when we praised ourselves, we experienced a feeling of euphoria, which is the companion of self-praise, but it was a short-lived joy that quickly turned to depression, which is the companion of self-criticism.

We discovered that euphoria and depression belong in the Ring of Self-Centeredness with its self-praise, euphoria, self-criticism and depression, so we paired it with the Ring of God-Centeredness with its joy, empowerment, openmindedness and gratitude.

Thus we discovered that our state of mind depended on the Ring we were in with its associated thoughts and emotions, and if we moved out of the Ring's energy field, we thought different thoughts, depending on our choice of Ring to enter.

Today's Contemplation

Today I will change my mindset by pairing a Ring of Pain with the corresponding Ring of Joy.

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June 13: *To forgive ourselves*

When we had made amends for the mistakes of our past, we let go of them and the harm done whether we achieved the forgiveness of others or not, remembering that we did not carry out our Ninth Step to achieve the forgiveness of others, but to take responsibility for our part of the harm so that we could become able to forgive ourselves and let go of our guilt and shame.

Active Addictions Anonymous - The Wild Life, page 66

It is common knowledge in the Twelve Steps Fellowships that the one we have the hardest time forgiving is ourselves, and so it was a great help for us to come to Step Eight, where we became ready to forgive ourselves for our past and present mistakes.

In Step Eight, we brought out into the open all the guilt and shame we felt from the past and present, so that we could become ready for the Big Day of Forgiveness, where we forgave ourselves for all the mistakes we thought we had made.

Then we used our Eighth Step list in Step Nine to make our planned amends to ourselves and others, and to our delight we discovered that we had not nearly as much reason to feel guilty and ashamed as we had thought.

These discoveries made it easier and easier for us to accept our mistakes without feeling burdened by guilt and shame because we had made a mistake, and in this way we improved our capacity to forgive ourselves for the mistakes we made.

Today's contemplation

Today, I will use my Eighth and Ninth Step to forgive myself for the mistakes I have made today.

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June 14: To open ourselves

Step Five was the key to freedom, because it was only through bringing that out into the open which we had discovered in our Fourth Step that we were liberated from our feelings of being victimized by others and life.

Active Addictions Anonymous - The Wild Life, page 42

In the Fourth Step we discovered many things about our true nature, which we had not been aware of before, both concerning our virtues and our defects of character when we began to clear up our psychological landscape.

We discovered that at the root we always had a loving, caring, compassionate and merciful intention, and that this also applied when we used our defects of character, and that our intention was not fulfilled when we used our defects of character.

In Step Five however, we discovered that it was to our advantage to come out into the open with those sides of ourselves that we wanted to deny or hide in the past, because we pained due to our use of our defects of character.

Gradually, as we became better and better at coming out in the open with the pain of our defects of character, it became possible for us to use Step Six to transform the pain of our defects of character to enlightenment and wisdom.

Today's contemplation

Today, I will open myself to use my AcAdAn Program to recover from my use of one of my defects of character.

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June 15: Understanding

Some of us chose to do our Fifth Step with a person who was not a member of Active Addictions Anonymous, although we felt that we would be better understood by one of the other members.

Active Addictions Anonymous - The Wild Life, page 43

We had often been told that we were nothing special, but when we came to AcAdAn we discovered that we are all so unique that even our fingerprints are not found alike in the whole world.

In our AcAdAn Fellowship we told the other members about how we thought and felt both when our character defects and our virtues were active, and about how we paired them in Step Six and became more enlightened and wise.

By the time we came to Step Five, we had achieved the confidence to share both our painful and our joyful thoughts and emotions with our sponsor and/or our recovery buddy and would be met with understanding.

As a result, we were able to bring out into the open all the thoughts and emotions that our family and our environment had judged as unworthy during our upbringing and that we had therefore suppressed and kept secret.

Today's Contemplation

Today I will talk to my sponsor and/or my recovery buddy about a painful thought that I have suppressed and kept secret, so that I can finally release it from the place it sits in my physical body.

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June 16: *Wasting resources*

So we let go of our attempts to achieve love and respect from others in this way, and instead, we began using our time, energy, interests and money to build up our own lives.

Active Addictions Anonymous - The Wild Life, page 16

When we worked with the pain in the Ring of Codependency with its savior-role seducer-role, victim-role and offender-role, we discovered that we had used much money, time, interest and energy in an attempt to save others.

We wanted to save others from the pains of life, even though we discovered time and time again that it could not be done, because it was their own task to change the thought patterns that resulted in existential pain.

It had made us understand that it was a waste of our resources to use them in a way that did not lead to anything fruitful for ourselves or those we were trying to save from the pains of life.

We gained the courage to spend our money, time, energy and interest on ourselves and our lives by the help of the joy of the Ring of Emotional Sobriety with its detachment, integrity, respect for self and respect for others.

Today's Contemplation

Today I will spend my money, my time, my energy and my interest on myself and my life and I will only give to others if it would bring me joy to do so.

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June 17: To respect our emotions

We challenged ourselves emotionally by denying those emotions that we found to be limiting our freedom to do anything we wanted; for example, when we were scared, we defied our fear by doing what we feared instead of respecting our emotion and working with it until we were ready to perform the action in question with confidence instead of defiance.

Active Addictions Anonymous - The Wild Life, page 21

Many of us found it difficult to accept a no, when there was something we wanted, and it was even harder for us to accept a no when it came from within ourselves, and it could make us defy our own no.

If we wanted to be with certain people, and our emotions told us that it was not the right choice because we had some tasks we had promised ourselves to carry out, and interaction with these people would prevent us from carrying them out.

We could feel the urge to break our promises to ourselves, and when we chose to do so, we discovered that our experience of emotional discomfort in the form of low self-esteem guided us to fulfill our promises to ourselves first and foremost.

When we refused to fulfill our promises to ourselves in the NOW, our integrity and our belief in ourselves diminished, and so we used the Ring of Emotional Sobriety to learn to respect ourselves and others.

Today's Contemplation

Today I will use the Ring of Emotional Sobriety with its detachment, integrity, respect for others, and respect for myself.

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June 18: *The importance of meetings*

We meet regularly to help each other recover from our addiction to chronic dissatisfaction by sharing our experiences and drawing strength and hope from each other.

Active Addictions Anonymous - The Wild Life, page 8

Many of us had been or were members of other Twelve Step Fellowships, when we came to Active Addictions Anonymous and had discovered how powerful it was to accept our powerlessness in a particular area.

In AcAdAn we discovered that our powerlessness was just one of our four basic human characteristics, and that it was even more powerful to work with all four of them.

Already in Step One we worked with our rebellion against accepting our human limitation, ignorance, powerlessness, and mortality/changeability, which had led to our addiction to chronic dissatisfaction.

By attending AcAdAn meetings we heard about many aspects that addiction to chronic dissatisfaction led to and how other members handled their addiction, and in doing so we received much inspiration to handle our own.

Today's contemplation

Today, I will attend a meeting in AcAdAn to listen to what others have to say about their addiction to chronic dissatisfaction and how they handle it and to share about my own perception of my addiction to chronic dissatisfaction and how I handle it.

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June 19: *The Ring of Fulfilment*

When we investigated our use of the Ring of Fulfilment, we discovered that if we found ourselves in the Ring of Fulfilment, when we had empty time ahead of us, our empty time was accompanied with a feeling of fulfilment, because we could fill it with something that had our interest and which therefore was meaningful for us and this sense of meaningfulness made us experience a sense of oneness with ourselves, others and our life, also if we were alone when we were busy with that which we were interested in.

Active Addictions Anonymous - The Wild Life, page 30

The Ring of Fulfillment is also called the God box, Sudarshan Chakra, the Sun Wheel and many other luminous names, because it illuminates our inner world in the same way that the sun illuminates our outer world.

When we chose to use the Ring of Fulfillment, we released all the joys of the world into our lives, and we also used it as an antidote to the Ring of Emptiness with its emptiness, boredom, meaninglessness and loneliness, also called the Pandora's Box.

Pandora's Box is said to release all the suffering of the world into our lives if we chose to use it, and the Ring of Fulfillment with its fulfillment, interest, meaningfulness and oneness is clearly the opposite that we can choose to use instead.

Many of us had tried to get out of the Ring of Emptiness in many ways such as chemically numbing ourselves or making ourselves so busy that we did not feel our emotions, so it was a great relief for us to gain access to the Ring of Fulfillment.

Today's Contemplation

Today I will use the Ring of Fulfillment with its fulfillment, interest, meaningfulness, and unity to release all the joys in my life.

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June 20: Our psychological landscape

Those of us, who chose to use the symbolic image of the trees for this purpose, imagined that the soil in which the tree grew was the situation that we inventoried, and the small cilia found on the finest roots of the tree that drew nourishment from the soil were various thoughts and emotions that we took into use in that situation.

Active Addictions Anonymous - The Wild Life, page 55

When we reached Step Seven in our AcAdAn Program, we had formed a picture of our thoughts and feelings by investigating how the mental-emotional patterns in the Rings of Pain and the Rings of Joy had played out in our psychological landscape.

Furthermore, we had found out how we could pair a Painring with a Joyring in Step Six and thus make our thinking mind, our Ego to grow in enlightenment and wisdom, and this we call the transformation of our mental-emotional pains.

In our Seventh Step most of us preferred to use the symbolic picture of the Tree of Hatred and the Tree of Love to make clear to ourselves, how best we could make our Seventh work for us.

Thereby we began to get to know the pains and joys as well as the enlightenment and wisdom of our psychological landscape, and which energy fields we wanted to use in the now to our contentment with ourselves and our life, which is our goal in AcAdAn.

Today's contemplation

Today, I will to use the symbolic picture of the trees from the Seventh Step to develop my understanding of my psychological landscape.

June 21: Success and fiasco

While working our Fifth Step with our chosen person, we realized that we had difficulties perceiving specific incidents that our chosen person shared from his/her life as successes or failures, and thus we discovered that we had considered some incidents in our life as successes or failures that others did not necessarily perceive in the same way; and in that way we found out that our perception of successes and failures was subjective.

Active Addictions Anonymous - The Wild Life, page 44

Until we came to AcAdAn, most of us believed that our perceptions of success and fiasco were objective, and that everyone else had the same perceptions of success and fiasco as we did, and that if they did not, they were wrong.

When we discovered in our conversations with our sponsor and/or recovery buddy in Step Five that it was not so, we became insecure and sad because we had lost our usual yardstick for determining whether or not we were on the right path in our lives.

After digesting this fact and accepting that others' perceptions were true for them, just as our perceptions were true for us, without it meaning that we were not on the right path, we began to experience a new freedom from seeking the validation of others.

Our new freedom consisted in standing by ourselves by learning to look at our experience of fiasco as an offer to begin a new learning process and our experience of success as the completion of a task we had set out to complete.

Today's Contemplation

Today I will use my AcAdAn Program to learn to perceive my fiascos as an offer to begin a new learning process and my successes as the end of a learning process.

June 22: Dissatisfaction

Dissatisfaction is an imbalance that affects all areas of our lives.

Active Addictions Anonymous - The Wild Life, page 22

In AcAdAn we investigated our addiction to chronic dissatisfaction and discovered that a sure sign that we suffer from an addiction to chronic dissatisfaction is that we find reasons to be dissatisfied even when our desires are fulfilled.

We may have had a long-held desire fulfilled and perhaps had not expected to spend time, energy and interest on integrating the fulfilment of the desire, so we used that as a reason to be dissatisfied.

Perhaps we had long wanted to get a partner or a male/female friend into our lives, but when the desire was fulfilled, we may have thought that the new person should not be the way he/she was.

Our dissatisfaction might lead us to wage war against this person to make him/her change in accordance with our perception of how he/she should be, and thus our addiction to chronic dissatisfaction was reinforced.

Today's Contemplation

Today I will use my First Step in AcAdAn to admit my dissatisfaction with a gift life brought me and how my dissatisfaction makes my life unmanageable, so that I can let go of my dissatisfaction with the gift.

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June 23: The importance of our Fellowship with others

At long last, we had found a Fellowship with others who suffered from the same as us, and together we moved from our dissatisfaction with self, others and our life, towards contentment.

Active Addictions Anonymous - The Wild Life, page 9

Our AcAdAn Fellowship taught us to find Fellowship with others to achieve any goal, because Fellowship gave us many perspectives on our goal that could encourage us and give us access to the most inspiring path to the goal.

In Fellowship with others who had the same goal as us, we also strengthened our ability to fulfill our desire to achieve that goal, whether the goal was material, physical, energetic, emotional, mental, social or spiritual.

At the same time, we gained access to a source of wisdom that strengthened and further developed our own ideas about how to achieve our goal and, so our Fellowship with others gave us an empowerment that we would not otherwise have access to.

Our goal in AcAdAn is to achieve contentment with ourselves and our life, and we needed a lot of inspiration to achieve our goal, because our dissatisfaction came to us in so many guises that the discoveries of others could help us discover them.

Today's contemplation

Today, I will let myself be inspired by my AcAdAn Fellowship to work with some of the types of dissatisfaction that my Fellowship has inspired me to inventory.

June 24: *The Higher Power of the group*

We have chosen to trust that our will and our life is governed by our Higher Power, and in the same way, we choose to trust that our group's will and life is governed by the Higher Power of the group that comes to expression through our Group-conscience.

Active Addictions Anonymous - The Wild Life, page 87

In the course of our service work in AcAdAn we came into contact with the Traditions, when various problems occurred in our group, our service group or in our Area Service Committee.

By the help of our Traditions, we found a principled solution to the problems, and little by little as we became acquainted with the Traditions, we learned to surrender to a Higher Power at group level.

This did not only benefit us in AcAdAn, but also in all the groups we were a part of, whether the group consisted of two in our coupleship, our friendships, family, in our workplace, or anywhere a decision could not be made by us alone.

In this way, our Thirteenth Step benefited us in our social life, our Soul Life in the seventh dimension in so many ways that the pains we had experienced in our social life dissolved.

Today's Contemplation

Today I will work on familiarizing myself with the Traditions so that I can learn to surrender to the Higher Power of one of my groups, as expressed in the Group Conscience of the group.

June 25: *The message of AcAdAn*

When we went to meetings in Active Addictions Anonymous, we shared our experiences with the AcAdAn Program with other members, and in this way, we passed on the message.

Active Addictions Anonymous - The Wild Life, page 82

Many of us in AcAdAn used dissatisfaction as a lever, because we imagined that the discomfort of our dissatisfaction would drive us to create and manifest the changes we wanted to create and manifest in our life.

When we came to AcAdAn and investigated if it worked, we discovered that it did not

and instead it merely created manifested discomfort and existential pain and suffering.

Little by little, we discovered that we did not need to use dissatisfaction with ourselves and our life to bring about those changes in our life that we wanted to create and manifest.

Instead, we could use our power of creation and manifestation to make improvements of the benefits that already were there in our life, and to let go of or transform the areas which gave rise to us experiencing existential pain.

Today's contemplation

Today, I will take AcAdAn's message to heart that I can use my AcAdAn Program to create and manifest the changes that I want, without taking my dissatisfaction into use.

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June 26: The First Tradition

The principle of Tradition One is Fellowship.

Slogan: Together, we can accomplish what we cannot accomplish alone.

Active Addictions Anonymous - The Wild Life, page 99

Gradually, as our individuality became evident to us, we realized that we were unique in our way of thinking, but that we had a Fellowship with others emotionally, who understood how it felt to be scared or angry.

We also knew the feeling of joy for various reasons, and we worked on admitting our anger and our joy by the help of The Rings of Pain and the Rings of Joy in Step Four of our AcAdAn Program.

When we shared about our work with the Rings of Pain and the Rings of Joy with our sponsor or our recovery buddy and in an AcAdAn meeting and heard about others', we discovered that although we knew fear and anger, we had different reasons for it.

We realized that others could recognize our emotions, but not necessarily our reasons for feeling like we did, and thus we gained a new freedom to change perception of many things that we had taken for granted, thanks to our AcAdAn Fellowship.

Today's contemplation

Today, I will use my AcAdAn Fellowship to get the help that I need to change painful thoughts with joyful thoughts by the help of a movement from a Painring to a Joyring.

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June 27: *The flow of information*

When we began to seek our Higher Power's guidance on a daily basis, we discovered that our ability to distinguish the voice of our Higher Power from our own began to develop, and thus Step Eleven began working for us.

Active Addictions Anonymous - The Wild Life, page 69

In Step Eleven in AcAdAn, we began to develop our capacity to receive our Higher Power's guidance, both from within and from without, by the help of the flow of information that constantly came to us both from within and without.

It helped us to navigate our psychological landscape that we listened both inwardly and outwardly, and we listened inwardly through prayer and meditation and outwardly by listening to the part of the flow of information that came to our lot.

The flow of information is the information that we receive from others, whether it is through other people, TV, radio, the Internet or from our cat or dog, because everything speaks to us about God.

The point is that there is some of the information that comes to us that repeats itself, no matter what source we listen to, and it is this repetition that we call our Higher Power's personal flow of information to us from without.

Today's contemplation

Today, I will both listen to my inner life by the help of prayer and meditation and to my outer life by listening to my personal flow of information so I can develop my capacity to 'hear' my Higher Power's guidance under all circumstances, no matter what they are.

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June 28: *To harm our earth connection*

First, we looked at how we have harmed ourselves physically in various ways, for example, by denying or ignoring our physical needs.

Active Addictions Anonymous - The Wild Life, page 61

Many of us in AcAdAn had been spiritual seekers long before we came to AcAdAn, and in our quest for a personal connection with our chosen Higher Power, we had neglected our physical body in many ways.

Some of us had even developed various addictions because we chose to numb our bodies with chemicals like sugar, nicotine, alcohol, heroin, cocaine and many other chemicals to escape taking responsibility for our physical body's needs.

Our bodies need to be well rested, well cared for, well nourished and well exercised, and after we came to AcAdAn, we began to take responsibility for these needs to be met, even though it required us to spend energy, time, interest and money on this task.

As we took responsibility for our bodies' needs, we used our AcAdAn Program to liberate ourselves from old thinking habits that made it difficult for us to spend time on our bodies' needs, but when we took on this work, we became more content.

Today's contemplation

Today, I will use my AcAdAn Program to develop my capacity to take responsibility for my physical body being well rested, well groomed, well nourished and well exercised.

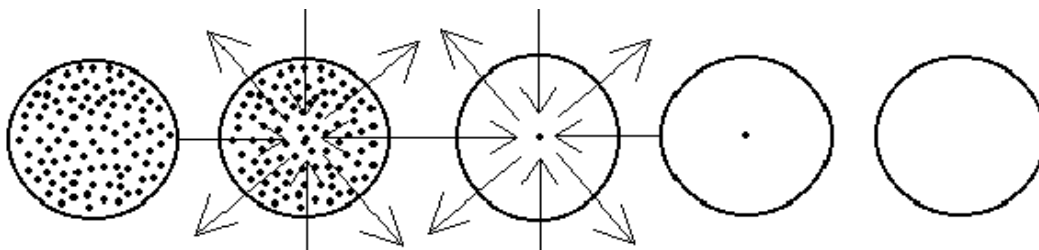
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June 29: *The process of meditation*

Thus, the process of meditation consisted of withdrawing our consciousness from being focused on the outer World into our inner point of concentration, and then letting go so that the expansion of our consciousness could take place.

Active Addictions Anonymous - The Wild Life, page 72

Ordinary Reflection Contemplation Concentration Meditation



When we came to Step Eleven in our AcAdAn Program, we wanted to expand our conscious contact with our chosen Higher Power.

In Step Two, we chose our personal Higher Power, in Step Three, we began the process of surrendering to our chosen Higher Power's care, and in Step Seven we began to learn to cooperate with our Higher Power by the help of The short and The Long Seventh Step Prayer.

In Step Eleven, we united everything we have learned in Step Two, Three and Seven about surrendering to our Higher Power's care by adding prayer and meditation as means to expand our conscious contact with our chosen Higher Power.

We use the graph from the Eleventh Step to learn how to step into meditation and thus to become better and better at receiving our Higher Power's guiding impulses from within.

Today's contemplation

Today, I will train my capacity to enter into meditation, so I can become able to pick up my chosen Higher Power's guiding impulses and thereby find greater contentment with myself and my life.

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June 30: To harm ourselves and others spiritually

We looked at how we had harmed ourselves and others spiritually with our addiction to chronic dissatisfaction with ourselves, others and our life.

Active Addictions Anonymous - The Wild Life, page 62

In the course of our work with our AcAdAn Program, it dawned on us that we could not harm our true Self, our Spirit, but we could harm ourselves and others spiritually in many ways.

Harming ourselves spiritually meant that we lost touch with our true Self, our Spirit and thereby we lost touch with our capacity for love.

Harming others spiritually meant that we tried to make them follow our ideas about the right thing instead of giving them space to follow their heart and thereby do what they felt like doing.

By harming ourselves and others spiritually we took away from ourselves and others the joy of living, which is creation's and manifestation's highest purpose.

Today's contemplation

Today, I will choose to spend that money, time, energy and interest I have at my disposal on following my heart and thus do what I most feel like doing as best as I can.

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July 01: *The first step towards contentment*

When we fully concede to our innermost selves that we are powerless over our addiction to chronic dissatisfaction, we have taken a giant step towards acceptance of ourselves, others and our life, and thereby we have taken a giant step towards contentment.

Active Addictions Anonymous - The Wild Life, page 13

In the course of our work with our AcAdAn Program we realized that recovery from our existential pains could only begin, when we admitted that we pained.

Some of our existential pains we had lived with for so long that we perceived them as a natural state of being, and therefore we thought that we were powerless over the pains that had become chronic and thus a daily experience in our life.

Therefore it was a surprise for us to discover that our daily dissatisfaction with this that and the other was an existential pain that we no longer had to live with after we had come to AcAdAn.

The first step towards contentment is to admit that we are chronically dissatisfied, because we are dissatisfied with ourselves, others and our life for various reasons, many times in the course of a day, and that our dissatisfaction made our life

unmanageable.

Today's contemplation

Today, I will work on recovering from my addiction to chronic dissatisfaction by admitting how my addiction to chronic dissatisfaction expressed itself today and how this made my life unmanageable, so my recovery can begin.

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July 02: The Eleventh Step Prayer

The 'I' Version	The 'We' Version
<i>God,</i> <i>I meditate to expand my conscious contact with You, to seek knowledge of Your will for me this day and to seek Power to carry that out.</i>	<i>God,</i> <i>We meditate to expand our conscious contact with You, to seek knowledge of Your will for us this day and to seek Power to carry that out.</i>

Active Addictions Anonymous - The Wild Life, page 74

When many of us chose to pray our Eleventh Step Prayer every day, it was not to remind our omniscient Higher Power that we wanted to expand our conscious contact with our Higher Power, but to remind ourselves of this desire.

We therefore chose to use the Eleventh Step Prayer as an object of contemplation, because we wanted to become able to enter into meditation to become better and better at expanding our conscious contact with our chosen Higher Power.

Gradually, as we became more experienced in picking up on our Higher Power's subtle presence, we also became better and better at translating the impulse that came to us from our Higher Power about, what we advantageously could use our day for.

Furthermore, we sought the power to carry out our Higher Power's will for us, because our experience has taught us that when we succeeded in finding ways and means to carry out our Higher Power's will for us on daily basis we became more content.

Today's contemplation

Today, I will use my Eleventh Step Prayer to remind myself that I become a happier and more content person by expanding my conscious contact with my Higher.

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July 03: The right action

When we inventoried how the right action brought joy into our day, it became easier for us to remember how we could choose the right action in any situation, and thereby, we were ready for Step Eleven.

Active Addictions Anonymous - The Wild Life, page 68

When we had become ready for Step Eleven, we had worked so much with our painful thoughts and emotions plus the transformation of them into enlightenment and wisdom that we were no longer as afraid of our thoughts and emotions as we had been.

It had lead to it becoming easier for us to just let the flow of thoughts pass through our mind without grabbing hold of a particular thought unless we were in the process of working on our inventory or on solving an issue, which required thinking.

In this way, it became easier for us to intercept the vibratory impulses that came from our innermost heart and translate them to thoughts that are always and without exception unconditionally loving, caring, compassionate and merciful.

In that way, it also became easier for us to find the action that was the right one for us, whether it was met with criticism or praise from our surroundings, because we felt good about what came to us from our chosen Higher Power.

Today's contemplation

Today, I will listen inwardly to receive the impulse to my next right action, which is that action that feels delightful to me, and I will follow that impulse regardless of, whether others think it is the right action or not.

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July 04: The formal part of Step Three

In Step Three, we investigated our most obvious reluctance and fears of being liberated from our addiction to chronic dissatisfaction, and when we reached a point where we could honestly say that we wanted to surrender our will and our life to our Higher Power's care, even if we might be able to do so only for half an hour, we had finished the formal part of the Third Step.

Active Addictions Anonymous - The Wild Life, page 28

Before we came to AcAdAn, we were not aware that we suffered from addiction to chronic dissatisfaction and even after we had become aware of our disease, we had a hard time thinking of our need for recovery.

We had difficulties imagining that our life could work without us using dissatisfaction and even when we came to Step Three it was difficult for us to seek help from our Higher Power in Step Three by seeking help from our Higher Power to recover.

We chose to surrender our will and our life to the care of our Higher Power anyway, because we realized that we could not recover from our illness on our own, but needed a Power greater than ourselves to recover.

Sometimes we took our will back again, by using dissatisfaction as a leverage, so we needed to surrender our will and our lives to the care of our Higher Power again and again in order to be able to recover.

Today's contemplation

Today, I will do my best to surrender my will and my life to my Higher Power's care.

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July 05: Discomfort with the fulfilment of our desires

In the course of this work, we also discovered what we wanted innermost when we took the various Rings into use, and we found out that when we took the attributes from the Ring of Emptiness, the Ring of Self-Centeredness, The Ring of Codependency and the Big and Small Rings of Pain into use, we generally did not achieve what we truly wanted; on the contrary, we destroyed our possibility of achieving it, but even in those instances where we seemingly achieved what we wanted by the help of our defects of character we experienced discomfort in context with the fulfilment of our desire.

Active Addictions Anonymous - The Wild Life, page 45

In Step Eleven we discovered that our inner nature is unconditionally loving, caring, compassionate and merciful, and that we suffered if we were not aligned with our authentic Self, our Spirit.

However, often we were not aware that our actions, feelings and thoughts were unloving, uncaring, hard-hearted and merciless towards ourselves or others, because our intention was loving, caring, compassionate and merciful.

Therefore, we needed to develop our discernment by the help of our AcAdAn Program so that we could find out when we were acting on a defect of character and when we were acting on a virtue so that we could make a choice.

When even the fulfillment of our desires felt uncomfortable, we knew that we had failed to fulfill the loving, caring, compassionate and merciful intention of our authentic Self, our Spirit, and changed direction.

Today's contemplation

Today, I will use my AcAdAn Program to investigate a situation, where I felt discomfort about the fulfillment of one of my desires.

July 06: *The right time to making amends*

Even though we longed for this liberation, we accepted the fact that we had to be patient and wait for the right circumstances to occur to make each of these amends; but we did not use this to postpone a Ninth Step we could do now.

Active Addictions Anonymous - The Wild Life, page 65

Gradually, as our work with our AcAdAn Program progressed, we became more and more aware of the harm that we have caused ourselves, our loved ones, our friends and the World at large because of our addiction to chronic dissatisfaction.

That could make some of us want to make amends to ourselves, our loved ones, our friends and the World at large before we actually were ready to make those amends in our Ninth Step.

Even when we came to the Ninth Step, we needed to be patient with making amends for our mistakes to ourselves, our loved ones, our friends and the World at large, because an amend given at an unripe point in time could result in a backlash.

Therefore, we let our Eighth Step decisions to make amends lie in the back of our mind until our Higher Power brought forth a situation, which gave us a powerful impulse to make an amend, before we carried out our amend.

Today's contemplation

Today, I will carry out one of those amend that I decided on in Step Eight, if I get a powerful impulse to make this amend.

July 07: *To admit our wrongs to our Higher Power*

When we admitted our exact nature to our Higher Power after having admitted it to ourselves, we opened up to approaching our Higher Power with something that we might otherwise have wanted to rationalize out of the picture by thinking that our Higher Power already knew about it.

Active Addictions Anonymous - The Wild Life, page 42

Most of us have a clear sense of our Higher Power's merciful nature, so we thought that our Higher Power's mercy meant that we had been forgiven in advance for the mistakes we had made in the course of our day.

We had difficulties believing that we needed to admit our mistakes to our Higher Power in Step Five, but when we did so anyway, we discovered that we were

simultaneously opening our minds to receive an inspired solution from our Higher Power.

In the same way, we received inspiration when we read our synopses to ourselves and thus looked at it from the outside, which gave us new perspectives on it, and we also received inspirations from our sponsor or recovery buddy, when we read it for them.

When in the end, we admitted to our AcAdAn fellowship how our mistakes had made us want to change direction in similar situations in the future; we were ready to transform it into enlightenment and wisdom in Step Six.

Today's Contemplation

Today I will take to heart the inspirations I receive when I share my search with my Higher Power in Step Five.

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July 08: *The belief in our Higher Power as a rational being*

To others of us, coming to believe meant developing faith in that our Higher Power is a rational being, who always works on creating manifesting the maximum benefit for all even though our Higher Power's actions might appear incomprehensible to us in the moment.

Active Addictions Anonymous - The Wild Life, page 24

Many of us had heard the words: God's ways are inscrutable, but as we evolved to higher and higher levels of insight, we began to realize that God's ways are rational and to our advantage.

In Step Two, we began to develop our understanding of a Higher Power, and in Step Three, we learned that it was always and without exception to our advantage to surrender to our Higher Power's loving, caring, compassionate and merciful intention.

When we reached to Step Seven and began to cooperate with our Higher Power about liberating ourselves from our defects of character, we became more and more clear-minded, and our belief in that our Higher Power is a rational being, grew to unconditional trust.

Thus we became ready to use Step Eleven to expand our conscious contact with our Higher Power, to seek knowledge about our Higher Power's will for us and to pray to our Higher Power for the power to carry that out.

Today's contemplation

Today, I will use the four Higher Power Steps - Step Two, Three, Seven and Eleven - to develop my trust in my Higher Power's loving, caring, compassionate and merciful intention.

July 09: *The belief in life*

The process of coming to believe restored our faith in life.

Active Addictions Anonymous - The Wild Life, page 26

Many of us had lost faith in the good, when we came to AcAdAn, because we had learned about a punishing God, who would punish us in various ways, if we did something that the punishing Godhead did not like.

Moreover, the punishing Godhead would punish us if we failed to do something that this Godhead thought that we should do and send us to hell for eternal torment, when we died if we had not been, as the punishing Godhead thought we ought.

In Second Step in AcAdAn, we were told that we had an unconditional freedom without traps to choose a Higher Power, and that the only suggested guidelines were that we chose a Higher Power that was loving, caring, compassionate and merciful.

Gradually, as we learned to look at ourselves, our lives, others and the World around us through our faith in our personal loving, caring, compassionate and merciful Higher Power, our faith in life as a delightful adventure was restored.

Today's contemplation

Today, I will choose to look at myself, my life, others and the World around me through my faith in the loving, caring, compassionate and merciful intention of my chosen personal Higher Power.

July 10: *Achievement of honor from others*

We imagined that we had to achieve that others honored us, because we believed that if only we achieved this, we had achieved their love and respect, and then we would be able to accept ourselves.

Active Addictions Anonymous - The Wild Life, page 15

As members of AcAdAn, we became increasingly aware of how dissatisfaction with our human limitations, ignorance, powerlessness, and mortality/changeability had led us to our addiction to chronic dissatisfaction.

One of the many means we had used in an attempt to overcome our addiction to chronic dissatisfaction was to try to get others to honor us, because we imagined that honor from others would make it easier for us to accept ourselves.

When we succeeded, we discovered that it did not bring us closer to accepting our humanness, so it was not a solution to our addiction to our chronic dissatisfaction.

As a result of this realization, we realized how important it was for us to use our AcAdAn Program to recover from our chronic dissatisfaction with ourselves, our lives, others, and the World around us and be led to contentment.

Today's contemplation

Today, I will let myself be lead to contentment by the help of my chosen Higher Power, my AcAdAn Fellowship and my AcAdAn Program.

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July 11: Humility

The principle of Step Five is Humility. Slogan: I'm neither more nor less than any other creaturemanifestation.

Active Addictions Anonymous - The Wild Life, page 83

Until we come to the Fifth Step, many of us had a feeling that we alone used our defects of character in our relationships with ourselves, others and the World at large, and that had made us to feel inferior to others.

We were not aware that our sense of inferiority belongs in the Small Ring of Arrogance with its superiority, inferiority, overcrowding and isolation.

However, when we shared our Fourth Step discoveries about ourselves in our Fifth Step, we discovered that this was a common feeling in the psychological landscape of all humankind, so we were not alone in this.

When we shared about our work with the Rings of Joy, we realized that also using them was common, and thereby we understood that we were neither more or nor less than any other manifested creature.

Today's Contemplation

Today I will use my Fifth Step to admit my Fourth Step discoveries about my exact nature and thus that I am neither more nor less than any other manifested creature.

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July 12: The Book Active Addictions Anonymous – The Wild Life

Active Addictions Anonymous – The Wild Life contains members' collective experiences with the Steps and Traditions of Active Addictions Anonymous.

In AcAdAn began our work on our addiction to chronic dissatisfaction with the book *Active Addictions Anonymous – The Wild Life*, which is the basis for all the work of the Twelve Steps that takes place in the Fellowship.

Little by little, the work was clarified with the help of another book called *Two Sponsors' Suggestions for Working the Program in Active Addictions Anonymous – The Wild Life*, which suggests how we could work the Program in AcAdAn.

After some more time, we began work on the book *Daily Contemplations for Members of Active Addictions Anonymous – The Wild Life*, because many of us wanted to start the day by thinking about our Program.

Finally, we began work on the book *Sixth Step Analyses for Members of Active Addictions Anonymous – The Wild Life*, which enabled us to go directly to a Sixth Step analysis when we were in mental-emotional pain.

Today's Contemplation

Today I will use the literature of AcAdAn to create a clear picture of my illness for myself.

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July 13: Focus in AcAdAn

We refrain from either endorsing or opposing issues and causes outside of AcAdAn.

When we came to AcAdAn, most of us had a well-developed thinking mind, a well-developed Ego, because we had invented infinitely many reasons to be dissatisfied with different areas of our life.

That our Ego was well developed did not necessarily mean that it was healthy, but it meant that we had many different options to address a wide range of topics from many different perspectives.

In connection with our AcAdAn membership, we chose to focus on those perspectives, which made us dissatisfied to identify the areas that we needed to change to contentment by the help of our AcAdAn Program.

Therefore, we did not use our thinking capacity to focus on approving or opposing issues outside AcAdAn, but used it instead to focus on our recovery from our addiction to chronic dissatisfaction.

Today's contemplation

Today, I will share in a meeting how with success I used my AcAdAn Program to recover from what pained me most today that I had tried to use my disease of addiction to chronic dissatisfaction to recover from without success.

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July 14: *Emotional Sobriety*

We also investigated our Emotional Sobriety by looking into those instances where we were able to respect ourselves by taking care of ourselves materially, physically, time-space wise, emotionally, mentally, socially and spiritually.

Active Addictions Anonymous - The Wild Life, page 32

Most of us had worked with our co-dependency, which was called the savior complex in the old World Order, in one form or another, before we came to AcAdAn.

In AcAdAn we worked with the pain in the Ring of Codependency with the four attributes of the savior, the seducer, the victim and the offender that play out in this energy field.

Furthermore, we worked with the Ring of Emotional Sobriety with its detachment, integrity, respect for self and respect for others, which is the antidote to our codependency.

When we used our emotional sobriety, our codependency slowly faded into the background and thus we could use our resources as they were intended to create and manifest a life for ourselves that satisfied us.

Today's contemplation

Today, I will use my emotional sobriety to create and manifest a life for myself that satisfies me.

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July 15: *To move from pain to joy in AcAdAn*

After having worked with learning to move from the Big Ring of Pain to the Big Ring of Joy, we dived deeper in our Sixth Step work, by learning to move from the Small Rings, the Minirings, the Microrings and the Nanorings of Pain to the Small Rings, the Minirings, the Microrings and the Nanorings of Joy.

Active Addictions Anonymous - The Wild Life, page 49

In our work with Step Four in our AcAdAn Program, we investigated our psychological landscape by investigating how the energies from the Rings of Pain and the Rings of Joy had influenced us from our childhood until now.

In Step Five, we discovered that we had these experiences in common with our sponsor and/or our recovery buddy and our AcAdAn Fellowship.

Thereby we became entirely ready to use these energies consciously in Step Six, where we learned to move consciously from mental-emotional pain to mental-emotional joy.

Thus, we had achieved the capacity to find contentment with ourselves, others and our life, and when we had been dissatisfied, we used Step Eight and Nine to make amends to ourselves and others for our use of dissatisfaction.

Today's contemplation

Today, I will use my Program to learn to move from mental-emotional pain to mental-emotional joy in as many situations as possible.

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July 16: *The flow of thoughts*

Because of our active addiction, we are trapped in a constant flow of thoughts overwhelming us to act contrary to our heart's desires, and this we call obsession.

Active Addictions Anonymous - The Wild Life, page 7

In our work with our thinking mind, our Ego, we noticed that our Ego is traversed by a stream of thoughts that give rise to our emotional feelings, which is that energy that is flowing from our stream of thoughts.

By observing our flow of thoughts, we observed that some thought patterns led to emotional feelings of joy, and other thought patterns led to emotional feelings of pain, and that it was possible to shift our focus from pain to joy.

We also observed that we grabbed hold of some thought patterns and twisted and turned them because they scared us, and we wanted to find ways and means to prevent these thoughts from turning into illness and pain in our lives.

In AcAdAn, we made a conscious decision about which thought patterns we wanted to cultivate and which ones we wanted to replace with more advantageous patterns that made it possible for us to act in accordance with our heart's desires.

Today's contemplation

Today, I will choose to use my AcAdAn Program to consciously cultivate the thought patterns that make it possible for me to act in accordance with the desires of my heart.

July 17: Tradition Eleven and Twelve

TRADITION 11: Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of internet, press, radio, TV and films.

TRADITION 12: Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.

Active Addictions Anonymous - The Wild Life, page 12

In our work with our AcAdAn Program and in our Fellowship, the Principle of Anonymity as it is described in our Traditions, is of the utmost importance,.

The Principle of Anonymity ensures that we do not make the mistake of letting ourselves become blinded by the status in society or in the Fellowship of other members, so we then lose sight of our goal in context with being members of AcAdAn in that way.

We did not want that our work with recovering from our addiction to chronic dissatisfaction should come out of course by us beginning to focus on topics, which had got nothing to with our recovery.

By using the principles that are described in Tradition Eleven and Twelve we could all meet as equally worthy in recovery from our addiction to chronic dissatisfaction by the help of the joy these Traditions open for us.

Today's contemplation

Today, I keep the Principle of Anonymity in mind in my recovery from my addiction to chronic dissatisfaction.

July 18: The guidance of the Ego

Our thinking Mind, also called our Ego has the task of guiding us about how best we can handle our life; however, in the course of our Step Work we discovered that our thinking mind was dysfunctional due to lack of information or due to flawed information that had made us draw wrongful conclusions about ourselves, others and our life.

Active Addictions Anonymous - The Wild Life, page 71

When we began to study our thinking mind, our Ego by the help of the Painrings and the Joyrings, we discovered that our thinking mind, our Ego could be more or less misinformed about various areas.

We also discovered that our thinking mind, our Ego could lack information that we needed to be able to take care of our lives in a satisfactory way, and therefore we chose to keep our thinking mind, our Ego updated with new information.

We wanted that our thinking mind, our Ego should be updated about, which goals we wanted to achieve, so we did not run into opposition from our Ego, when we began to act on fulfilling our desires in various areas.

Gradually, as we equipped our thinking mind, our Ego with plentiful and accurate information both about what we wanted, and about what energies we wanted to make use of to fulfill our desires, our thinking mind, our Ego became calm.

Today's contemplation

Today, I will work on providing my thinking mind, my Ego with plentiful and accurate information about where I want to move to in my psychological landscape, and what energies I want to use.

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July 19: *To liberate ourselves from guilt*

What was important was not whether it was a big or small thing, or if we did it on purpose or not, but whether we felt guilty about it and therefore were ashamed of our action.

Active Addictions Anonymous - The Wild Life, page 61

During our growth, we got the impression that we were guilty of the painful mental-emotional states of others, especially our parents, siblings, teachers or male/female friends.

That had misled us to believe that the honor was also ours when others were joyful and comfortable, and a sign that the honor was ours was when we were praised by them, but in AcAdAn, we found that our codependency held an addiction to praise.

Praise was our 'drug' and people pleasing is the diseased state of our mind that results from our addiction to praise, so we began using the Ring of Emotional Sobriety to transform our co-dependency into enlightenment and wisdom.

This work was a major factor in liberating us from the mental-emotional pain that held us in our addiction to chronic dissatisfaction because we let go of what others thought of what we thought, felt and did.

Today's contemplation

Today, I will use my AcAdAn Program to liberate myself from feelings of guilt due to

the mental-emotional pains of others and that feeling of shame that my feeling of guilt brings forth.

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July 20: Seduction of others

To accomplish this, we tried to overwhelm others with our perspectives, to make them believe that we could save them from the pain of their lives if only they followed our directions, seducing them further by concealing the pains of our own life, refusing to acknowledge that we were no wiser, better or more powerful than they and their Higher Power were, and we denied the truth that they had to find their own answers to life just like we had to.

Active Addictions Anonymous - The Wild Life, page 32

Many of us came from other Twelve Step Programs that work with various existential problems, before we came to AcAdAn, and many of these Fellowships work with codependency.

Some Fellowships call codependency the drama triangle, and the various Fellowships, as well as some forms of psychology work with three concepts in that context and that is the savior role, the victim role and the offender role.

Therefore, we were surprised to discover that our AcAdAn Program works with four concepts instead of three by adding the seducer role to the other three, and that the Program has set up the concepts in a circle instead of in a triangle.

When we investigated the seducer role, we realized that the seducer role is the twin of the savior role, because we seduced ourselves and others, when we imagined that we could save others from their existential pains, which was their own task.

Today's contemplation

Today, I will take my knowledge about letting go of the seducer role of codependency to heart, so I may be able to free up my resources for my own use.

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July 21: The consequences of dissatisfaction

If you are like us, you know that a situation, which is received with dissatisfaction creates and manifests a multitude of consequences.

Active Addictions Anonymous - The Wild Life, page 11

When we began to investigate our dissatisfaction, we discovered that it did not just suddenly arise in the present moment, because there were a long series of thought habits behind every expression of dissatisfaction that we had built up over many years.

We also realized that we lost the joy of life because of our addiction to chronic dissatisfaction, and that it was a big and demanding task to recover from this disease that we had spent many years creating and manifesting.

Over the years, we had tried to recover from it by seeking out psychologists, psychiatrists, spiritual guides, or our near and dear ones to seek help in recovering from it.

When we came to AcAdAn we realized that our dissatisfaction was not just about a single situation or person, but that it was a chronic condition we used many times a day every day that we needed to be healed from.

Today's Contemplation

Today I will use my AcAdAn Program to heal from my addiction to chronic dissatisfaction.

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July 22: Change

We realized that if our Higher Power pulled up the whole Tree of Hatred with its roots all at once or thereby instantly transformed it into a fully developed Tree of Love, when we prayed to be liberated from all of our defects of character, by the help of transformation we would probably feel so alienated from ourselves that we might go insane from it or even die from shock.

Active Addictions Anonymous - The Wild Life, page 56

Most of us imagined that we wanted to improve our life in many ways, which could consist in quitting smoking, losing weight, getting a new car, meeting a partner or getting a child.

However, we were not aware that any change creates and manifests an upheaval in our everyday lives, whether the change consists in an improvement of our life, or it consists in a worsening of our life.

Already in Step One, we became aware that death can be expressed as the changeability, and that had indeed made it easier for us to accept death, but we also needed to learn to accept the changeability.

Many of us had tried to stifle ourselves or put ourselves and others into categories to overcome our discomfort about death/changeability, but in AcAdAn we worked on coming to accept of the changeability of ourselves and others.

Today's contemplation

Today, I will use my AcAdAn Program to learn to live in The Blissful Flow of the Present Moment.

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July 23: To be part of a group

So, we let go after having expressed what we want for the group, trusting that the outcome is the best for the group here and now, also if our own wish for a specific outcome is not in conformity with what the group chooses as a solution.

Active Addictions Anonymous - The Wild Life, page 87

In AcAdAn we learned to look at the Group Conscience, as our Higher Power speaking to us through our group, whether the group consisted of two in our marriage or many in our Fellowship that we were part of as a group member.

The Group Conscience consists of each member's conscience, and therefore we took each members' expressed conscience into consideration, when we had to make a decision on behalf of the whole group.

By learning to listen to the Group Conscience as our Higher Power speaking to us, we developed our social skills, so we became better and better in being part of a group as a contented and harmonious part of the group.

While we learned to listen to the Group Conscience, much of our anxiety in social situations disappeared, and thus we became more and more content with ourselves, others and our life.

Today's contemplation

Today, I will surrender to the Group Conscience in the same way that I surrender to my individual and personal Higher Power.

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July 24: Live and let live

*The principle of Tradition Eight is Respect.
Slogan: Live and let live.*

Active Addictions Anonymous - The Wild Life, page 99

In the hierarchy of the Rings of Pain the Ring of Codependency comes as number three after the Ring of Emptiness and the Ring of Self-centeredness in our AcAdAn Program.

To us this meant that practically all of us suffered from a severe case of codependency, and therefore we are consumed with our perception of what other people were doing.

At times, we believed others needed to be saved, at other times we wanted to change others people, and therefor we interfered in their actions, or their interaction with their peers or the way they had chosen to live their spiritual life.

We discovered to our dismay that others mostly did no welcome our interference and little by little we learned to respect their way of being in the World, and thus we took to heart the slogan of Tradition Eight: 'Live and let live'.

Today's contemplation

Today, I will take the principle of Tradition Eight to heart and respect others' right to live as they choose to do.

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July 25: *The power and the glory*

Others of us tried to achieve power and glory by raising our level of energy beyond what was naturally possible for us through ingesting various chemical substances that were harmful to our body and mind so as to force our body and mind to yield more results than they were otherwise capable of.

Active Addictions Anonymous - The Wild Life, page 16

In our work with the Ring of Self-Centering with its euphoria, depression, self-criticism and self-praise, we discovered that our addiction to chronic dissatisfaction sprang from our use of this energy field.

Our self-criticism made it difficult for us to value ourselves, and therefore a need arose within us to raise our self-esteem by being glorified by others, and this had led many of us to seek power and glory.

Some of us chose to use various chemicals to increase our power to perform, so we could accomplish more than other people in our pursuit of power and glory, but our use of chemicals turned against us at some point.

At that time, we were addicted to our favorite substance and had to find a way back to normality by going through a time- and energy-consuming healing process and thus becoming accustomed to what was possible for us normally.

Today's contemplation

Today, I will accept my human limitation, ignorance, powerlessness and mortality/changeability, and therefore I will accept that the power and the glory solely belong to my Higher Power.

July 26: Religion and spirituality

AcAdAn is not a religious Program.

Active Addictions Anonymous - The Wild Life, page 8

Many of us AcAdAns came into contact with the religion that was dominant in our society at a young age, and for most of us it had led to us getting various existential problems that had made us turn our backs on religion.

Gradually, as our quest for answers to our existential problems developed, we discovered that there is a difference between religion and spirituality.

Religion is the initial learning, which is given to human beings, who do not have personal experiences in the spiritual area, so they can have a guideline, which they can use advantageously to handle existential problems.

At one point in time, however, a desire arose in us about experiencing the spiritual states that the various types of religions describe, and our AcAdAn Program offers us a path we can use to achieve this.

Today's contemplation

Today, I will accept that religion has its place in the big picture, and that spirituality is my personal experiences with the states that religion describes, and which I can achieve by the help of my AcAdAn Program.

July 27: Fellowship

At long last, we had found a Fellowship with others who suffered from the same as us, and together we moved from our dissatisfaction with self, others and our life, to contentment.

Active Addictions Anonymous - The Wild Life, page 9

Before we came to AcAdAn it was not easy for us to spot our addiction to chronic dissatisfaction, even though we used dissatisfaction in many different situations and for many different reasons.

When we came to AcAdAn and heard what other members had to share about their addiction to chronic dissatisfaction, we recognized what they were sharing, so we decided to give ourselves a chance to recover using the AcAdAn Program.

It was a great relief to us that we now had a Community with others who also admitted that they lost their joy in life due to their addiction to chronic dissatisfaction, and we chose to start coming to the AcAdAn Community.

Listening to others at meetings, and finding a sponsor and starting to do the Program gave us an opportunity to examine how our addiction to chronic dissatisfaction was affecting us, our lives, and everything and everyone around us.

Today's contemplation

Today I will use my AcAdAn Community to examine how my daily use of dissatisfaction is affecting myself, my life in general, and my surroundings.

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July 28: *Our attitude*

An attitude of indifference and intolerance towards earthly and spiritual principles can destroy our recovery process.

Active Addictions Anonymous - The Wild Life, page 11

Most of us had been on the spiritual path for a long time, when we came to AcAdAn to work with our addiction to chronic dissatisfaction.

On our spiritual path, we had received much information that we could advantageously apply to our spiritual life, but it had not occurred to us that it was equally important that we found information, which was about our earthly life.

When we came to AcAdAn. it was the first time for many of us that we came across information that emphasized that we also needed to apply earthly principles to achieve contentment with ourselves and our life.

Therefore, it was a big relief for us to come face to face with the First Step in AcAdAn, because immediately, we got to work with our limitation, ignorance, powerlessness and mortality/changeability.

Today's contemplation

Today, I will use my AcAdAn Program to learn to accept my limitation, ignorance, powerlessness and mortality/changeability.

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July 29: *The admiration and respect of others*

We imagined that we had to gain honor from others, as we believed that if only we achieved this, we would have achieved their love and respect, and then we would be able to accept ourselves.

Before we began to study ourselves by the help of our AcAdAn Program, many of us imagined that we could achieve self-acceptance by being admired and respected by others, but by studying ourselves, we discovered that when we actually received admiration and respect from others it didn't help us to achieve greater self-acceptance.

We even spotted self-critical thoughts in this context, so when others expressed admiration or respect for our way of being in the World or for our talents and capabilities in certain areas, ourselves-critical thoughts could make us think that their admiration and respect was connected with the fact that they did not know us, as we were in Reality.

Ourselves-critical thoughts could also make us think that if others knew us, as we were in Reality, they would not admire or respect us, and these thoughts in particular showed us that we had not come any closer to ourselves-respect, because of other people's admiration and respect.

Thus it became clear to us that we needed to achieve self-respect by the help of the Ring of Emotional Sobriety with its detachment, integrity, respect for self and respect for others to be able to take other people's admiration and respect to heart.

Today's contemplation

Today, I will use the Ring of Emotional Sobriety to achieve self-respect, so I can become able to receive other people's admiration and respect with an open heart.

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July 30: To admit

Nobody could convince us that we were chronically dissatisfied. This was an admission we had to make to ourselves.

Being chronically ill had a lot of unpleasant associations for most of us, because it gave us the impression that it is a disease, which we could not recover from, and if it came to being chronically mentally ill, it became even more difficult for us to admit how we were doing.

In AcAdAn, nobody tried to convince us that we were chronically dissatisfied, because we knew from personal experience that this disease was very painful to have to stand by, especially because we had tried to be happier than the happiest in social contexts to hide our addiction to chronic dissatisfaction.

Therefore it was a big relief for us to admit our disease and how it affected us and our

life when we attended meetings in our AcAdAn Fellowship, confident that our AcAdAn sisters and brothers understood us and in our AcAdAn process it also became clear to us that it was a basic existential pain we were facing.

We understood that it was about our fear of our human limitation, ignorance, powerlessness and mortality/changeability, and it was not us alone, who tried to escape our humanness, but that every human being tried to do that to a certain extent, and that we could arrest our disease by the help of the AcAdAn Program to such an extent that we could become symptom free without using medicine.

Today's contemplation

Today, I will use my First Step to admit that I am dissatisfied with a certain situation today, and how my dissatisfaction makes my life unmanageable, so I can use Step Two to begin to recover from my addiction to chronic dissatisfaction.

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July 31: Anonymity

We listen to the message instead of our personal opinion of the messenger, and in this way, we maintain the anonymity by placing the principles before the persons involved.

Active Addictions Anonymous - The Wild Life, page 98

When we began to become acquainted with the Traditions of AcAdAn, we discovered that one of our Program's main principles is to place those principles another member shared about before his/her personal appearance.

If we listened to our personal opinions about the person, who shared about those principles, which he&she shared about in a meeting, we cut ourselves off from being open-minded enough to pick up that message that we needed to hear.

Therefore we choose to use Step Two's principle, which is open-mindedness and Step Two's slogan that says: Listening attentively and respectfully to another is the first sign of emotional sobriety.

We wanted to be emotionally sober, so therefore we choose to maintain the anonymity by the help of Step Two and Tradition Twelve, which says: Anonymity is the spiritual foundation of all our traditions, ever reminding us to place principles before personalities.

Today's contemplation

Today, I will choose to maintain the principle of anonymity by listening attentively and respectfully to those I interact with in my social life, rather than being preoccupied with my positive or negative thoughts about their personality.

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August 01: *Freedom in our work with the Program*

One Sponsor's Suggestions for Working the Program of Active Addictions Anonymous describes how we can work with the Program of Active Addictions Anonymous, but we have the freedom to choose to work the Program in any other way as long as it works for us.

Active Addictions Anonymous - The Wild Life, page 92

When we worked with the Program in Active Addictions Anonymous, we basically worked with the dissatisfaction that was connected with our human limitation, ignorance, powerlessness and mortality/changeability.

We made use of many different methods to express our dissatisfaction and we worked with many of these expressions by the help of the Archetypal Rings of Pain and Joy from our Fourth Step and onwards.

The Sponsor Suggestion in our literature suggests to us, how we could carry out this work, but we had the freedom to work with our dissatisfaction with our humanness in other ways, if we found other ways more advantageous.

The most important thing was that our method made it possible for us to work with our addiction to chronic dissatisfaction with our humanity in such a way that it became possible for us to recover from it.

Today's contemplation

Today, I will work on recovering from my addiction to chronic dissatisfaction with my own humanity and that of others in any way that works for me.

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August 02: Attraction rather than promotion

When we talk about Active Addictions Anonymous in context with public relations, we don't promote AcAdAn.

Active Addictions Anonymous - The Wild Life, page 97

In our enthusiasm about the results we achieved, as a result of our work with the Program in AcAdAn, we might be seized by an irresistible urge to try to overwhelm others with our enthusiasm.

Therefore, our Traditions have established that we want to let our Program work by attraction rather than promotion so those of us, who had a desire to convince others of the excellence of our Program could learn to take it easy.

When we became able to take it easy, it became possible for us to not talk about our Program with people, who were not part of AcAdAn unless they had expressed a desire to hear about it.

By leaving to a Higher Power to lead those, who wanted it to AcAdAn, we learned to let of attempting to overwhelm others with our enthusiasm about our Program, knowing that the Program would only work for people, who were willing to take on the extensive work it takes to recover from one's addiction to chronic dissatisfaction.

Today's contemplation

Today, I will leave it to a Higher Power to bring those people, who has a deep and earnest desire to recover from their addiction to chronic dissatisfaction to me, so I can inform them about the Program of AcAdAn.

August 03: *Prejudice*

In Tradition Three, we open up both as individuals and as a group to the fact that we cannot judge other people's lives and motives by looking at them from the outside.

Active Addictions Anonymous - The Wild Life, page 88

Before we became familiar with the Traditions of AcAdAn, we mostly stuck to the first impression we got of others, which often meant that we formed an opinion about them solely because of their outer appearance.

When we heard others share in an AcAdAn meeting, often, we formed an opinion about what kind of human being they were solely based on their voicing, their facial expression and their body language.

We call this for prejudice in AcAdAn, because it is impossible to judge others' lives and motivations by looking at them from the outside, whether the judgment came into being because of their physical appearance or their way of expressing their thoughts.

In AcAdAn we wanted to identify with what others had to share instead of keeping them at a distance by the help of judgments, and therefore, we chose to open ourselves to get to know them better, before we determine in what ways we could benefit from those people our Higher Power send into our lives.

Today's contemplation

Today, I will use levelheadedness in my perception of others that my Higher Power sends into my life, before I take a stand on in which ways if any, I can benefit from them.

August 04: *Cooperation with our Higher Power*

Hence, we began cooperating with our Higher Power on a daily basis about doing this work at a pace we would be able to bear.

Active Addictions Anonymous - The Wild Life, page 56

In Step Seven we began to cooperate with our Higher Power about liberating ourselves from our character defects at a pace we could bear, and how fast this process could take place was decided by our courage to change.

We had discovered that even if the change was to our advantage, any change could create and manifest a sense of alienation from ourselves if we moved forward too fast and thus did not feel at home in ourselves any longer.

Those of us, who had let go of a chemical addiction, like for example an addiction to sugar, nicotine, alcohol, heroin, cocaine, etc., knew that it was an improvement in our lives that we were liberated from our addiction to our drug of choice.

But although it was an improvement of our lives to recover from our addiction, it was not a change that happened from one day to the next, and thus we realized that it was to our advantage to change ourselves in cooperation with our Higher Power at a pace we could bear, so as to not drive ourselves mad with our desire for change to happen fast.

Today's contemplation

Today, I will use Step Seven to work on changing to my advantage in cooperation with my Higher Power at a pace I can tolerate.

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August 05: Belongingness

We know that it is vital for our group that all its members feel that they belong to the group, for our experiences have shown us that when more and more members lose their sense of belonging to our group, the group ceases to exist.

Active Addictions Anonymous - The Wild Life, page 85

We knew from our experience that if we did not experience a feeling of belonging to a group, we quickly lost the desire to be part of the group and our Traditions also taught us that it was important that we left contexts that did not serve our purpose, even if they had served our purpose for a while, but did not do it any longer.

It was important for us to attend meetings in AcAdAn, because we had an opportunity to share our work with the Program with likeminded people, and at the same time we could let ourselves be inspired by listening to what others member's had to share about their work with the Program.

Therefore, it was important for us that those members of AcAdAn, who had chosen to attend the AcAdAn meeting, we and our group had createdmanifested felt like a welcome and valuable part of our group, so joyfully we welcomed them to the meeting in our group, whether their participation was a single meeting or many.

We talked with those, we felt inspired to talk with both before and after the meeting and related to what they had to share, while at the same time, we remembered that both newcomers and old-timers had a need to feel like a welcome and valuable part of the meeting and to be talked with before to not to lose the desire to participate in our meetings.

Today's contemplation

Today, I choose to take good care of both newcomers and old-timers with loving kindness, because I want them to experience a sense of being a welcome and valuable part of the meetings in my group.

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August 06: *The Small Ring of Arrogance*

When The Small Ring of Arrogance became active in us, we felt above others when our needs were met (Superiority), and below others when our needs were not met (Inferiority).

When we felt below others (Inferiority), we stayed by ourselves to hide our vulnerability and our feelings of worthlessness (Isolation), and when we felt above others (Superiority), we filled up our time and space with people and activities to show off our superiority by the help of the number of people present in our lives and the numerous activities we undertook with these people (Overcrowding).

Active Addictions Anonymous - The Wild Life, page 40

Until we worked with the Small Ring of Arrogance in Step Four in our AcAdAn Program, we believed that arrogance exclusively consisted in feeling superior to others, but in our work with this Ring we discovered how our arrogance also holds feelings of inferiority.

Furthermore, we realized that our goal with taking our arrogance into use and overcrowd our day and our life with people to meet and activities to do was to be attractive to other people, but we discovered that as a result of taking our arrogance into use, instead, we felt isolated from other people.

This lead to us becoming entirely ready to work on transforming our arrogance in Step Six, where we worked on becoming entirely ready to allow our Higher Power to transform our defects of character to virtues by investigating our use of the Small Ring of Arrogance in all details.

When we had investigated our use of the Small Ring of Arrogance in all details, we moved our focus to the Small Ring of Truth with its humility, honesty, individuality and fellowship to investigate how we imagined that the situation could have transpired if instead, we had used the Small Ring of Truth, and that createdmanifested the transformation, we had longed for.

Today's contemplation

Today, I will use my AcAdAn Program to transform the pain from my use of the Small Ring of Arrogance to the joy of learning to use the Small Ring of Truth instead.

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August 07: Transformation

The principle of Step Six is Transformation. Slogan: I own my hurts.

Active Addictions Anonymous - The Wild Life, page 83

Many of us felt that others that were responsible for our hurt feelings, until we came to Step Six in our AcAdAn Program and became acquainted with the slogan of the Sixth Step, and it was a shock to acknowledge that our hurt emotions belonged to us, because it meant we were responsible for healing them.

We had imagined that if others would only treat us better, be more loving, understanding, accommodating and kind, we would not feel hurt, but when we investigated the issue, we found out that it was not everybody, who felt hurt by the same situations that we felt hurt by.

We also discovered that what hurt us one day did not necessarily hurt us the next day, so it would be impossible for others to behave in ways that were loving, understanding, accommodating and kind enough to make sure that they did not hurt us in any possible way.

This meant that we could not see to it that others did not feel hurt either, no matter how well meaning we were, and thereby we began to exclusively take responsibility for our own hurt emotions and after that we could use our Sixth Step in AcAdAn to transform our pain to joy.

Today's contemplation

Today, I will heal my hurt emotions by transforming them to joy by the help of the Sixth Step in my AcAdAn Program.

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August 08: The Ring of Fulfilment

In Hindu mythology an archetype is found called the Sudarshan Chakra or the Sun Wheel, that is said to light up our inner World as brightly as the Sun lights up our outer World and thereby the Sun Wheel transforms all of our defects of character to their mature state – to virtues.

In AcAdAn we use the name the Ring of Fulfillment for the same archetype and we perceive this Ring to be the origin of all our virtues and thus the origin of all of our joys.

Active Addictions Anonymous - The Wild Life, page 30

It is not only in our AcAdAn Program that we may encounter information on compositions of various energies and their consequences for life as a human being.

In mythology, there are other names for various energy fields we work with in AcAdAn, which we call the Rings of Joy and Pain.

Thus, we encounter the Ring of Fulfillment in mythology under the name Sudarshan Chakra that Lord Krishna used to decapitate all demons/defects of character.

The Ring of Emptiness, we also encounter in mythology with the name Pandora's Box, which is said to release all the sufferings of the World for the one, who opens the box, which we in AcAdAn perceive to be the root of all our defects of character.

Today's contemplation

Today, I will work on consciously moving into the Ring of Fulfillment with its fulfilment, interest, meaningfulness and oneness, when I discover that I am in the Ring of Emptiness with its emptiness, boredom, meaninglessness and loneliness.

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August 09: To enter into meditation

To enter into meditation, we moved from our normal state of daily consciousness into the reflective state, then into the contemplative state, from there into the concentrated state of our mind, and in the end, we let go and entered into meditation, where our consciousness expanded.

Active Addictions Anonymous - The Wild Life, page 72

When we began working with prayer and meditation in Step Eleven in our AcAdAn Program, little by little, we came to know the meditative state

Thus, we discovered that actually, there had not been a day in our life where we had not spontaneously entered into meditation, however without us having put the word meditation on our state of mind.

When we experienced a moment of pure presence, we found ourselves in a thoughtless state, because in that moment, we had stopped thinking anything about anything and this we call meditation.

Right before we fell asleep at night, we discovered that as long as the band of thoughts was running, we could not fall asleep, so we had to wait for the flow of thoughts to stop, before we could fall asleep, and when the flow of thoughts stop, we have entered into meditation.

Today's contemplation

Today, I will consciously work on entering into meditation as often as possible during my day by consciously prolonging those moments, where the meditation naturally arises.

August 10: *Respect for others*

Instead of offending others by saying or thinking that they thought, felt and acted wrongly, we chose to respect that they needed to think, feel and act in accordance with their Reality as it was for them.

Active Addictions Anonymous - The Wild Life, page 48

Before we worked with the Ring of Emotional Sobriety in AcAdAn, it was hard for us to find out how we could handle our co-dependency with its savior role, seducer role, victim role and offender role.

When we found ourselves in the Ring of Codependency, we had an urge to save others from the difficulties of their life without being aware that their difficulties were tasks given to them by their Higher Power.

By taking on solving their tasks we blocked them from learning what they needed to learn, and this insight made us realize that it was to the advantage of both us to detach from other people's issues.

If they asked us for help we took time out to think about, if we would love to contribute to a solution, before we said yes or no and thereby we showed respect both for ourselves and others.

Today's contemplation

Today, I will respect the capacity of others to solve their own problems.

August 11: *To open up about our secrets*

Only complete trust in the person we chose could give us the courage that was needed to be thorough with our Fifth Step.

Active Addictions Anonymous - The Wild Life, page 43

In Step Four in our AcAdAn Program, we came face to face with our hurts from childhood to the present, and we had kept many of our hurts secret out of fear of others using this knowledge to hurt us if we did not submit to their desires.

Therefore, it was frightening for us to think about opening up about our secrets to another human being, but it was a comfort for us to think of that others had done it before us and that we had been told that it took courage to do Step Five.

We were careful with selecting the person that we wanted share our secrets with,

whether we chose a person inside or outside the Fellowship to share our Fourth Step with.

We needed to trust our chosen person to be able to summon the required courage to let our secrets come out into the open.

Today's contemplation

Today, I will be careful in choosing the people I share my secrets with, so I can trust that I will not be the subject to hurtful gossip.

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August 12: To admit to our Higher Power

This way, we discovered that it did make a difference to admit our Fourth Step to our Higher Power, and at the same time, we also prepared ourselves to admit the exact nature of our character to another human being.

Active Addictions Anonymous - The Wild Life, page 42

Our Program helped us achieve the courage it took to become able to share our Fourth Step with another human by us first admitting to ourselves that we felt hurt about many things that we used to tell ourselves that we did not care about.

Next, we admitted to our Higher Power that we felt hurt by the experiences we had written down by reading our Fourth Step to our Higher Power and add those inspirations that came to us while we were reading.

After having shared our pain with our Higher Power, we discovered that much of the intensity of our pain disappeared in the process, and in that way it was not so scary to share our hurt feelings with another human being.

When we shared with ourselves, we experienced our hurt from the inside, and when we shared with our Higher Power, we could look at our hurt from the outside, and when, in this way they became less personal, our courage grew to share our hurt with another person.

Today's contemplation

Today, I will follow the suggestion of the Program to first admit my hurt to myself, then to my Higher Power, then to another human being, then to the Fellowship and thereby I am ready to meet the World at large without having a need to hide my hurts.

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August 13: The Ring of Emptiness

When we investigated our use of the Ring of Emptiness, we discovered that if we found ourselves in the Ring of Emptiness, when we had empty time ahead of us, our empty time was accompanied by a feeling of boredom, and with the boredom we experienced a sense of meaninglessness that made us wish to abandon ourselves and our lives and that made us feel lonely, no matter how many people we were surrounded by.

Active Addictions Anonymous - The Wild Life, page 30

Humankind's biggest sufferings spring from the Ring of Emptiness, and until we came to Active Addictions Anonymous many of us were ashamed of our emptiness, boredom, meaninglessness and loneliness.

We were not aware that we were in the energy of the Ring of Emptiness, and we were not aware either that it was quite easy to move out of the Ring of Emptiness and move into the Ring of Fulfillment with its fulfillment, interest, meaningfulness and oneness.

It was a great relief for us to read in the texts of AcAdAn that this was possible, and that made us willing to learn how we could move from the pain of the Ring of Emptiness to the joy of the Ring of Fulfillment by the help of our Sixth Step.

In Step Six, we learned how to move spiritually, socially, mentally, emotionally, energetically, physically and materially from pain to joy, and this meant that we achieved the freedom to move from the Ring of Emptiness to the Ring of Fulfillment.

Today's contemplation

Today, I will use my AcAdAn Program to choose to move from the pain in the Ring of Emptiness to the joy in the Ring of Fulfillment.

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August 14: Miracles

The real miracle happens when you realize that your compulsive need to use your addiction to chronic dissatisfaction has been repealed. You have stopped being dissatisfied and have begun living a life of contentment.

Active Addictions Anonymous - The Wild Life, page 13

There are many perceptions of what miracles are and in AcAdAn we consider miracles to be events that are contrary to the generally approved perceptions of life on Earth, and therefore, we consider it to be a miracle that a human being can look so deeply into himself/herself that he&she can discover that the most intense of his/her existential pains arises from his/her addiction to chronic dissatisfaction.

Furthermore we perceive it to be a miracle, when he&she realizes that his/her addiction to chronic dissatisfaction springs from his/her dissatisfaction with his/her human limitation, ignorance, powerlessness and mortality/changeability, and that it is

actually possible for him&her to recover from his/her addiction to chronic dissatisfaction.

We experienced time and time again that when a newcomer had become ready to admit that he&she wanted oneness with his/her true Self, his/her Spirit it could lead to that he&she became so dissatisfied with his/her humanness that he&she was been ready to do many destructive acts to his/her physical body in a misunderstood attempt to become himself/herself.

In AcAdAn we discovered, however, that a prerequisite for completing our spiritual journey into oneness with our true Self, our Spirit while we were still living on Earth, was that we learned to accept and even love our own and others' human limitation, ignorance, powerlessness and mortality/changeability, and it is this development we call the full AcAdAn miracle.

Today's contemplation

Today, I will work on creating/manifesting my personal miracle in AcAdAn by learning to use the Program by the help of my sponsor/recovery buddy, my Higher Power and the Fellowship.

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August 15: Pain as a teacher

As long as everything in our lives worked to our satisfaction and did not change, unless it was a change we had chosen ourselves, we did not stop to think deeply about the meaning or purpose of our life, but when we experienced pain, or when our life changed in ways we had not expected, we began investigating the cause of our pain and the reason for the change, and in this process, our awareness and understanding of our life grew.

Active Addictions Anonymous - The Wild Life, page 19

Before we came to AcAdAn most of us perceived there to be something wrong with us or our life when we experienced pain, but gradually, as our work with the Program progressed, we became aware that pain is a teacher.

It was the pain associated with our use of our character defects in the Archetypal Rings of Pain that taught us to stop and take a closer look at ourselves and our life, and thus the pain helped us to become more aware in many areas.

At the same time that pain made us more aware we learned to use the Archetypal Rings of Joy consciously, and thus we became able to use our defects of character constructively by transforming them and thus lift ourselves to a higher level of energy.

Little by little, as we developed our capacity to consciously use the Rings of Joy and Pain, our fear of our existential pains disappeared, and thus we became able to see that

both pain and joy have theirs to give.

Today's contemplation

Today, I will work on reducing my fear of existential pains by developing my capacity to use my AcAdAn Program to move from pain to joy.

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August 16: Problem-solving

We are not interested in who or what caused our addiction to chronic dissatisfaction, what we have done in the past, how much or how little we own, but only in what we want to do about our problem and how we can help each other recover from our addiction to chronic dissatisfaction.

Active Addictions Anonymous - The Wild Life, page 8

When we became aware that we were chronically dissatisfied, many of us felt frightened, because we could not see how it would be possible for us to figure out our problem and find a solution to it, and that could make us stay stuck in our addiction to addiction to chronic dissatisfaction for years.

We knew instinctively that contentment, joy, happiness, bliss and ecstasy are spiritual states, and therefore we perceived it as a step backwards to admit our addiction to chronic dissatisfaction, in particular because we thought we had come so far on the spiritual path that we ought to be more joyful and content with ourselves and our lives than we actually were.

Gradually, as we heard others share about that they too had had the same problem with admitting their addiction to chronic dissatisfaction, it helped us to discover that our addiction to addiction to chronic dissatisfaction cropped up, when we began on the spiritual path, because we thought that our humanness stood in the way of our oneness with our true Self, our Spirit.

Our idea that our human limitation, ignorance, powerlessness and mortality/changeability stood in the way of our oneness with our true Self our Spirit, had settled in us as a addiction to chronic dissatisfaction, which exactly lead to a limitation of our oneness with our true self, our Spirit.

Today's contemplation

Today, I will use Step One in my AcAdAn Program to admit my addiction to chronic dissatisfaction with my human limitation, ignorance, powerlessness and mortality/changeability, so my recovery can begin in Step Two.

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August 17: To harm others

We looked at how we had harmed others physically by turning violent and causing physical harm, for example, by slapping, pushing or beating them, and we included our children too in this list.

Active Addictions Anonymous - The Wild Life, page 61

In the past it was very common that parents exposed their children to violent assaults, and many of us in AcAdAn has been subjected to exactly such attacks by getting spankings or being told that we were not allowed to follow our heart, but had to do what our parents thought was the right thing.

This had given us the impression that love came to expression through violence in many forms, and therefore we treated those we loved with many forms of violence, because we believed that it was they way to express love in conformity with the saying; the one you love, you discipline.

Only when we carried out our AcAdAn Program, we realized that when we gave others pain, we ourselves pained, because we did not feel in conformity with our true Self, our Spirit, when we were unloving, uncaring, hardhearted and merciless.

We pained in particular, when we were unloving, uncaring, hardhearted and merciless to our near and dear ones, whom, in Reality, we wanted to treat with love, care, compassion and mercy and as we broke our old patterns by the help of our AcAdAn Program, we became more content with ourselves and our life.

Today's contemplation

Today, I will use my AcAdAn Program to find out how I can stop being unloving, uncaring, hardhearted and merciless towards myself and others and instead fulfill my desire about being loving, caring, compassionate and merciful.

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August 18: Flawlessness

Instead of being hard on ourselves by expecting to be flawless from hereon, we drew hope from Steps Eight and Nine, knowing that we could use them to right our wrongs, whenever we made a mistake as revealed to us seen in the light of our AcAdAn Program.

Active Addictions Anonymous - The Wild Life, page 56

When we came to Step Seven in our AcAdAn Program, most of us imagined that we had finally come to a point, where we could learn to be flawless, because now we were going to cooperate with our Higher Power about being liberated from all our defects of character.

In Step Six, we had become entirely ready to allow our Higher Power to liberate us from our defects of character, and in Step Seven our cooperation with our Higher Power help us to become flawless, because we had now become ready to cooperate with our Higher Power about it.

Our willingness made us believe that we were now going to succeed in becoming flawless, and we became disappointed, when we discovered that it was a misunderstanding of Step Seven, because even if we cooperated with our Higher Power about becoming liberated from our defects of character, they still became active in many situations.

Gradually, we discovered that any new idea necessarily would lead to us making mistakes in the carrying out of our idea, whether we wanted to create and manifest a new mindset or a new bridge, and thus we became able to give ourselves permission to experiment with new ideas even if we made mistakes in the carrying out of it in the beginning.

Today's contemplation

Today, I will give myself permission to make mistakes, because I know I have Step Eight to acknowledge my mistakes and Step Nine to make amends to myself and others for my mistakes and then to forgive myself.

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August 19: Denial

Also, our denial convinced us that we could get to feel content any time we wanted to, in spite of all evidence to the contrary.

Active Addictions Anonymous - The Wild Life, page 22

When we began our work with our denials in Step Seven in our AcAdAn Program, we discovered that denial is that veil of grace that covers up those mistakes, which we are not ready to come face to face with as yet.

This means that we, as a Fellowship, did not try to tear the veil of denial from someone else's eyes, because we perceive that to be an act of violence.

Neither did we tell another that he&she was in denial in any context whatsoever, and instead we gave him&her time to become ready to come face to face with his/her mistake.

It was no longer important for us, if we or others we in denial, because we knew that our Higher Power would show us, what we needed to know, so therefore we let ourselves and others be in denial to the extent our and their Higher Power allows.

Today's contemplation

Today, I will refrain from thinking that I or others should know everything there is to know about our mistakes, trusting that my Higher Power and theirs will lead me and them gently face to face with our mistakes and a solution to them, when time is ripe.

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August 20: Mental limitations

At the mental level, we had problems accepting our limited knowledge and pretended to know something about everything even if we had neither personal experience in the area nor book knowledge about it.

Active Addictions Anonymous - The Wild Life, page 21

In AcAdAn we consider wisdom as personal experience in a particular area, we have book knowledge about, for even if we have book knowledge about many things, we do not perceive book knowledge as wisdom, no matter how much book knowledge, we had gathered.

We used the gathered information from those books we had read about a particular area to begin practising what we had read, so little by little we could achieve personal experience with it and thereby achieve more and more wisdom in the area.

No matter how much knowledge we have achieved in essential areas, we could still not escape our ignorance, because there would always be more on our areas of expertise that we did not know anything about.

That had made us work on acceptance of our ignorance, even in the areas we knew most about, and that meant that we could finally begin to take it easy in the mental area and become teachable, also in those areas we knew most about.

Today's contemplation

Today, I will use the Microring of Hope with its appreciation, teachableness, openness and worthiness to handle my ignorance, also in the area that I know best.

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August 21: Accountability in service

*The principle of Tradition Nine is Accountability.
Slogan: I serve with pleasure or not at all.*

Active Addictions Anonymous - The Wild Life, page 99

Before we came to AcAdAn many of us perceived accountability to be performing service in the Fellowship, whether we felt like it or not.

When we became aware of the Ninth Tradition, we realized that it was possible to look at accountability in a different way.

We realized that when had our heart with us in what we were doing, we rejoiced in it, and when we did not have our heart with us, it became joyless.

This realization made us choose to be accountable according to the definition of AcAdAn, so we could become able to perform our service with joy.

Today's contemplation

Today, I will be accountable and perform my tasks with joy.

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August 22: *Lacking acceptance of humanness*

Then, we admitted how our lack of acceptance of our humanness and that of others gave rise to our addiction to chronic dissatisfaction with self and others, and how that made our life unmanageable.

Active Addictions Anonymous - The Wild Life, page 15

Most of us had not thought about how often we used dissatisfaction in the course of our day, and we were shaken, when we began to investigate the issue in AcAdAn.

We discovered that often we used dissatisfaction several times in the course of every hour, and that made us understand how all pervasive our addiction to chronic dissatisfaction was.

We had not previously investigated how our dissatisfaction was directed towards our own and others' humanity.

When we became aware that it was possible for us to recover from our lack of acceptance of our own and others' humanity, it gave us the drive to take on the task of carrying out the Program of Active Addictions Anonymous.

Today's contemplation

Today, I will use my AcAdAn Program to recover from my lack of acceptance of my own and others' humanity.

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August 23: *To pass on the message*

When we reached Step Twelve, we had achieved a spiritual awakening of mercy towards those, who still suffer, and we considered how we could pass on the message

to others, who suffer from addiction to chronic dissatisfaction about that it is in fact possible to achieve a state of contentment with our human limitation, ignorance, powerlessness and mortality.

Active Addictions Anonymous - The Wild Life, page 82

Gradually, as our recovery from our addiction to chronic dissatisfaction moved forward by the help of our AcAdAn Program, we discovered more and more of the costs that our addiction to chronic dissatisfaction has led to.

We discovered that both physical, mental and emotional illnesses, social and spiritual illnesses were among the follow illnesses that our chronic dissatisfaction had brought in it's wake.

This understanding made our heart swell of mercy, when we met a fellow human being, who suffered from addiction to chronic dissatisfaction, and therefore we became willing to contribute time, energy and interest to the recovery of this human being.

We let him&her know that we are members of AcAdAn where we work on recovering from our addiction to chronic dissatisfaction, and if he&she wants to hear more about it, we share our experiences with him&her.

Today's contemplation

Today, I will use my Twelfth Step to contribute with time, energy and interest to another person's recovery from his/her addiction to chronic dissatisfaction, if he&she expresses a desire for help.

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August 24: Spirituality and religion

AcAdAn is a spiritual Program, and as such, AcAdAn neither endorses nor opposes any conviction, creed or religion; we are neither connected to any religious or political group nor affiliated with any other organization.

Active Addictions Anonymous - The Wild Life, page 8

Many of us only had a vague idea about the difference between spirituality and religion, when we came to AcAdAn, because both deal with our relationship with a Higher Power that some choose to call God.

When we said to newcomers that AcAdAn is a spiritual Program, it meant that we were people, who wanted to experience The Eternal Truths that reveal themselves as the core of any religion or spiritual creed.

As long as we did nor have those experiences ourselves that our religion taught about,

we did not participate in spirituality, but chose to believe that the religion in question spoke the truth about the personal experiences of the founder in the spiritual area.

Gradually, as our work with our AcAdAn Program progressed, we experienced more and more glimpses of oneness with our true Self, our Spirit, and thus we became able to confirm the experiences of the founders of religions out of our personal experience.

Today's contemplation

Today, I will work on achieving oneness with my true Self, my Spirit by the help of my AcAdAn Program.

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August 25: Principled lifestyle

Four of these principles that are essential for our recovery are honesty, open-mindedness, willingness and humility.

Active Addictions Anonymous - The Wild Life, page 11

In our recovery from our addiction to chronic dissatisfaction we found out that we needed to apply earthly and spiritual principles to recover.

The first principles, we were presented with were honesty, open-mindedness, willingness and humility.

Honesty was necessary for us to become humble enough and thus willing carry out our First Step by admitting how our use of dissatisfaction made our life unmanageable.

In our Second Step, we needed to be open-minded to the idea, that there might be a loving intention behind our life's pains, so we could investigate the issue willingly without feeling less than others because of our pains or more than others because of our joys.

Today's contemplation

Today, I will use honesty, open-mindedness, willingness and humility in my work with my human limitation, ignorance, powerlessness and mortality/changeability.

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August 26: Our Higher Power's speak to us

Sometimes, our Higher Power spoke to us humorously and sometimes seriously; sometimes from within ourselves and sometimes from outside us through everything and everybody, everywhere, at all levels of existence, but always and without exception, with unconditional love, care, compassion and mercy.

In our Eleventh Step, we worked on expanding our conscious contact with our Higher Power by the help of prayer and meditation, so we put aside time to focus our awareness on our Higher Power's speak, which comes to us as an impulse.

We translated the impulse by the help our thinking mind, our Ego and little by little we became better at discerning, when if the impulse came from our Higher Power or from our thinking mind, our Ego.

Besides the feeling in the vibration, we used the content of the thought as a help to determine, whether it came from our Higher Power or from our thinking mind, our Ego.

We investigating, whether we perceived the message of the thought to be unconditionally loving, caring, compassionate and merciful, and if so, we took the message to heart as our Higher Power's speak to us.

Today's contemplation

Today, I will use my Eleventh Step to decide if, what comes to me from inside or outside is unconditionally loving, caring, compassionate and merciful, and if so I will take it to heart as my Higher Power speaking to me.

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August 27: To admit anger

We were thorough and prompt in admitting our anger to ourselves, to prevent it from striking root within us and turn into hatred that could crystallize and settle in us as a constantly nagging and miserable bitterness.

Until we came to AcAdAn, many of us had had big problems with our anger, for we knew it was harmful for our health to suppress our anger, because that meant that it was pressed down into our physical body.

If we continued to suppress our anger, eventually, it began to come to expression in various physical illnesses, and when our anger had reached this stage, it was very demanding to enter into recover from it.

We also knew that it was harmful to our Soul life, our social life to send our anger out into the World by thinking that others' ways of being in the World was a fair and just reason for us to be angry.

Only when we began to live the AcAdAn Program, we had at long last got a

functional way of handling our anger, because we could use Step One to admit our anger to ourselves and begin our recovery from it in Step Two.

Today's contemplation

Today, I will use my AcAdAn Program to receive my anger's message in Step One and use Step Two till Twelve to heal the pain of my anger.

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August 28: Transformation in daily life

Step Six is often called the Step of Transformation. We used Step Six to take a look at how that, which we discovered about ourselves in our Fourth Step expressed itself in our daily life.

Active Addictions Anonymous - The Wild Life, page 45

When we came to the Sixth Step in AcAdAn, we finally became able to take care of our defects of character in a loving, caring, compassionate and merciful way.

We did this by receiving the message of the painful emotion, and we discovered that even physical pain had a message to give us, once we have tapped through the pain

Our physical body carries our mental-emotional pains as a blockage of the body's circulation of energies, and this could result in stiffness and pains in the body.

Therefore, we used Step Six to investigate what mental-emotional patterns of thoughts and emotions that created/manifested the blockage and then we removed the blockage by moving from a Pain Ring to a Joy Ring.

Today's contemplation

Today, I will use Step Six in my AcAdAn Program to transform my material, physical, energetic, emotional, mental, social or spiritual pains by the help of the Rings of Pain and the Rings of Joy.

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August 29: Unmanageability

We needed to admit that our life became unmanageable, when we took our dissatisfaction into use, and we also needed to admit that we needed help, because we were powerless over our addiction to chronic dissatisfaction.

Active Addictions Anonymous - The Wild Life, page 23

When we became members of Active Addictions Anonymous, we got access to the help we needed to recover from our addiction to chronic dissatisfaction and the unmanageability that we experienced in our life as a result.

We could hear at meetings, what others had done to recover from the areas of their life that became unmanageable, because they had used dissatisfaction in connection with these areas.

Moreover, we could find a recovery buddy or a sponsor in the Fellowship, so we thereby had a personal buddy or sponsor to talk with privately about our discoveries in our recovery from our addiction to chronic dissatisfaction.

This cooperation made it easier for us to share our experiences at meetings and thus achieve even more clarity about our recovery while at the same time we gave hope to other members that also they could recover from their addiction to chronic dissatisfaction

Today's contemplation

Today, I will seek help from my sponsor/recovery buddy and from my AcAdAn Fellowship with the unmanageable problems I cannot find a solution to myself.

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August 30: Uniqueness

*We admit that it is our personal point of view we express when we speak about the principles, and at the same time, we are aware that others do the same.
In this way, we don't take offense when someone expresses the principles in a way we cannot relate to.*

Active Addictions Anonymous - The Wild Life, page 98

We were aware that our fingerprints are so unique that none like them are found in the Universe, but although we were unique we could still relate to others about how it is to live within a unique physical body.

Our emotional life is the outflow of energy from our thoughtlife, which is also completely unique depending on our life experiences and our perception of them.

However, we could still relate to each other's thoughts and emotions, because we could relate to our power to choose what to think and to the emotional feelings that sprang from our choices.

That made us understand that even if each one of us were unique and therefore could not expect to understand others or to be understood, we could still exchange experiences about how we uniquely experienced life.

Today's contemplation

Today, I will use the principle of openmindedness from Step Two and I will also use Step Two's slogan that says: To listen attentively and respectfully to another is the first expression of emotional sobriety.

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August 31: To harm ourselves and others with arrogance

We looked at how we had harmed ourselves and others socially and love-wise by either isolating ourselves and thus depriving ourselves and others of the love and care we all need from each other or by overpopulating our lives and thereby losing out on intimacy and closeness with others.

Active Addictions Anonymous - The Wild Life, page 61

When we investigated our use of The Small Ring of Arrogance Ring with its superiority, inferiority, overcrowding and isolation, we found out that we had believed that others would feel that we were more attractive if we were superior to them.

We imagined that others would wish to achieve our state of superiority by learning from us, but when we took a closer look at arrogance, we discovered that the result of our arrogance was isolation from others instead of the interest we had hoped to achieve from them.

We also realized that when we isolated ourselves from others because of our arrogance, we harmed both them and ourselves, because that presence and togetherness that we all need was lacking in our being together.

As a result of these realization, we chose instead to use the Small Ring of Truth with its humility, honesty, individuality and fellowship so as to finally achieve the fellowship with others we longed for in our social life.

Today's contemplation

Today, I will choose to use the Small Ring Truth in situations, where I used to use the Small Ring of Arrogance, so I can stop harming myself and others with my arrogance.

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September 01: *The Short Seventh Step Prayer*

The 'I' Version	The 'We' Version
God,	God,
Liberate me from this self-important seriousness.	Liberate us from this self-important seriousness.
THANK YOU!	THANK YOU!

Active Addictions Anonymous - The Wild Life, page 75

When we came to Step Seven, we learned about The Short Seventh Step Prayer, and when we began to use it, we became liberated from many of our defects of character, because we could pray it, when we thought that we are not being respected by ourselves or others.

By praying this prayer maximum four times we could liberate ourselves from the situation in which we did not feel respected, because it helped us to remember that we

may feel treated with disrespect, if we took ourselves too seriously without it necessarily being so.

When we felt treated with disrespect, we could use this prayer to give our thoughts a new direction, and when we have calmed down by the help of it, we could consider what wish we did not have fulfilled, or which of our boundaries we perceived to be crossed.

Then we could find out if we needed to find a way to fulfill our desire ourselves or if we needed to set a boundary in an amiable way, or whether we needed to withdraw from similar situations completely in the future.

Today's contemplation

Today, I will use the Short Seventh Step prayer in the course of my day, when I feel disrespectfully treated.

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September 02: *Wholehearted decisions*

We were loving and caring to ourselves as far as our reluctance and fear were concerned, by continuing to work with them until we reached a point where all aspects of our reluctance and fear were understood and cared for. Thereby, our reluctance and fear melted away, and we moved on in our process towards a wholehearted decision of surrender.

Active Addictions Anonymous - The Wild Life, page 28

Until we came to Active Addictions Anonymous, many of us had the perception that we should just do what we feared doing so we could learn to overcome our fears, but in AcAdAn we perceive that as an assault on ourselves.

This assault could make us experience the pain of the Mining of Envy with its insecurity, confusion, unclarity and wretchedness, and as we did not want to use these energies in our decision-making process, we decided to use the joy of the Mining of Hope instead.

We wanted to use the joy in the Mining of Hope with its safety, well-informedness, clarity and nobleness to find out, how we could use these energies to acquire an overview of where our decision-making process could take us by the help of these energies.

When we had used the pain of the Mining of Envy to investigate the energies we used in our decision-making process and the joy of Mining of Hope to form a picture of where our decision could take us, we were then ready to make a wholehearted decision.

Today's contemplation

Today, I will use the Mining of Hope with its safety, well-informedness, clarity and nobleness to get to a wholehearted decision in an area where I am in doubt.

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September 03: *Getting off course*

Even when no strings seem to be attached to contributions coming from outside, we decline them, because we have discovered that the price we might have to pay in indirect and unforeseen ways may give rise to disagreement and conflict.

Active Addictions Anonymous - The Wild Life, page 92

It was important for us that we did not come off course in our work with our addiction to chronic dissatisfaction in Active Addictions Anonymous, so therefore we did our best to make sure that it did not happen.

Our Traditions are created and manifested in such a way that we are protected both from external influences and from members, who want to steer AcAdAn in a direction that is no longer focused on our recovery.

If influences coming from the outside has power over our economy, or what literature we should make use of, our recovery would soon come out of course, and therefore we decline outside contributions.

We decline these contributions, whether they are money or property, literature or lectures with a purpose, which is the same as ours, and in that way we keep things simple and avoided coming off course in our recovery.

Today's contemplation

Today, I will keep my focus on my recovery from my addiction to chronic dissatisfaction in all contexts that are concerned with my personal affairs and with my AcAdAn Fellowship.

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September 04: *Our humanness*

The Program of Active Addictions Anonymous made it possible for us to accept our four basic attributes as human beings – our limitation, ignorance, powerlessness and mortality – and thereby we liberated ourselves from the suffering that sprang from our lack of capacity to accept ourselves and others as human beings, and life as it is for a human being.

Active Addictions Anonymous - The Wild Life, page 9

Our awareness of that in Reality, we are a Spirit, who for a while is experiencing life on Earth as a human being, could lead us to be dissatisfied with our human limitation, ignorance, powerlessness and mortality/changeability.

It seemed to us that it was our human limitation, ignorance, powerlessness and mortality/changeability that made it difficult for us to achieve oneness with our true Self, our Spirit, especially if we had come far on the spiritual path, when we came to AcAdAn.

After we came to AcAdAn, we began to investigate the issue and discovered that we had been mistaken, because our true Self, our Spirit lives within every limited, ignorant, powerless and mortal/changeable form and is therefore compatible with everything.

When we had realized that, we got the courage to begin the work on accepting our humanness by the help of our AcAdAn Program, and thus it slowly became possible for us to experience ourselves and life on Earth as a human being with contentment.

Today's contemplation

Today, I will use my AcAdAn Program to learn to accept my human limitation, ignorance, powerlessness and mortality/changeability and my life as a human being on Earth with contentment.

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September 05: Kindred Spirits

We have faith that the Program will be attractive to those, who seek the same as us.

Active Addictions Anonymous - The Wild Life, page 97

Before we came to AcAdAn many of us had the perception that we were reasonably content with living as human beings on Earth no matter how many times we use dissatisfaction with ourselves, others and life in the course of the day, and we were thus not interested in what AcAdAn has to offer.

No matter how often we discovered that we used dissatisfaction with ourselves, others and our life however, it was only when our longing for achieving oneness with our true Self, our Spirit became stronger that we began feeling drawn to AcAdAn.

We had been told that oneness with our true Self, our Spirit held states of mind like joy, happiness, bliss and ecstasy and that our chronic dissatisfaction blocked us from experiencing these.

Therefore, it was a relief for us to find a Fellowship, where we could work on recovering from our addiction to chronic dissatisfaction by the help of the Fellowship and the Program in AcAdAn.

Today's contemplation

Today, I will work on recovering from my addiction to chronic dissatisfaction, by the help of the Program and the Fellowship of AcAdAn.

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September 06: *Letting oneself be adored*

Often, they critically scrutinized our life and our character, and they felt let down when they found out that we were human too, and thus limited, ignorant, powerless and mortal.

Active Addictions Anonymous - The Wild Life, page 16

Many of us also participated in other Twelve Step Programs both before and after we came to Active Addictions Anonymous and little by little, as we picked up principles and concepts of the AcAdAn Program, we discovered that it had much to offer, we had not met before in our Twelve Step work.

When shared our new experiences from our new Twelve Step Program in our other Fellowships and with newcomers in AcAdAn, we discovered that others could have a tendency to worship us, because they perceived us to be identical with the information that we shared about in the meetings.

If we began to hide our human limitation, ignorance, powerlessness and mortality/changeability, because we let ourselves be sucked into our craving for the adoration that was showered on us it could become pure poison for our recovery from our addiction to chronic dissatisfaction.

Therefore, we chose to receive adoration because of the knowledge we had acquired in AcAdAn by holding on to our emotional sobriety, and thereby we maintained the connection with our human limitation, ignorance, powerlessness and mortality/changeability.

Today's contemplation

Today, I will receive worship because of my knowledge about the AcAdAn Program by holding on to my emotional sobriety, and thereby my limitation, ignorance, powerlessness and mortality/changeability.

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September 07: *Choosing of a personal Higher Power*

The only suggested guidelines are that this Power is loving, caring, compassionate and merciful and greater than our human limitation, and that coming to believe in this Power worked for us.

When we began to consider how we could choose a Higher Power in Step Two in our AcAdAn Program, we needed some guidelines, because we were not used to having to take responsibility for, which Higher Power we wanted to surrender to.

The suggested guidelines were that we chose a Higher Power that were loving, caring, compassionate and merciful, because it would be easier for us to surrender in Step Tree to a Higher Power, who was loving, caring, compassionate and merciful.

In addition, it was suggested that we could choose to emphasize that it worked for us to approach our chosen Higher Power so it could become possible for us to cooperate with our Higher Power in Step Seven and expand our conscious contact with our Higher Power in Step Eleven.

Little by little as our interactions with our chosen Higher Power developed, we discovered that our Higher Power became our source of action-power, because we became confident that we were loved and would be met with love, care, compassion and mercy, when we made mistakes.

Today's contemplation

Today, I will follow the suggested guidelines in AcAdAn about how I most advantageously can choose my personal Higher Power in Step Two.

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September 08: *Old wine on new bottles*

In Greek mythology an archetype is found called Pandora's Box that is said to release all the miseries of the World if opened.

In AcAdAn, we use the name The Ring of Emptiness for the same archetype, and we perceive this Ring to be the origin of all our defects of character and thus the origin of all of our pains.

All over the World we meet various archetypes in the mythology of various countries and these archetypes consist in various combinations of thoughts and the emotional feelings that spring from the thoughts.

In Greek mythology the Pandora's Box is found, and in Hinduistic mythology the Sudarshan Chakra is found, and these archetypes we call the Ring of Emptiness and the Ring of Fulfillment in AcAdAn, but these names are merely new names on ancient knowledge.

In AcAdAn, we learned how to work with some of these archetypes in the form of the

Rings of Pain and the Rings of Joy, which we began to work with in Step Four, when we needed to map out our psychological landscape.

In Step Four, we used the Painrings and the Joyrings to investigate how these energy fields had influenced us from our childhood to the present, and thereby we realized to our surprise that they had been with us throughout our lives, even though we did not know it.

Today's contemplation

Today, I will take the new names to heart that the old archetypes have got in AcAdAn.

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September 09: *To become more enlightened*

We shared with all the people to whom we owed amends what we were into and that we wouldn't have acted today like we did at the time, when the harm took place, if we had known then what we know today and then we offered our amends.

Active Addictions Anonymous - The Wild Life, page 65

Before we came to Active Addictions Anonymous many of us had been on the spiritual path for a long time, and we had believed that becoming a more enlightened person belonged to the spiritual plane.

After we came to AcAdAn however, we discovered that our true Self, our Spirit is omniscient, and our true Self, our Spirit could therefore not become more enlightened, so becoming more enlightened was a mental phenomenon.

We used our Ninth Step to make amends for the mistakes we had made in our Soul life so our Soul life could be filled with the love, care, compassion and mercy that is characteristic of our Soul.

In addition, we used our Tenth Step to nourish our thinking mind, our Ego with more enlightened thoughts from our AcAdAn Program, and thus it also became easier for us to become one with our true Self, our Spirit in Step Eleven.

Today's contemplation

Today, I will use Step Nine, Ten, and Eleven to become a more wise and enlightened human being and Step Twelve to share my wise and enlightened information with others in my AcAdAn Fellowship.

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September 10: *Superficial perceptions*

In Tradition Three, we open up both as individuals and as a group to the fact that we cannot judge other people's lives and motives by looking at them from the outside.

Active Addictions Anonymous - The Wild Life, page 92

When we began working on developing our social skills by the help of our AcAdAn Program, we discovered that we had a tendency to form our perceptions of others by looking at their physical appearance or other external factors.

We discovered that when we judged a human being on his/her outer appearance, it became difficult for us to receive that inspiration from him&her, which might be exactly what we needed to hear in The Blissful Flow of the Present Moment.

In this way our superficial perceptions also became a stumbling block both for our continued stay in The Blissful Flow of the Present Moment and for our attempts to develop our social skills.

Therefore, we let that stream of thoughts with superficial perceptions move through our thinking mind, our Ego without taking these thoughts to heart so as to remain in The Blissful Flow of the Present Moment and to further develop our social skills.

Today's contemplation

Today, I will let my superficial streams of thoughts pass through my thinking mind, my Ego without taking them to heart.

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September 11: The Step of Consciousness Expansion

*We continued the work we began in Steps Two, Three and Seven, by using Step Eleven to improve our conscious contact with our Higher Power.
Therefore, this Step is often called 'The Step of Consciousness Expansion'.*

Active Addictions Anonymous - The Wild Life, page 69

In Step Two, we opened our mind to let a loving, caring, compassionate and merciful Higher Power into our life, and we chose our personal Higher Power solely from our own heart rather than from the heart of various religions.

In Step Three, we experimented with surrendering to that, which we believed could be our Higher Power's loving, caring, compassionate and merciful intention for us with that pain we experienced in various situations.

In Step Seven we had developed our perception of our chosen Higher Power sufficiently to begin to cooperate with our Higher Power about being liberated from the pain of our defects of character through their transformation into the joy of our virtues.

When we came to Step Eleven, we had therefore become able to liberate ourselves from those circumstances that prevented us from cooperating with our Higher Power, and thus we had become ready to expand our conscious contact with our Higher Power on a daily basis.

Today's contemplation

Today, I will use my Eleventh Step in AcAdAn to expand my conscious contact with my Higher Power.

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September 12: *The rightful place of our thinking mind, our Ego*

By the help of our Stepwork and our Higher Power, we now began to correct our flawed information and conclusions, by redirecting our thinking from dysfunctional and immature thinking to functional and mature thinking and by allowing our Spirit to take up more and more space in our mind when no thinking was required, which we discovered, was most of the time.

Active Addictions Anonymous - The Wild Life, page 71

As we grew up, we received much information that had become outdated before we became adults or that were downright erroneous, because the people, who gave us this information, thought it was in conformity with Reality.

In the course of our Step Work in Active Addictions Anonymous, we discovered that we could replace our outdated and erroneous information about existence with updated and accurate information that were in conformity with our experiences and new knowledge.

When we discovered that we could replace one mindset, which **did not** serve us anymore with another mindset, which served us at the present point in time by the help of our AcAdAn Program, we became aware that we had taken our thinking way too seriously.

At the same time, we discovered that when we were able to observe our thoughts and decide that we would think in a way that was loving, caring, compassionate and merciful, it meant that we were on a higher plane of consciousness, on the plane of our Soul-consciousness.

Today's contemplation

Today, I will observe my thinking mind, my Ego from my Soul's plane, and use my observations to give my thinking mind, my Ego its proper size in a loving, caring, compassionate and merciful way.

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September 13: *To buy the helping hands of others*

Yet others of us tried to achieve power and glory in our quest to find self-acceptance and contentment by acquiring material wealth way beyond our needs, and when we used these riches to buy the helping hands of others towards fulfilling our needs and desires, we felt powerful and hoped that others' expression of respect and love for us this way would help us accept ourselves better and thereby find contentment.

Active Addictions Anonymous - The Wild Life, page 16

Many of us held the idea that money, power, property and prestige would help us to better achieve self-acceptance, but those of us who came into possession of these advantages, discovered that it was not how it was in Reality.

It took some time for us to realize that even though we had achieved money, power, property and prestige, we still felt that we were not able to accept ourselves in many areas that had got nothing to do with our possessions or how others perceived us, but how we perceived ourselves.

Furthermore, we discovered that other people's appreciation of our position, money, power, property and prestige, did not necessarily mean that they appreciated us as a human being, and even when they did appreciate us as a personality, it did not help us to achieve self-accept.

Therefore, finally, we became ready to admit to ourselves that ourselves-esteem was very low, and that we needed help to recover from our addiction to chronic dissatisfaction with ourselves, and thus we had become ready to begin working with the Program in AcAdAn.

Today's contemplation

Today, I will work with my AcAdAn Program so that I can achieve self-acceptance and thus gain access to the Small Ring of Love with its admitting, self-acceptance, health and sanity.

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September 14: *Let go and let God*

*The principle of Step Seven is Letting Go.
Slogan: Let go and let God.*

Active Addictions Anonymous - The Wild Life, page 83

Our Sixth Step work had made it easier for us to stand by our defects of character and to find out how we could move from the pain of our defects of character to the joy of our virtues.

In our Seventh Step we used our discoveries from Step Six, where we became entirely ready to let our Higher Power liberate us from our defects of character, and thus we became able to use our Seventh Step efficiently.

When we discovered that a defect of character was about to become active in our thinking mind, our Ego, we prayed to our chosen Higher Power to liberate us from the effect on our mind of the defect of character in question.

When we had prayed this prayer maximum four times, we let go and let our Higher Power take care of transforming our defect of character, so we could make the quantum leap from a defect of character to a virtue.

Today's contemplation

Today, I will use my Seventh Step to ask my Higher Power to liberate me from a defect of character, when I discover that it is beginning to rise to the surface.

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September 15: *To liberate oneself from guilt and shame*

When we had completed the formal part of Step Eight, which was about liberating ourselves from the guilt and shame that we carried from our past, we could use this tool according to our needs in our daily life.

Active Addictions Anonymous - The Wild Life, page 60

When we acted towards ourselves or others in ways that were unloving, uncaring, hard-hearted and merciless, we felt ashamed of ourselves, because we did not act in accordance with the unconditional love, care, compassion and mercy of our true Self, our Spirit.

In our Ninth Step we could make amends to ourselves and others for our misunderstood way of acting and thereby liberate ourselves from feeling ashamed of ourselves by being loving, caring, compassionate and merciful way towards ourselves and others in a similar situation in the future.

Sometimes, we felt guilt and shame without it being in conflict with our true Self, our Spirit, but simply because others had expressed that we ought to feel guilty and ashamed of ourselves for various reasons, which they thought we ought to feel guilt and shame about.

We could make amends to ourselves for this type of guilt and shame by using the Ring of Emotional Sobriety to stand by ourselves by admitting that we did not feel guilt or shame about this situation, even if others thought that we ought to feel guilty and be ashamed.

Today's contemplation

Today, I will liberate myself from feelings of guilt and shame by using my Eighth Step to find out how I can make amends to myself and others and my Ninth Step to carry out my decision.

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September 16: To set others free

We looked into those instances where we respected others by accepting that just as it is for us, others needed to follow their own path and their own truth in life even if their path or truth might be different from ours.

Active Addictions Anonymous - The Wild Life, page 32

When we came to AcAdAn, many of us had a perception of friendship as being a lifelong relationship, where we and our friend were willing to help each other with everything between heaven and earth.

Little by little, as we examined our social life by the help of the Program of Active Addictions Anonymous, we became aware that these perceptions had made us demand too much of ourselves and others.

We realized that two or more people, who have the same purpose at a given point of time in life, could form a friendship to help each other fulfill their mutual purpose, but when the purpose was fulfilled they can advantageously part ways fully understanding their mutual purpose was fulfilled.

Therefore, we examined if some of the friendships we held on to, were an energy drain or a contribution to our life, and if they no longer served our purpose, we used our Traditions to give ourselves permission to set ourselves and them free.

Today's contemplation

Today, I will set those friends free, with whom I no longer have anything in common.

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September 17: Mistakes

Our purpose with this Step was, however, neither to indulge in our mistakes from the past nor to seek forgiveness from others, but to take a look at those areas of our lives we felt guilty about, and which therefore made us feel ashamed of ourselves.

Active Addictions Anonymous - The Wild Life, page 61

Many of us were afraid of coming to Step Eight in AcAdAn, because we imagined that it implied that we had to humiliate ourselves in front of others, if we admitted that we had made a mistake in relation to them, and that they would use it as a weapon

against us at a later point in time.

Furthermore, we were afraid that others would use our admission of our mistake to slander us, but in Reality we were well prepared, when we came to Step Eight, because in the Sixth Step we had become entirely ready to allow our Higher Power to liberate us from our mistake.

In Step Seven we had worked on giving up our denial, defense, justification and rationalization of our mistake, because we had discovered in Step Six that it was to our advantage to stand by our mistake, so we could work on transforming them into successes.

So, when we came to Step Eight, we were entirely ready to plan the amends that we wanted to make both to ourselves and others without having to humiliate ourselves for that reason and without fearing that others would use our mistake to slander us.

Today's contemplation

Today, I will use my Eighth Step to plan how I want to make amends to myself and others for a mistake I have made without needing to humiliate myself, because I am fallible.

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September 18: *Just for today*

JUST FOR TODAY my thoughts will be on my recovery, living and enjoying life without using dissatisfaction with self, others and life.

Active Addictions Anonymous - The Wild Life, page 14

Many of us had tried to create and manifest an overview of our life, hoping to be able to get control of it in such a way that we would become able to carry out those tasks we thought our life should consist in from this day to our death.

By trying to do this, we came to carry our whole life on our shoulders every day without being aware that we had given ourselves an impossible task, which made us feel chronically exhausted, and that the changeability demands that we made decisions for the day, often one hour at a time.

We could not get an overview of the contents of our life from a point in the present to a point in the future due to the changeability, and we could not get control over our life, because of the powerlessness over everything we did not know anything about, which limited our freedom of action.

Gradually, as we worked with Step One in Active Addictions Anonymous, we became better and better at accepting our human limitation, ignorance, powerlessness and mortality/changeability, and thus we became able to live just for today.

Today's contemplation

Today, I will choose to live a content life by just living it one day at a time and at times one hour at a time.

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September 19: Development of faith

There were others among us for whom coming to believe was about developing our faith in the perception that a Higher Power is present in the core of each atom of the Universe, and hence in the core of our very being.

Active Addictions Anonymous - The Wild Life, page 24

Before we came to AcAdAn, many of us believed that a faith in a Higher Power was something that a human being had or did not have.

But after we came to AcAdAn and began working with Step Two, we discovered that faith in a Higher Power was something that we could develop.

Little by little, as we developed our faith in a Higher Power, it became possible for us to 'see' our Higher Power in everything and everybody everywhere at all levels of existence.

Thus we began to feel safe as limited, ignorant, powerless and mortal/changeable human beings and our contentment with life grew.

Today's contemplation

Today, I will work on developing my faith in my chosen Higher Power, so I can get to feel content and safe although I am a limited, ignorant, powerless and mortal/changeable human being.

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September 20: Overpowering emotions

At this point in our Seventh Step work, most of us discovered that if we waited to apply Step Seven until, for example, our irritation had developed into hatred, often, the feeling had gained so much power over us that we were not able to or willing to make use of Step Seven.

Active Addictions Anonymous - The Wild Life, page 57

When we came to Step Seven in our AcAdAn Program, we discovered that if we found ourselves in a Pain Ring, like for example the Mining of Hatred, with its ill will, unkindness, irritation and impatience, it could be a shorter or a longer stay.

If it was a shorter stay for a few seconds, we could allow ourselves to take our Seventh Step into use without interrupting what we were doing, but if the stay was a couple of minutes, a more comprehensive Seventh Step was required.

A longer stay for a minute or more meant that our emotion had already gained so much power over our state of mind that we needed to stop what we were doing to investigate, which Pain Ring we found ourselves in.

When we had identified that we found ourselves for example in the Miniring of Hatred, we asked our Higher Power to liberate us from the attributes of the Miniring of Hatred by praying to be liberated from each single attributes of the Ring, but maximum four times for each attribute.

Today's contemplation

Today, I will use my Seventh Step immediately if a defect of character becomes active in my mind, and if the defect of character is active for a minute or more I will stop what I am into to carry out a more comprehensive Seventh Step.

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September 21: Integrity

The principle of Tradition Ten is Anonymity.

Slogan: I speak for myself about myself.

Active Addictions Anonymous - The Wild Life, page 99

When we learned about the Traditions of AcAdAn, we discovered that our Traditions put emphasis on respect for the principle of anonymity, both when we participated in meetings, and when we had a social interaction with another or some others, who confided in us.

The principle of anonymity encouraged us to both maintain the anonymity of the members in a meeting and to treat what was shared in the meeting as confidential, because thereby we could feel more safe, when we participated in and shared in meetings

When we felt safe, we could begin to develop our integrity and thereby become better and better at using the Ring of Emotional Sobriety with its detachment, integrity, respect for self and respect for others.

Thus we also got the courage to speak for ourselves about ourselves instead of hiding behind quotes of others' words of wisdom that we had taken from our Program or other sources, and instead we expressed our personal wisdom, which is our knowledge paired with our experience.

Today's contemplation

Today, I will use the Ring of Emotional Sobriety to develop my integrity by speaking for myself about myself about how I use my AcAdAn Program.

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September 22: *The purpose with our work in AcAdAn*

We are men and women, who want to achieve acceptance of ourselves, others and our life and thus contentment and to fulfil this desire we work with the Program in AcAdAn.

Active Addictions Anonymous - The Wild Life, page 8

Because most of us had been on the spiritual path for a long time before we came to AcAdAn, many of us found it difficult to admit both to ourselves and others that we were chronically dissatisfied, and it was even more difficult for us to accept it.

We knew innermost that the happy life we sought was to be found in oneness with our true Self, our Spirit, and we also knew that dissatisfaction removed us from this oneness so we had a hard time facing that we were chronically dissatisfied.

After we came to AcAdAn and investigated whether it could be true that we were chronically dissatisfied, we discovered that we found reasons to be dissatisfied many times every single day in spite of all our desires for the opposite.

Little by little as we developed acceptance of our own and others' humanness by the help of the Program in AcAdAn, we discovered that there was no contradiction between our spiritual goals and our humanness and thereby we became more content.

Today's contemplation

Today, I will use my AcAdAn Program to achieve contentment with my human limitation, ignorance, powerlessness and mortality/changeability.

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September 23: *To help each other*

We feel that our approach to our addiction to chronic dissatisfaction is highly therapeutic, for the recovery power of two or more people helping each other liberate themselves from their addiction to chronic dissatisfaction is without parallel.

Active Addictions Anonymous - The Wild Life, page 11

Before we came to AcAdAn, many of us had an urge to hide from others, because we were ashamed of our chronic dissatisfaction, as we moved in circles putting emphasis on being in oneness with our true Self, our Spirit.

We thought there had to be something wrong with us, when we were dissatisfied with so many things in our daily life while at the same time, we tried to be in oneness with our true Self, our Spirit and thus with the joy without opposites, which we call happiness.

We perceived ourselves to be spiritual people, and we also wanted to appear to others as spiritual people, so our addiction to chronic dissatisfaction crushed our self-image, and it also made us have an urge to hide our true emotions from others.

Our denial to ourselves and others of our chronic dissatisfaction made our recovery difficult, and therefore we needed the help from our AcAdAn Program, our **sponsor or** recovery buddy and other AcAdAn members to be able to recover.

Today's contemplation

Today, I will make use of everything Active Addictions Anonymous has put at my disposal for me to become able to recover from my addiction to chronic dissatisfaction.

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September 24: The loving intention of our Higher Power

When we opened our minds to this perception, we realized that we could actually see our Higher Power's loving intention behind everything; even behind the misfortunes and pains of our lives, because when we looked for it, we always came to a point where the loving intention became obvious to us, both behind our fortunes and our misfortunes, our joys and our pains.

Active Addictions Anonymous - The Wild Life, page 24

Most of us had not imagined that we could become able to see our life's misfortunes, sufferings and pains as an expression of our Higher Power's love for us, until we wanted to use our AcAdAn Program to learn to be content under all circumstances, no matter what they are.

In Step Two in our AcAdAn Program we worked with our belief-systems to investigate areas of our life, where we felt let down by our Higher Power, because we had experienced sufferings and pains and this we could not reconcile with there being a loving intention behind them.

On closer inspection, we spotted that we had had our wisdom and capacity for mercy expanded by the help of the painful experiences in our life, so they had served a purpose, which was to our advantage, but which we had not spotted until we investigated the issue.

Furthermore, we discovered that pain is an advantageous part of life, as it gives us a shortlived action signal telling us we need to change direction, and if we did not do it, the action signal became misfortune and suffering, but exactly this gave us renewed

strength to change direction.

Today's contemplation

Today, I will use my AcAdAn Program to inventory the sufferings of my life so as to find the loving, caring, compassionate and merciful intention behind my sufferings.

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September 25: To hit others with guilt and shame

In Step Four, we looked at the wrongs we thought that others had done to us so as to be able to reverse the process concerning the guilt and shame that we thought others ought to feel for what they did to us.

Active Addictions Anonymous - The Wild Life, page 60

In Step Four in our AcAdAn Program, we discovered that a part of our addiction to chronic dissatisfaction we felt, because others have done something to us we thought they should not have done, or they did not do something we thought they should have done.

Gradually, as we identified the hurts we still suffered under from our childhood, at the same time we became aware that what others had done or had not done in relation to us in Reality was not personal, but was due to the energy field, they found themselves in at that time.

We discovered that our perception of what they had done or had not done, was also associated with that energy field we were in ourselves at that time, and therefore we did not think any longer that others should feel guilty and ashamed because of what they had done or had not done.

We also did not think that we were guilty and ought to feel ashamed of what we had contributed with to the situation that pained us, and when we came to Step Eight's Grand Day of Sacred Forgiveness, we discovered that it became easier for us thereafter to always let go of guilt and shame.

Today's contemplation

Today, I will use my AcAdAn Program to recover from my desire to hit myself and others with guilt and shame, because I experienced pain in a specific situation.

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September 26: The nature of illnesses

Our active addiction can be of a mild, moderate or severe nature, just as it is the case with any other physical or psychological illness.

In our Second Step in Active Addictions Anonymous we learned to find the loving, caring, compassionate and merciful intention behind the illnesses of our life whether our illnesses were physical or psychological, and in that way we grew in wisdom and mercy.

We discovered that all illnesses could come to us with a nature that was mild, moderate or severe, but no matter what form they came to us in, they always and without exception came with a loving, caring, compassionate and merciful intention.

It could be difficult for many of us to accept that there could be a loving, caring, compassionate and merciful intention behind our illnesses, especially if they were of a severe nature, which might lead to our physical death within a shorter or longer time frame.

In our daily application of Step Two in those areas of our day, where we experienced physical or psychological illness, we became better and better at being in touch with love, care, compassion and mercy towards our physical body and our mind, even when they were ill.

Today's contemplation

Today, I will use my AcAdAn Program to develop unconditional love for, care for, compassion with and mercy towards my physical body and my mind.

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September 27: The purpose of personal inventory

When the day was over, we reflected on the events of the day and took a stand on one of the situations of the day and looked at where we took into use the attributes from The Ring of Emptiness, Ring of Self-Centeredness, The Ring of Codependency, the Big Ring of Pain and one of the Small Rings of Pain in the course of our day.

Then, we looked at what came out of it and looked into what we thought we could advantageously change in view of a similar situation in future.

Those of us, who had worked daily with Step Ten in our AcAdAn Program for a while, had discovered that we gradually began to feel young again, no matter what age we had, and this was because we got better and better at looking at those areas we were dissatisfied with and transform our attitude towards these areas.

In this way, we were liberated from much stress that ate away at our body before we came to AcAdAn, and the purpose with the daily inventory of ourselves was exactly to build up the knowledge that the situations we were dissatisfied with could always

be seen from another perspective that made us content, and thereby we were liberated from much stress.

We built up our contentment over time by the help of perseverance in our Tenth Step, and gradually as we became more and more experienced in our daily self-examinations, it became easier and easier for us to look at any situation from a perspective that gave us contentment, and thereby our capacity to live a content life grew.

By the help of our daily Tenth Step, it became possible for us to change on a daily basis and thus our life changed in the same way that children and young people constantly changed their perception of themselves and their life, and therefore the state of mind, we achieved through our daily Tenth Step inventories is called for being 'eternally young'.

Today's contemplation

Today, I will use my Tenth Step to keep myself and my life 'eternally young'.

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September 28: *To do justice to our anger*

Instead of suppressing or ignoring our anger and thus allowing it to become hatred, we admitted to ourselves, our Higher Power and another human being that we were angry, and we found out what we felt deprived of or which of our boundaries we felt were transgressed.

Active Addictions Anonymous - The Wild Life, page 49

When we were children, most of us learned that our anger was not an acceptable emotion, and if it were our parents, we were angry at, it became even more dangerous for us to show our anger, because it was life threatening for us if our parents chose to disown us.

Furthermore, we had got the impression that we were not allowed to be angry, because we were on the spiritual path, but in AcAdAn we learned that our anger was a messenger from our inner, who made us aware that we needed to change something.

Therefore we used our Program to find out, why we were angry, and we discovered that most of the time it was because one of our boundaries had been crossed or that a desire we had, had not been fulfilled.

When we had listened to the message of our anger by writing it down in our Step Work, we used the knowledge we achieved to carry out those actions that the message demanded from us, and we did it without criticizing ourselves for being angry and without offending others.

Today's contemplation

Today, I will listen attentively and respectfully to my anger, and I will act on the message of my anger in a way that satisfies me without hurting myself or others.

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September 29: To liberate oneself from one's successes

We also became aware that it was just as important for us to liberate ourselves from our past successes as it was to liberate ourselves from our past failures, if we wanted to be able to live in The Blissful Flow of the Present Moment and thus achieve contentment.

Active Addictions Anonymous - The Wild Life, page 42

Before we came to AcAdAn, many of us had made it a habit when we became self-critical, to try to recover from ourselves-criticism by thinking of past or present successes, but after we came to AcAdAn, however, we became aware that when we were self-critical, we found ourselves in the Ring of Self-centeredness.

In AcAdAn we came to know the Ring of Self-centeredness with its euphoria, depression, self-criticism and self-praise, and we also learned that we needed to recover from ourselves-criticism by moving into the Ring of God-centeredness with its joy, empowerment, open-mindedness and gratitude instead of praising ourselves.

By the help of this work we realized that when we praised ourselves of the successes from the past so as to recover from the pain of ourselves-criticism, we found ourselves in the Ring of Self-centeredness still, because we praised ourselves, and thus our pain continued in a concealed way, even if we thought we had liberated ourselves from it with the euphoria, ourselves-praise createdmanifested.

We wanted to live in the joy of The Blissful Flow of the Present Moment, and that was not possible if we tried to liberate ourselves from ourselves-criticism by using self-praise, and when we lost touch with The Blissful Flow of the Present Moment by going to the past in our thoughts, we still experienced the pain from our addiction to chronic dissatisfaction.

Today's contemplation

Today, I will liberate myself from praising myself of successes from the past by using the Ring of God-centeredness to let go of my self-praise, so that I can enter into the joy of The Blissful Flow of the Present Moment.

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September 30: To give others time and space

We allow others to take the principles to heart at the pace they want, because we know that the Program will only work for those, who want to take it to heart.

Active Addictions Anonymous - The Wild Life, page 98

Many of us became so enthusiastic about what we discovered, when we worked with the Program of Active Addictions Anonymous, that we wanted to share it with all the people, we knew, who suffered from chronic dissatisfaction.

We discovered, however, that others had their own path and made their own choices in accordance with their path, so our enthusiasm could make them feel forced and therefore repulsed rather than attracted to our Program.

When we talked to others about what we had achieved by the help of our AcAdAn Program, we chose to pay attention to whether others were receptive to what we had to share or whether others would rather talk about something else.

If we saw that others were not interested in what we had to share, we let go of talking about it so they could get time and space to find out if AcAdAn was something for them without them needing to feel overwhelmed or forced by our enthusiasm.

Today's contemplation

Today, I will to give others time and space to find out if AcAdAn is something for them, and I will give other AcAdAn members time and space to take the Program to heart at a pace that suits them.

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October 01: *Forgiving ourselves and others*

The principle of Step Eight is Forgiveness.

Slogan: Forgive my mistakes and give me the capacity to forgive those who mistake me.

Active Addictions Anonymous - The Wild Life, page 83

Only, when we came to AcAdAn, many of us discovered that forgiveness of ourselves was the hardest of all forgiveness, because forgiveness can not be given as a decision, but has to spring from the heart to bring forth that liberation from the feeling of guilt, which we experienced when we thought that we had made a mistake.

We also discovered that forgiveness of others was difficult, because we often thought that others had wronged us too in the situation we had in mind, and many of us felt that others got away with having wronged us if we tried to make amends to them for our own mistake.

Therefore the work with forgiveness came late in our Program, namely in Step Eight, where we decided which amends we wanted to make to ourselves and/or others for those actions we felt guilty about, which we therefore felt ashamed of and wished that we had done differently.

To be able to reach that point where we forgave ourselves and/or others for our/their mistakes from our heart, we needed help both from our Program, our Fellowship, our Sponsor and our Higher Power for us to become able to work with our list for amends.

Today's contemplation

Today, I will accept that forgiveness of myself and others, takes place late in my Program, so I am waiting patiently for my time to come, when I can begin to forgive myself and others by the help of Step Eight.

October 02: Courage in AcAdAn

By working Steps One, Two and Three, we had achieved the level of trust and strength it took to honestly look at ourselves, and we needed these qualities in Step Four so as to be able to take an inventory of ourselves and of our life as it had expressed itself until now.

Active Addictions Anonymous - The Wild Life, page 29

In AcAdAn, we have a different perception of courage than that, which is usually found in our environment, which often links courage with physical action, whereas we perceive courage to be the willingness to inventory our motives.

It required courage of us to use Step One in AcAdAn to admit how we used mental-emotional pain energies in our spiritual, social, mental, emotional, energetic, physical or material life, and how this made our lives unmanageable.

It also required courage of us to open ourselves to take our chosen Higher Power's loving, caring, compassionate and merciful intention with our pains into consideration in Step Two, because we often felt that our existential pains was some kind of a punishment.

Moreover, in Step Three, it required courage of us to be willing to surrender to the loving, caring, compassionate and merciful intention we found out in Step Two, because it required that we changed and change frightened us.

Today's contemplation

Today, I will use Step One, Two and Three from my AcAdAn Program to achieve the courage to face my humanness, so I can achieve the courage to carry out my Fourth Step.

October 03: Remedies for addiction to chronic dissatisfaction

We had tried several other means to rid ourselves of our addiction to chronic dissatisfaction – psychologists, lovers, new places, new people, new jobs or all of these.

Active Addictions Anonymous - The Wild Life, page 23

For many years we had felt an undercurrent of dissatisfaction in our emotional life, and after working with our AcAdAn Program for some time we became aware that our emotional life sprang from our thought life.

Therefore we wanted to learn to put those thoughts into words that gave rise to our painful emotions and when we learned that, it made us realize that the remedies we had used in an attempt to get rid of our undercurrent of dissatisfaction had been inadequate.

In this way we discovered that we needed to develop our capacity to both look inward to investigate our psychological landscape and to look outward to investigate what was happening around us so as to become able to take care of our addiction to chronic dissatisfaction.

Gradually, as our observation capacity developed, we realized that we could give ourselves reasons to be content or to be dissatisfied with same truth value, and thereby our recovery from our addiction to chronic dissatisfaction began to pick up speed.

Today's contemplation

Today, I will use my AcAdAn Program to find reasons to be content with something I usually am dissatisfied with.

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October 04: *The Small Ring of Truth*

When The Small Ring of Truth became active in us, we felt that everybody is equally valuable to totality (Humility) even though we were not able to evaluate the full value of ourselves and others (Honesty).

Therefore, we did not try to evaluate our worth or that of others; instead, we sought to find that part in ourselves where we recognized the emotions of others (Fellowship), while at the same time, we accepted that we and others may have different reasons to feel the way we did (Individuality).

Active Addictions Anonymous - The Wild Life, page 40

Before we came to AcAdAn, many of us had the perception that we should give up our individuality and submit to others' thoughts and emotions so as to be accepted by them.

After we came to AcAdAn and began our work with the Small Ring of Truth, we realized that our individuality is our unique gift from our Higher Power

We also realized that our individuality is our unique gift to the World, so it was a great relief for us to become able to use the Small Ring of Truth in our social life.

The Small Ring of Truth gave us permission to honestly show ourselves as we are, and it also gave us the Fellowship with others that we had longed for.

Today's contemplation

Today, I will use the Small Ring of Truth to honestly stand by my individuality.

October 05: *Fleeing from life*

After having investigated how our addiction to addiction to chronic dissatisfaction with our humanity expressed itself, we also took a look at how we had tried to escape our humaneness by taking our addiction to chronic dissatisfaction into use.

Active Addictions Anonymous - The Wild Life, page 15

When we came to AcAdAn we discovered that deep down we had known all along, who we truly are, but this knowledge about ourselves as an omnipresent, omniscient, omnipotent and immortal/unchangeable Spirit had been covered by layer upon layer of created/manifested forms, all of which are limited, ignorant, powerless and mortal/changeable.

Because we had lost contact with our true Self, our Spirit, life as a limited, ignorant, powerless and mortal/changeable creature/manifestation could seem daunting and give us a desire to escape from our life as a human being, and our addiction to chronic dissatisfaction was one of the many means we use in an attempt to escape our life as human beings.

Little by little, as our work with our AcAdAn Program evolved, we began to spot our true Self, our Spirit again and we discovered that when we were in oneness with our true Self, our Spirit, life as a human being was no longer scary, and we also lose the desire to escape from our humanness and our life as human beings.

In oneness with our true Self, our Spirit we felt entertained and content with our life on Earth under all circumstances, no matter what they were, because we realized that our participation in the life on Earth was like attending a live three-dimensional drama, which we could participate in heart and soul without having to take the game too seriously.

Today's contemplation

Today, I will use the Short Seventh Step Prayer, if I begin taking myself or my life so seriously that I no longer have fun.

October 06: *Principles*

Some of us chose to consider the earthly and spiritual principles to be our Higher Power, and began opening our minds to these principles.

Active Addictions Anonymous - The Wild Life, page 25

When we began studying AcAdAn's Principles, we wondered if it was to our advantage to take the principles to heart or not, because we did not want to change our old habits in order to be able to take the principles to heart.

We experienced those changes that we imagined it would take to be overwhelming, but exactly because we were reluctant to follow them, we became aware of what the consequences of not following them were.

When we became aware of these consequences, we hesitantly began to use the principles of the Program, and in that way we achieved a qualified knowledge about what it meant for us when we followed the principles.

This knowledge made us ready to surrender to the spiritual and earthly principles, which says that our true Self, our Spirit is omnipresent, omniscient, omnipotent and immortal, and that our human self is limited, ignorant, powerless and mortal.

Today's contemplation

Today, I will surrender to the earthly and the spiritual principles by the help of my work with my AcAdAn Program.

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October 07: *The joy of helping*

We also did our best to remember that it is given nobody to help everybody with every issue and that it would not give us joy to help someone if we were not bestowed with the capacity to help out with the issue at hand.

Active Addictions Anonymous - The Wild Life, page 33

Most of us felt joy about helping others in a way that had an improving effect on their life, but in our work with the Rings from our AcAdAn Program, we discovered that sometimes it could happen that our desire to help sprang from a desire to achieve our 'drug' in our disease of codependency.

The 'drug' in our disease of codependency consists in achieving praise for our help, and the desire for praise made us refrain from taking a stand on, whether we had experience with the area, we wanted to help with, whether what we wanted to help with actually was a help and if it would give us joy to help.

At other times it could happen that we wanted to help, because we felt a low self-esteem and therefore we thought that it could help us to become able to praise ourselves of being of value, but we discovered that it meant that we found ourselves in the pain from the Ring of Self-centeredness with its self-praise, euphoria, self-criticism and depressions so that did not ease our pain either.

Therefore, it was important for us to give ourselves time and space to consider,

whether we had experience with the area, we wanted to help with, whether what we wanted to help with actually was a help and whether it would give us joy to help, and if those conditions were not fulfilled, we gave up the idea of helping.

Today's contemplation

Today, I will give myself time and space to inventory my motives before I offer my help to a fellow human being, even if I imagine that I would rejoice in helping.

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October 08: *The Bird Phoenix*

When thus our pain was burned to ashes, we rose from the ashes with our new wisdom like the Bird Phoenix of Mythology that burns to ashes just to rise from the ashes to a new life on a daily basis.

Active Addictions Anonymous - The Wild Life, page 19

When we had finished the formal part of Step Ten in our AcAdAn Program, we had achieved the capacity to use the tools of the Program for a daily inventory on the existential pains, we had experienced in the course of our day.

We experienced pains of various types and they could be physical, energetic, emotional, mental, social and/or spiritual, but at this point in our Step Work, we had achieved the capacity to take care of them,

No matter which area we wanted to work with, we could select the pain, which had given us the biggest energy loss in the course of the day and work our Tenth Step inventory on this pain, and as a result we grew in wisdom and mercy.

At the same time, the mythological Bird Phoenix became realized in our life, because we rose from the ashes of our pain with our new wisdom and capacity for mercy in the same way as the Bird Phoenix that rises from the ashes of his/her pain to a new life on a daily basis.

Today's contemplation

Today, I will use my AcAdAn Program to rise to a new life from the ashes of my pain on a daily basis.

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October 09: *Empowerment*

When we respect each other's diversity and listen attentively to each other, we feel comfortable in each other's company, and benefit more from what others have to share with us.

When we learned to consciously use the Ring of God-centeredness with its joy, empowerment open-mindedness and gratitude in our Sixth Step, we discovered that we received an empowerment in our AcAdAn meetings.

We received this empowerment, because we both had the opportunity to share our own experiences with the Program and to hear about the experiences others had with the Program and thereby our perspectives on our Program became expanded.

It was in this way our meetings became a source of empowerment, and we also observed that we became happy about participating in meetings, because we opened our mind to listen gratefully to what others had at heart and moreover we shared from our heart too.

At the same time, it also became easier and easier for us to appreciate and respect each other's differences and to feel comfortable in each other's company, and simultaneously it also became easier and easier for us to consciously use the energies of the Ring of God-centeredness.

Today's contemplation

Today, I will be aware of how the Ring of God-centeredness opens up for me, when I am in a meeting in AcAdAn because of the empowerment to understand my Program better that I receive during meetings.

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October 10: Amassing riches

Some of us amassed spiritual riches way beyond our existential needs in our attempts to achieve power and glory, and thus self-acceptance and contentment.

After we began on the spiritual path, we picked up many pearls of wisdom through our meetings with various spiritual teachers, and some of us discovered that when we passed on these pearls to others, they praised us for our understanding.

They did this without considering if we had taken the pearl in question to heart ourselves and made it our own through experience, and this could lead to that we began to collect pearls of wisdom without making them our own.

In this way we could amass riches of pearls that we could pass on to our fellow human beings in exchange for their praise and even in exchange for their resources in the form of their money, time, energy and interest, if we would teach them.

Gradually, as we discovered that this did not create and manifest the self-acceptance

and contentment that we had hoped for, we became ready to let go of this means in our attempts to achieve self-acceptance and contentment.

Today's contemplation

Today, I will use my AcAdAn Program to liberate myself from the thought that the pearls of my spiritual riches can create and manifest the self-acceptance and contentment that I long for, if I have not made them mine through experience.

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October 11: Admitting of our successes

Some of us found it difficult to admit to another person about our dissatisfaction with ourselves, our lives and our failures, and others of us found it difficult to admit areas where we felt satisfied with ourselves, our lives and our successes.

Active Addictions Anonymous - The Wild Life, page 42

As members of AcAdAn we worked on recovering from our existential pains on our various planes of existence, and this recovery was an essential incentive for us to work with the Program on a daily basis.

Therefore it came as a surprise for us, when we came to Step Five and were told that it was just as important that we admitted the joy of our successes as it was that we admitted the pain of our mistakes, if we wanted to live in The Blissful Flow of the Present Moment.

Many of us had got the impression that we ought not talk about our joy about our successes, because others might think that it was self-praising and unattractive, but if we did not express them the grew wild in our mind.

In our secret life, this created manifested an exaggerated picture of our successes, but when we got used to talk openly about our joy because of them, they got their proper size, and at the same time it became easier for us to let go of the past, also in this area.

Today's contemplation

Today, I will share with a another human being about a success from the past, which was particularly delightful for me.

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October 12: Constant remembrance

We maintained contact with our Higher Power throughout the day by praying for our Higher Power's guidance before we began each and every new activity in the course of the day, as to how we could accomplish the task at hand in accordance with our

Higher Power's will for us, and we then prayed for the power to carry out the task to the best of our abilities.

Active Addictions Anonymous - The Wild Life, page 70

In Reality our omnipresent, omniscient, omnipotent and immortal/unchangeable Higher Power does not need anything at all from our side, so when we tried to come to know our Higher Power's will for us anyway in Step Eleven, it was due to that our innermost heart's desires were also that, which was our Higher Power's will for us.

Moreover, our heart's innermost desires were known by our chosen Higher Power, but were often being obscured for us by our thinking mind, our Ego, so in our Eleventh Step in our AcAdAn Program we sought through prayer and meditation to come to know our Higher Power's will for us, because we now knew that it was also our own true will for ourselves.

Little by little, as we became better and better at picking up our Higher Power's guidance, it became more and more important for us to move through the day in accordance with our Higher Power's will for us, one hour at a time, and therefore we began to practice constant remembrance of our Higher Power's will for us, one task at a time.

By constantly staying in touch with our chosen Higher Power's will for us in this way, we ensured that we surrendered to our innermost heart's desires under all circumstances no matter, what they were without letting ourselves be led astray by our thinking mind, our Ego, who could easily lead us out on detours, which were an energy drain that we did not want.

Today's contemplation

Today, I will use AcAdAn's Eleventh Step Prayer to practice constant remembrance.

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October 13: *Discovery of our defects of character*

Thus, our part of the work consisted in that we prayed to our Higher Power to liberate us from our defects of character every time we discovered them arising within us in the course of the day, and our Higher Power's part was to liberate us from them, by transforming them.

Active Addictions Anonymous - The Wild Life, page 49

In our Seventh Step, we began to cooperate with our Higher Power about being liberated from our defects of character, when we discovered that they were about to take over our trend of thinking.

Many of us thought that it would be easy for us to do so, because we had worked with

our defects of character in Step Four, Five and Six and had come to know them from many different perspectives.

When we began the daily cooperation with our Higher Power about being liberated from our defects of character, when we spotted that they rose to the surface, we discovered however, that it was not as easy as we had imagined.

Because we always and without exception had a loving, caring, compassionate and merciful intention with everything we did, it could make us deny, defend, justify and rationalize that our way of fulfilling our intention did not work as intended.

Today's contemplation

Today, I will use my Seventh Step to pray to my Higher Power about being liberated from my use of my defects of character as soon as I discover that one of them are active, so my loving, caring, compassionate and merciful intention can be fulfilled.

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October 14: *The God Prayer*

The 'I' Version	The 'We' Version
God You are the only true goal of my life I'm yet but a slave of my wishes putting bar to my advancement and You are the only God and Power Who can take me up to that stage.	God You are the only true goal of our life We are yet but slaves of our wishes putting bar to our advancement and You are the only God and Power Who can take us up to that stage.

Active Addictions Anonymous - The Wild Life, page 77

Most of us had used many thoughts and feelings on considering what our life's purpose might be for real.

It was clear to us that we wanted to be happy, but we could not figure out how we could make ourselves happy, so we had tested many ideas that we thought was the solution.

Again and again we discovered that when we were happy for some reason, we became unhappy, when our reason to be happy disappeared.

In Step Eleven we discovered that we were happy for no reason, when we experienced oneness with our true Self, our Spirit by the help of prayer and meditation.

Today's contemplation

Today, I will use Step Eleven in my AcAdAn Program to reach my only true goal, which is to be unconditionally happy.

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October 15: *Stopping the sufferings of life*

But no matter how much knowledge we acquired, we had to face the fact that life and death went on anyway, and in spite of our vast knowledge and capacity to relieve many maladies of life, we were still paining either materially, physically, time-space wise, emotionally, thought-wise, socially or spiritually.

Active Addictions Anonymous - The Wild Life, page 18

Gradually, as we faced our existential pains at all levels by the help of our AcAdAn Program, life's pains began to occur less frightening to us, because we developed functional ways to deal with our pains.

In meetings we heard other members say: Pain is inevitable, but suffering is a choice, and they explained to us that pain is a short lived action-signal, and suffering is refusing to carry out the action that the pain ordains.

Furthermore, we discovered that our physical pains was the loud and definitive expression of painful thoughts and emotions that we had not been aware of or that we had not known how to handle.

Now, however, we had our AcAdAn Program to take care of our painful thoughts and emotions, and thus we became able to stop our existential pains before they manifested as sufferings.

Today's contemplation

Today, I will stop my existential pains by the help of my AcAdAn Program, so they do not have to develop into sufferings.

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October 16: *The Small Ring of Love*

When The Small Ring of Love became active in us, we took responsibility for ourselves by fulfilling our needs materially, physically, time-space wise, emotionally, thought-wise, socially and spiritually (Self-acceptance), and we sought the help of others with those needs that we could not fulfil ourselves by admitting our need for help to another human being (Admission).

As we fulfilled our needs this way (Sanity), we experienced an increased well-being in all areas (Health).

Before we came to AcAdAn, most of us had got the impression that it was love setting ourselves aside so as to give to others, so if we gave to ourselves instead, we had gotten the impression that it meant that we were selfish people.

Therefore we became surprised, when we began working with the Small Ring of Love, because it gave us the information that it is love to take care of ourselves first and foremost and to seek help with those areas, where we could not solve our problems on our own.

When we began using the Small Ring of Love, we discovered that when we treated ourselves the way of the Small Ring of Love suggested, our sense of self-esteem and contentment grew and so did our capacity to take care of others from the heart too.

This led us to become better and better at taking care of ourselves, and the increased self-esteem and the increased contentment we experienced in this context was simultaneously beneficial for all the people we came into contact with without them necessarily needing our help.

Today's contemplation

Today, I will follow the suggestion in my AcAdAn Program about taking care of myself by using the Small Ring of Love as a guideline.

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October 17: *Our perception of the right thing*

We also gave ourselves time and space to express our perception of the right thing without trying to force our understanding on others or to overwhelm them with our perception.

Despite the fact that we had worked a lot with accepting our thinking mind, our Ego before we came to Active Addictions Anonymous, many of us felt uncertain about our own perception of the right thing.

Therefore we could feel compelled to try to convince others about that what was the right thing for us also was the right thing for them, and our eagerness in attempting to convince them about that could make us try to overwhelm them with our perception.

We felt that it was not enough that we ourselves knew what was the right thing for us, and therefore we wanted that others should confirm that it was the right thing for all by also taking it to heart as if it was the right thing for them too.

Little by little, as we worked with our humanness, we discovered that no two people

were to be found that had completely identical Mother Earth bodies, and thereby we realized that we are all unique, and therefore the right thing for us was not necessarily the right thing for others.

Today's contemplation

Today, I will express my perception of the right thing without trying to make others take my perception to heart by overwhelming them with arguments so as to receive their approval of my perception.

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October 18: *The work with the Archetypal Rings*

We made ourselves entirely ready to allow our Higher Power to liberate us from our defects of character by investigating how our defects of character affected us in our daily life socially, mentally, emotionally and energetically by first and foremost working mentally, emotionally and energetically with the energy fields of the Rings, also known as Archetypes.

Active Addictions Anonymous - The Wild Life, page 46

In our work with the Rings of Joy and Pain in our AcAdAn Program, we discovered various mental-emotional energy patterns, and in our meetings we became aware that these patterns held the same energies for all of us, even if we expressed them differently, and therefore they were called Archetypes/basic patterns.

In our meetings we became more and more aware that many different ways were to be found, which we could use to handle the Archetypes, and it was inspiring for us to hear about how others chose to handle them, whether it concerned their perception of the Rings of Pain or the Rings of Joy.

Thereby we realized that our usual way of handling the Archetypes was merely one possibility for handling our material life, our physical life, our time and personal space, our emotional life, our thought life, our social life and our spiritual life, and as a result our creativemanifestive and capacity to observe began to unfold on all of levels.

By investigating those Archetypes that brought us emotional pain and those Archetypes that brought us emotional joy by the help of Step Six, we became better and better at making conscious choices about what energies, we wanted to take into use in various situations and thus we became more content with ourselves and our life.

Today's contemplation

Today, I will work consciously with the mental-emotional Archetypes in Step Six, so I can develop my capacity to choose joy over pain in as many situations as possible.

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October 19: *Application of contentment*

The only way to avoid returning to our addiction to chronic dissatisfaction is by not taking our dissatisfaction into use.

Active Addictions Anonymous - The Wild Life, page 11

Gradually, as our work with our AcAdAn Program developed, we discovered that behind the use of each and every one of our defects of character, our addiction to chronic dissatisfaction lay as the initiator of the defect of character in question.

This meant that it became even more important for us to use our Seventh Step to liberate ourselves from using our addiction to chronic dissatisfaction in the course of our day, and if we could not make our Seventh Step work for us immediately, we stopped what we were into.

When we stopped what we were into to focus on our Seventh Step so as to pray to our Higher Power to liberate us from a feeling of dissatisfaction in the situation, we got a breathing space, which made it possible for us to experience that our dissatisfaction was lifted.

If our Seventh Step still did not work for us, we chose to use our Sixth Step to turn our perception of the situation or the person around by thinking of what we could choose to be content with in this situation and in this person.

Today's contemplation

Today, I will choose to focus on, what I am content with in each situation, and what I am content with in each person that I meet in the course of my day.

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October 20: *Careful choices*

However, we had to be careful in choosing the person with whom we wanted to share what we had found out about ourselves in Step Four.

Active Addictions Anonymous - The Wild Life, page 43

In Step Four, we came face to face with many experiences that had been so painful for us in our childhood, youth, adulthood and old age that we had pushed them down under the threshold of our day consciousness.

Moreover, we came face to face with many joyful experiences that we had not shared with any human being, because we were afraid of being perceived as boastful or of being ridiculed because these experiences delighted us.

To get the courage to bring our painful and joyful experiences into our day-

consciousness in our Fourth Step, we had a need to know that the person with whom we wanted to share our existential pains and joys was understanding and merciful.

Therefore most of us preferred to share our discoveries from Step Four with our AcAdAn sponsor/recovery buddy, because he&she had faced his/her painful and joyful experiences himself/herself in his/her own Fourth Step.

Today's contemplation

Today, I will be careful when choosing the person with whom I share my existential pains and joys, so I do not need to fear that my confidentiality will be misused.

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October 21: *Our basic needs*

We looked at how we had harmed ourselves time-space wise by depriving ourselves of the time and space that we needed for ourselves so as to be able to take care of our basic needs and personal interests.

Active Addictions Anonymous - The Wild Life, page 61

Before we came to Active Addictions Anonymous, many of us were not aware that we not only needed money to take care of the basic needs of our Mother Earth body/our physical body being well-rested, well-groomed, well-nourished and well-exercised.

After we came to AcAdAn, we realized that we also needed to show interest in taking care of these needs, because if we were interested, we became willing to use our energy and our time on this care for our mother Earth body/our physical body.

By the help of our Active Addictions Anonymous Program, we became better and better at liberating ourselves from the thoughts and emotional hindrances we came across, when we began trying to take care of our basic needs as human beings on the Earth.

Gradually, as our loving care for our Mother Earth body/our physical body developed, we not only discovered the harm we had inflicted on ourselves, but we also discovered that we harmed others with those states of mind that arose when we were unrested, ungroomed, untrained and malnourished.

Today's contemplation

Today, I will treat my Mother Earth body/physical body with loving care by seeing to it that he&she is well rested, well groomed, well nourished and well exercised.

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October 22: *Explaining our mistakes away*

When we were wrong, we did not try to explain to others how or why we committed a mistake, because thereby we harmed ourselves and others further, and this was also contrary to our desire to let go of our mistakes as soon as possible.

Active Addictions Anonymous - The Wild Life, page 67

Most of us put much too high demands on ourselves, because we imagined that we were not allowed to make mistakes, if we were to be valuable in other people's eyes, so we demanded from ourselves that we must do a new task perfectly, even if it was the first time, we did it.

That could make us deny, defend, justify, rationalize and explain away our mistakes, if others called our attention to that we had made a mistake and thus we blocked the learning process, which any mistake opens the possibility for.

If we discovered ourselves that we had made a mistake, which we had to admit to another human being, we could wish to explain how it had happened and why, but our Tenth Step suggests us to refrain from explaining or defending our mistake.

In AcAdAn we learned that attack is the first act of violence, and defense is the first act of war, and therefore we no longer wanted to defend our mistakes by explaining how it happened, so instead we took it to heart and corrected it as fast as possible.

Today's contemplation

Today, I will merely admit my mistakes and correct them, whether it is another person, who calls my attention to my mistake or it is me, who spots it.

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October 23: Individual choice

It is up to each one of us to ascertain for ourselves, with the help of the Program, our Sponsor and our Higher Power, if we have a desire to give up our addiction to chronic dissatisfaction with ourselves, and thereby with others and our lives.

Active Addictions Anonymous - The Wild Life, page 88

After we had worked with the Rings of Joy and Pain in our AcAdAn Program for some time, we understood that we are all unique and therefore only we alone could know what our psychological landscape looked like, what was joyful and painful to us and how we used the Rings of Joy and Pain in our life.

Nobody, but ourselves could thus know if we suffered from addiction to chronic dissatisfaction with our human limitation, ignorance, powerlessness and mortality/changeability and as a result of our illness found reasons to be dissatisfied with this, that and the other many times a day, and if we wanted to be liberated from our addiction to chronic dissatisfaction.

Therefore, it was important for us to give ourselves permission to hold on to our membership of AcAdAn, even though our near and dear ones maybe began to oppose our membership, when they experienced the new strength we achieved in our social interactions, which made it difficult for them to have the same control of our actions that they had had before.

It could also happen that we shared about our AcAdAn membership with another person at our workplace or in our circle of friends, and this person had maybe difficulty imagining that we could have a need for such a Fellowship, and yet we knew in our innermost heart, we were an AcAdAn member, because we needed to be.

Today's contemplation

Today, I will hold on to my membership of AcAdAn, because I need it even if others might think that I do not need it.

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October 24: Contribution to the Fellowship

We let the kitty bag go around at our AcAdAn meetings and each of us contributes towards the rent of the room, the coffee or other refreshments and for meeting other group expenses according to our desire and capacity.

Active Addictions Anonymous - The Wild Life, page 93

In AcAdAn we are not obligated to contribute money if we do not want to, but if we want to, we can contribute to make our meeting with other AcAdAns possible and cozy.

We want to have our meetings in a room, and because we are self-supporting, we need to pay for rent of the room, and if we want to drink a cup of coffee or tea during the meeting, we need money for this expense.

We salute the for free principle by making it possible for everyone, who wants it to get access to AcAdAn's literature and to attend AcAdAn's meetings without having to pay anything for getting access to those resources that AcAdAn has to offer.

If however, we have the possibility of paying for our own coffee or tea as well as contribute to paying for the rent of our meeting room, we make it easier for ourselves and newcomers to get access to the recovery, which Active Addictions Anonymous has to offer.

Today's contemplation

Today, I will give a contribution to the costs in AcAdAn by paying for my coffee or tea plus give my contribution to the rent of our meeting room.

October 25: Meeting attendance

We have learned from our experiences in the AcAdAn Fellowship that those of us who keep coming to our meetings regularly learn to stop using dissatisfaction with ourselves, others and our lives.

Active Addictions Anonymous - The Wild Life, page 8

There were many undiscovered sides of our addiction to chronic dissatisfaction, which we could only spot in interaction with our kindred spirits, who had the same purpose as us.

When we participated in meetings in Active Addictions Anonymous, we heard our kindred spirits share about how they handled their addiction to chronic dissatisfaction.

By listening attentively to other members, we became aware of the many ways in which our own addiction to chronic dissatisfaction could come to expression.

Those inspirations, we received, helped us in our recovery from our addiction to chronic dissatisfaction and thereby we become more and more content.

Today's contemplation

Today, I will attend a meeting in Active Addictions Anonymous and take to heart a new perspective from what others have to share about how their addiction to chronic dissatisfaction expresses itself.

October 26: Our innermost core

When our focus point became empty, we became able to achieve the direct experience of our Spirit, our Highest Self, and thereby we became able to see, hear, feel and sense our Spirit's presence from where unconditional love, care, compassion and mercy flows through our entire being from our innermost core.

Active Addictions Anonymous - The Wild Life, page 72

Before we came to Active Addictions Anonymous, most of us knew that we are a Spirit, who has an experience as a human being, because we had been on the spiritual path for a long time.

As we began to move into the spiritual path, we were seekers, however, without having a clear idea of what we were looking for, or how we could find what we were looking for.

Little by little, it dawned on us that what we were looking for was our true Self, our

Spirit and that our true Self, our Spirit is our innermost core.

We also discovered that it was not so easy for us to rest in oneness with our true Self, our Spirit, because our thinking mind, our Ego often stood in our way.

Today's contemplation

Today, I will use my AcAdAn Program to clean up my thinking mind, my Ego, so I can be in oneness with my innermost core, my true Self, my Spirit most of the time.

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October 27: Liberation from envy

Instead of enviously thinking that we could never achieve what others had, we chose to move forward in life with hope that we too could achieve what we wanted if we worked for it by learning from those we envied as to how they had achieved what they had or were.

Active Addictions Anonymous - The Wild Life, page 49

Before we came to Active Addictions Anonymous, many of us had confused avarice with envy, but avarice is about not wanting others to have, what they have, and envy is about not believing that we can get what we want that others have, and it was after we came to AcAdAn and became acquainted with the characteristics of the Small Ring of Avarice and the Small Ring of Envy, we discovered this.

That could make us feel defiant, because we thought that our Higher Power did not give us what we wanted, and that made us want to distance ourselves from the love, care, compassion and mercy of our Higher Power, and instead of seeking our Higher Power's help to have our desire fulfilled, we submitted to the situation.

We learned, however, in our Sixth Step in Active Addictions Anonymous that we could liberate ourselves from envy by using the Small Ring of Hope with it's credence, information, discernment and serenity to have credence in that we could get what we wanted, no matter what it was, if we worked on it ourselves.

Therefore we sought information from those, who possessed what we had been inspired to want too and gradually, as our discernment developed and the results began to show, we achieved serenity concerning the fulfillment of all of our desires, because now we knew what energies we could use to fulfill our desires.

Today's contemplation

Today, I will use the Small Ring of Hope to fulfill a desire I have been inspired to want by seeing someone else having it or being it.

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October 28: Liberation from hurting ourselves and others

We took a closer look at how we had harmed ourselves and others emotionally by hurting or putting ourselves and others down in our thoughts, words and actions, and how we had harmed ourselves and others mentally by lying, manipulating, concealing or distorting the facts of our life.

Active Addictions Anonymous - The Wild Life, page 62

Many of us had not discovered that we hurt ourselves when we hurt others, until we came to Active Addictions Anonymous, but after having worked with the Rings of Social Interaction in Step Eight, we became aware that we became sad about having hurt others, when our anger-intoxication had subsided.

This knowledge we used in our Tenth Step to begin inventorying situations, where we found ourselves in an anger-intoxication, which made us consciously desire to hurt another human being, whether we actually acted on our desire to hurt or merely cultivated revengeful thoughts in our mind's eye.

During our Tenth Step inventory, we used all our tools from Step One to Step Ten included, and when we were done with our inventory, we had formed a clear picture of how we wanted to act without hurting ourselves or others in a similar situation in the future.

Gradually, as this work progressed, our understanding grew of that we hurt ourselves when we hurt others, and therefore we no longer projected our anger-intoxication out into the World, but put it into our AcAdAn Program so as to purify that wound our anger pointed to by the help of our Tenth Step.

Today's contemplation

Today, I will use my AcAdAn Program to purify my thinking mind, my Ego from an anger-intoxication that I would otherwise hurt another human being and thereby myself with.

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October 29: Personal anonymity

Even if we readily tell about our membership of Active Addictions Anonymous when others express a desire to hear about it, we don't present our perceptions of the Program as the viewpoints that apply to Active Addictions Anonymous as a whole, and neither do we try to overwhelm others with our perceptions or act as if we are vouching for AcAdAn.

Active Addictions Anonymous - The Wild Life, page 97

By working with the Small Ring of Truth with its humility, honesty, individuality and fellowship in Active Addictions Anonymous, we understood that our individuality entailed that we were unique, and this was true both for our material life, our Mother Earth body and our energy, our emotions and our thoughts, our social life and our spiritual life.

Although we all had in common that we have a Mother Earth body, the combination of our body parts are so unique that even our fingerprints are not to be found similar in the whole World, and the same is true for our thoughts and the resulting flow of emotions, because we all use mental-emotional patterns in our own individual way.

This means that we can only speak for ourselves and about ourselves, when we speak about existential issues in social contexts, and therefore we respect that others also have their individual perspectives on existence, and we maintain our personal anonymity by not pretending that our perspective on AcAdAn was the only right one.

In context with Active Addictions Anonymous, we also do not express ourselves about what the Fellowship at large stand for, but exclusively about our personal perception of the Program and what we had gained from working with it while at the same time, we did not conceal that we spoke on our own behalf and not on behalf of AcAdAn as a whole.

Today's contemplation

Today, I will remember my personal anonymity and thus that my perspective on AcAdAn is unique, so I will not try to overwhelm others with my perspective or pretend that I speak for Active Addictions Anonymous as a whole.

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October 30: Freedom to choose

The principle of Tradition Twelve is Freedom.

Slogan: I take to heart what I can use and leave the rest.

Active Addictions Anonymous - The Wild Life, page 99

The natural thing for us as limited, ignorant, powerless and mortal/changeable human beings is to desire to belong to a Fellowship with others, whether it is one of two in our marriage, one of many in our family, or one of many in our workplace.

Our desire to belong to a Fellowship could make us do everything in our power to adjust to that, which we imagined that others in our Fellowship wanted us to say, do, feel and think even if we might feel that it was not the right thing for us.

If we felt that it was not the right thing for us, it meant that it was in sharp contradiction with our individuality, our uniqueness and if we chose to do something that did not feel like the right thing for us, we lost our integrity in our eagerness to

adjust to others.

In AcAdAn's Twelfth Tradition however, we learned to respect our right to choose that, which fitted our path in life right now, right here and to discard that, which did not fit into our path right NOW, and right HERE, and thus we maintained our integrity.

Today's contemplation

Today will use that freedom which AcAdAn's Twelfth Tradition gives me to take to heart, what I can use, and let go of the rest.

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October 31: Overpowering of others

We express our opinion about the principles, both inside and outside the group, but we don't try to overwhelm or overpower others with our understanding.

Active Addictions Anonymous - The Wild Life, page 98

In the Second Step in our AcAdAn Program, we wanted to open ourselves to take a personal Higher Power into our life by opening our mind to choose a Higher Power, who is loving, caring, compassionate and merciful.

Our open-mindedness made it possible for us to accept that our personal choice of a Higher Power could be very different from the choice others had made even if we chose to listen to what others had chosen to be inspired to our own choice.

When we listened attentively and respectfully to what others had to share about their choice of a Higher Power, we used the slogan of the Second Step that says: To listen attentively and respectfully to another it first expression of emotional sobriety.

Our respect for others helped us to respect their choice of a Higher Power and their way of working with the Program, so we refrained from trying to overpower them with our understanding of a Higher Power and our way of carrying out the Program.

Today's contemplation

Today, I will listen attentively and respectfully to what others have to share about their understanding of a Higher Power and their Step Work without trying to overpower them with my own understanding of a Higher Power and the work with the Program.

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November 01: *Our choice of a Higher Power*

*Our understanding and choice of a Higher Power was up to us.
Nobody could decide it for us.*

Active Addictions Anonymous - The Wild Life, page 25

Before we came to Active Addictions Anonymous we had often pondered how it could be possible for us to believe that a Higher Power could be loving, caring, compassionate and merciful, when we suffered ourselves and saw others suffer in so many areas of our life.

In Step Two in our AcAdAn Program we began to investigate, how it could become possible for us to begin to develop a relationship with a Power greater than our human limitation, ignorance, powerlessness and mortality/changeability.

We were told that the only suggested guidelines were that our chosen Higher Power

was loving, caring, compassionate and merciful, and that it worked for us to turn to our Higher Power any time at all that we needed our Higher Power's guidance.

When we were done with the formal part of Step Two, we needed to begin to interact with our chosen Higher Power as much as possible so as to develop our trust in that our Higher Power was indeed loving, caring, compassionate and merciful.

Today's contemplation

Today, I will use my Second Step to find my chosen Higher Power's loving, caring, compassionate and merciful intention behind one of my sufferings.

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November 02: *The right attitude to helping each other*

The essential point in this Tradition (Eight) is that we help each other as equal men and women in our efforts to achieve contentment, and therefore, our profession or status in society has no relevance in AcAdAn.

Active Addictions Anonymous - The Wild Life, page 94

Mostly, in our society we primarily come into contact with others, who are a part of our family or who have the same work environment as us, and furthermore our interaction happens primarily with those people, who have the same status as us in the company we work for.

In AcAdAn we come into contact with people from many different professions, with more or less status in society, but our Traditions teaches us that it is important that we do not concern ourselves with members' profession or status in society, but exclusively with where that member we wanted help from was to be found in his/her recovery from his/her addiction to chronic dissatisfaction.

If we focus on other members' profession or status in society, when we are to help others by taking on sponsorship or become a recovery buddy, our and their recovery easily come out of course.

Therefore we keep in mind that we need to find a sponsor or recovery buddy, who fits what we need for our recovery, and we also chose to take on being sponsor or recovery buddy without squinting to our new sponsee's or recovery body's profession or status in society.

Today's contemplation

Today, I will refrain from focusing on the status in society of other AcAdAn members so that my purpose with being a member of AcAdAn will not get out of course.

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November 03: *The right action is the sweet fruit itself*

The principle of Step Nine is Liberation.

Slogan: The right action is the sweet fruit itself.

Active Addictions Anonymous - The Wild Life, page 83

Because of our codependency it can be difficult for us to discern when it is the right action for us to help another human being.

Here the slogan of Step Nine come to our aid, because we can decide for ourselves whether we want to help because this action gives us joy, or whether we want to help to get praise from the other person or to become able to praise ourselves because of our action.

If we want praise from others or if we use our action to praise ourselves of the action it springs from the Ring of Codependency with its saviour role, seducer role, victim role and offender role or from the Ring of Self-centeredness with its euphoria, depression self-criticism and self-praise.

If we discover that these motive lies behind our action, we refrain from acting, because we know that we act from a pain energy, whether it is one or the other of the two Rings we use for the purpose, but if we discover that we want to help, because we think that it could bring us joy to do it, we know that we are in the process with doing the right action, which is the sweet fruit itself.

Today's contemplation

Today, I will use the slogan of Step Nine when I have to decide for myself if it is the right action for me to help another human being if I do not have a need for any other reward for my action than the action in itself.

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November 04: *The interrelation among the Steps in our AcAdAn Program*

The Program in Active Addictions Anonymous from Step One to Step Twelve.

Active Addictions Anonymous - The Wild Life, page 10

In Step One our recovery from an existential pain began simply, because we admitted what pained us and how it made our life unmanageable, as thereby we became ready to open ourselves to receive help to recover from our pain in Step Two by investigating, what could be our Higher Power's loving, caring, compassionate and merciful intention behind the pain, and in Step Three we surrendered to the intention we had found out in Step Two.

In Step Four, we used the Rings of Pain and Joy to investigate what prevented us from

and what could help us to surrender in Step Three, and then we shared our discoveries from Step One to Four by reading though our synopses from our inventory to ourselves, our Higher Power, another human being and our AcAdAn Fellowship, and we added those inspirations, we received in the process, before we moved on to Step Six, where we transformed our use of pain energies to use of joy energies.

In Step Seven, we began to cooperate consciously with our chosen Higher Power by praying to be liberated from a defect of character that we observed in a situation and in Step Eight, we considered how we wanted make amends to ourselves and/or others for those mistakes we had made in relation to ourselves and/or others in the course of the day, while at the same time we forgave ourselves for our mistakes, and then we moved on to Step Nine to fulfill our desire to make amends to ourselves and/or others, and then we let go of our mistake.

In Step Ten, we carried out a daily inventory of that mistake from our day that pained us the most by the help of Step One to Ten, and in Step Eleven we expanded our conscious contact with our chosen Higher Power by seeking guidance about that, which was our Higher Power's will for us for the day, and we prayed for the power to carry that out, before we moved on to Step Twelve, where we passed on the information to others, who were interested in hearing about our recovery by the help of our AcAdAn Program for the pain we described in Step One.

Today's contemplation

Today, I will use all of my AcAdAn Program to recover from the existential pain that pained me the most in the course of the day, and I will share my recovery with others, who want to hear about it.

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November 05: *The Third Step Prayer*

The 'I' Version	The 'We' Version
God, take my will and my life and show me how I can live in complete compliance with my true Self, my Spirit.	God, take our will and our life and show us how we can live in complete compliance with our true Self, our Spirit.

Active Addictions Anonymous - The Wild Life, page

In our Second Step, we had investigated our belief-systems at all levels, whether it concerned our material life, our physical life, our space-time life, our emotional life, our thought life, our social life or our spiritual life.

In that process, we decided how we wanted to look at a power greater than our human

limitation, ignorance, powerlessness and mortality/changeability, so our spiritual life could become active.

The only suggested guideline was that our chosen Higher Power was loving, caring, compassionate and merciful, and that it worked for us to approach our chosen Higher Power.

Thereby we had become ready to take our Third Step into use by using the Third Step Prayer to surrender to that, which came to us in the course of the day, because we perceived it to be our Higher Power's will for us.

Today's contemplation

Today, I will use the Third Step Prayer as soon as I wake up, so as to remind myself that what comes to me today is my chosen Higher Power's loving, caring, compassionate and merciful will for me.

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November 06: Expansion of conscious contact with a Higher Power

For the expansion of our conscious contact with our Higher Power, we used prayer and meditation.

Active Addictions Anonymous - The Wild Life, page 69

Some members of Active Addictions Anonymous perceive prayer to be our talk to our chosen Higher Power and meditation to be our chosen Higher Power's answer to that, which we turned to our Higher Power for.

Those of us, who have this perception, use prayer to approach our Higher Power and then we became still, so we can enter into meditation, and the meditation made it possible for us to pick up that vibration, which is our Higher Power's answer to our prayer.

Our thinking mind, our Ego can translate this vibration to a thought, we can understand, but sometimes it happens that the translation is not completely correct, and at other times the translation is completely in conformity with our Higher Power's response to us.

In our work with expanding our conscious contact with our Higher Power, slowly, we learn to separate the faulty translation from our thinking mind, our Ego of the vibration from our Higher Power to the right one, and the yardstick we use to determine if the message is correctly translated, is if it contains our Higher Power's unconditional love, care, compassion and mercy for us and everybody implicated in the situation we seek guidance about.

Today's contemplation

Today, I will expand my conscious contact with my Higher Power by the help of prayer and meditation, and at the same time I will expand my capacity to discern, when my thinking mind's, my Ego's translation of the vibration is in conformity with my Higher Power's answer to my prayer.

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November 07: *Public appearance*

Since this Tradition is about the context of our public efforts, one way we can practice the principle of Tradition Eleven is by making sure we pass on the message of AcAdAn in public contexts and not our personal perception of the Program.

Active Addictions Anonymous - The Wild Life, page 97

If we are to appear in public as AcAdAn members, it is important that we remember the principle of anonymity, which says that we speak for ourselves about ourselves, when we speak about AcAdAn, so we do not give the impression that we speak on behalf of AcAdAn as a whole.

It is also important that we do not behave inappropriate in those contexts, where we speak about AcAdAn in the media, because it could have adverse effects for AcAdAn as a whole if others have got the impression that we are the mouthpiece of AcAdAn.

It is important that those members of our society, who hear about AcAdAn from our mouth, do not get discouraged from seeking recovery from their addiction to chronic dissatisfaction, because they believe that our inappropriate behavior is characteristic for members of AcAdAn.

Therefore it is important for us as AcAdAn members to remember that we remain as anonymous as possible, when we speak about AcAdAn in public contexts, and that we behave as accommodating as possible in the same contexts.

Today's contemplation

If I am going to speak about AcAdAn today, one on one with a new member or in a public context I will let no one have any doubts that I speak for myself about myself.

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November 08: *Achieving of Worldly power and glory*

Others of us tried to achieve power and glory by moving in the hallways of power.

Active Addictions Anonymous - The Wild Life, page 16

When, as young people, we looked around in our surroundings for a goal for our lives, many of us got the impression that if we achieved power and glory by moving around in the hallways of power, we would become a valuable member of our the Fellowship of our society .

That could mislead some of us to imagine that we could achieve others' love and respect, if only we gained worldly power and glory, and that could make us use a part of our life to achieve this goal.

After we achieved worldly power and glory however, we realized that we still felt chronically dissatisfied, and we experienced an emptiness in the power and the glory that we could not have imagined in advance.

When we discovered that the achievement of worldly power and glory did not heal our addiction to chronic dissatisfaction, we were finally ready to begin to recover from our addiction to chronic dissatisfaction by becoming a member of Active Addictions Anonymous.

Today's contemplation

Today, will set my recovery from my addiction to chronic dissatisfaction to be my highest priority, because my addiction to use chronic dissatisfaction can not be healed by the help of power and the glory.

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November 09: *The Small Ring of Hatred*

When The Small Ring of Hatred became active in us, we denied our needs and refused to take responsibility for them, whether they were material, physical, time-space wise, emotional, mental, social or spiritual (Denial), and we tried to manipulate others into fulfilling our needs to have it confirmed that we were valuable (Manipulation).

At the same time, we imagined that others fulfilled our needs because we were so special (Madness), and if others did not fulfil our needs, we continued to deny them until we felt so bad physically, time-space wise, emotionally, mentally, socially or spiritually that we got ill from it (Disease)

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Active Addictions Anonymous - The Wild Life, page 36

In our Fourth Step, we began to get to know the Rings of Pain, and it was a big relief for us to see many of our thoughts and emotions described by the help these Rings, because it showed us that our defects of character were not merely thoughts and emotions that we alone made use of, but that they were a part of those energies that all of humankind came into contact with in their psychological landscape.

By the help of the Small Ring of Hatred, we began to face our suppressed anger that we call hatred in AcAdAn, and it was a big help for us to have the Small Ring of Hatred with its denial, manipulation, illness and madness as a guideline, when we

wanted to investigate our hatred in a neutral way, because this investigation allowed us to receive the message of our hatred.

Little by little, as we worked with the Small Ring of Hatred, we became better and better at receiving our suppressed anger, our hatred as a loving, caring, compassionate and merciful messenger from within our psychological landscape, and thereby we could begin to create and manifest those changes in our way of being in the World, which it was our hatred's message that we should make.

The better we became at knowing our hatred, the better we became at taking care of all those areas in our life that made us angry without us having the courage to express our anger, but now we had our AcAdAn Program to give expression to our suppressed anger, our hatred by the help of our Step Work, and the better we became at accepting our hatred's message the better we became at transforming our hatred to love by the help of Step Six.

Today's contemplation

Today, I will open myself to the message in the Small Ring of Hatred, so I can transform the pain in my hatred to the joy in my love.

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November 10: *The forgiveness from others*

Sometimes, the one we had harmed forgave us and at other times the person was not ready to forgive us.

We accepted this, knowing very well that now we had done our best, and we let go of the situation.

Active Addictions Anonymous - The Wild Life, page 65

When we had come to the Ninth Step in our Active Addictions Anonymous Program, we were going to make those amends that we decided on in Step Eight.

In Step Eight we had completed the Grand Day of Sacred Forgiveness, where we received our own and our Higher Power's forgiveness for our mistakes.

Our forgiveness of ourselves had made us realize that forgiveness had to come from the heart, and that had made us understand that others might not be ready to forgive our mistake.

Therefore, we followed the suggestion of Step Nine about carrying out this Step to achieve a pure path for ourselves and not to achieve the forgiveness of others.

Today's contemplation

Today, I will let go of my mistake after I have made direct or indirect amends to the

other person for my mistake, whether the other person forgives me or not.

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November 11: *Trusting the help*

JUST FOR TODAY, I will have faith in someone in AcAdAn who believes in me and wants to help me in my recovery.

Active Addictions Anonymous - The Wild Life, page 14

Our addiction to chronic dissatisfaction had given rise to many thought patterns that were filled with distrust of ourselves and others, and therefore it could be difficult for us to be trusting of something new from the beginning.

However, it was important for us to have confidence in the help we could achieve in Active Addictions Anonymous so that we could begin to work on our recovery from our addiction to chronic dissatisfaction.

Our distrust in other contexts has led many of us to be on our guard towards that, which AcAdAn has to offer, and therefore it was important for us to admit our distrust, so we freely could investigate what we were afraid of in context with AcAdAn.

When we had finished investigating what, we needed to investigate, we could finally choose to believe in someone in AcAdAn, who believed that we were able to recover from our addiction to chronic dissatisfaction, and who wanted to help us with our recovery.

Today's contemplation

Today, I will choose to believe in someone in AcAdAn, who believes that I can recover from my addiction to chronic dissatisfaction, and therefore I will choose to receive the help he&she has to offer.

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November 12: *The context among the Traditions in our AcAdAn Program*

Tradition One to Twelve.

Active Addictions Anonymous - The Wild Life, page 12

Tradition One taught us that the survival of a group depended on that each member felt like a comfortable and respected part of the group, and Tradition Two taught us that we could look at the Group Conscience as the Higher Power of the group and moreover how we could surrender to the group's Higher Power, whether the group consisted of two members or many.

Tradition Three taught us to define our common purpose for the group, which is that which is going to keep the group together, and Tradition Four taught us to accept the autonomy of the group members as long as they respected the group's common purpose as we describe it in Tradition Five, and in Tradition Six we defined those traps we could encounter in the fulfilment of the group's purpose.

Tradition Seven taught us the importance of fulfilling our personal needs so we did not lose our integrity in an attempt to get our needs fulfilled by the group in those instances where our needs had got nothing to do with the group's purpose, and Tradition Eight taught us to define how we best could help each other with fulfilling our group's purpose.

Tradition Nine taught us to organize the group in such a way that no single member achieved control of the group, Tradition Ten how we could speak about our group with others outside the group, Tradition Eleven how we could refrain from overpowering others with our perspectives, and Tradition Twelve to listen to the message instead for our perception of the messenger, and thus we let principles come before personalities.

Today's contemplation

Today, I will use the principles in the Traditions of Active Addictions Anonymous to take care of my external life in the same way as I use the Steps to take care of my internal life.

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November 13: *Detachment in the past*

We also investigated those instances from our past where our detachment came to expression, when we were able to detach from others' material, physical, space- time wise emotional, mental, social and spiritual issues as if they were our own without detaching from our love, care, compassion and mercy for them.

Active Addictions Anonymous - The Wild Life, page 32

Before we came to Active Addictions Anonymous we were not aware that we could be or not be emotionally sober, but after we began working with the Ring of Emotional Sobriety with its detachment, integrity, respect for self and respect for others, we became more and more aware of it, when we were not emotionally sober.

We discovered that it was important for our emotional sobriety that we did not attach to others' problems as if they were our own, when we investigated how our detachment expressed itself in the past in Step Four, and how it felt to be loving, caring, compassionate and merciful while at the same time we did not attach to the sufferings others told us about, as if they were our personal problem.

This meant that we could listen attentively and respectfully to what others told us about their sufferings without us needing to try to find a solution for them, because we had trust in that they merely needed to express their pain, so they could begin to find their own solution to the sufferings they told us about.

Thereby we discovered that our detachment to the pain of our fellow human being made it possible for us to use the first signs of emotional sobriety, which is to listen attentively and respectfully to our fellow human being, and thereby we gave space and time for our fellow human being to ease his/her heart, because he&she were allowed to express his/her pain and thus come closer to a solution according to his/her own choice.

Today's contemplation

Today, I will use the detachment I have observed from my past in Step Four to listen attentively and respectfully to a fellow human being's pain without attaching to his/her pain as if it were my personal problem.

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November 14: *The invisible in the visible*

For some of us, our perception of our Higher Power included both the invisible presence of the earthly and spiritual principles and the visible presence of everything and everybody around us.

Active Addictions Anonymous - The Wild Life, page 25

Many of us had perceived the invisible to be unreal, but when we began working with earthly and spiritual principles in our AcAdAn Program, we discovered that although we could not take a thought or an emotion out and show the thought or the emotion to another person, we could see the invisible in the visible anyway.

If we met an angry person, we could easily see that he&she was angry because the anger came to expression in the other person's behavior, body language, tone of voice and facial expression, and if we asked why he&she was angry, and he&she answered that he&she was not angry, it did not change our perception of him&her being angry.

We merely thought that the other person did not want us to know, why he&she was angry, and even if the other person gave us the silent treatment without saying a word to us, when we addressed him&her, we also knew that he&she was angry even if he&she did not say a word.

Although we could not see the invisible thoughts that made the other person angry, we could see the anger anyway, even if we could not see the thoughts behind the anger, and we could choose to respect the other person's anger without taking it to heart, even if the other person thought that we were the cause of his/her anger.

Today's contemplation

Today, I will give others space to recover from their anger by moving out of the situation either mentally or physically instead of taking responsibility for the other person's anger, even if he&she claims that it is my fault that he&she is angry.

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November 15: 'Good' and 'bad' people

We were used to perceiving ourselves and others as 'good' people when we took our virtues into use and as 'bad' people when we took our defects of character into use.

Active Addictions Anonymous - The Wild Life, page 29

Before we came to Active Addictions Anonymous, we perceived ourselves as 'bad' people, when we took our defects of character into use and moreover we also perceived ourselves to be dysfunctional but after we had come to AcAdAn however, we discovered that our use of any of our defects of character had got something to do with being a 'bad' person.

It also had got nothing to do with being a 'bad' person that we were dysfunctional, because it merely meant that we used pain energies to fulfill our loving, caring, compassionate and merciful intention, and thereby we discovered that our loving, caring, compassionate and merciful intention was not met with the help of pain energies.

As we worked with the Rings of Pain and Joy, we discovered that we needed to use our virtues to be able to fulfil our loving, caring, compassionate and merciful intention and we also discovered that we could use our Sixth Step to transform our defects of character into virtues and when we did that, we became able to fulfill our loving, caring, compassionate and merciful intention.

Once we had transformed our defects of character into virtues by the help of Step Six, we discovered in the same way that it did not mean that we were 'good' people but simply that we now had the necessary information to use functional ways of fulfilling our loving, caring, compassionate and merciful intention, and thus it became easier for us to be content under all circumstances, no matter what they are.

Today's contemplation

Today, I will stand by my loving, caring, compassionate and merciful intention, so I can investigate if my loving, caring, compassionate and merciful intention is being fulfilled, and if not I will change my ways to become able to fulfill my intention.

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November 16: Members of AcAdAn

Anybody can join us irrespective of his/her form of active addiction, age, race, sexual identity or sexual choice, political conviction, faith, religion or lack of religion.

Active Addictions Anonymous - The Wild Life, page 8

Whether we suffered from a physical or psychological illness that we were dissatisfied with, we were welcome to work with our dissatisfaction by the help of the Program of Active Addictions Anonymous so we could recover from our dissatisfaction.

Furthermore, we were welcome in AcAdAn no matter what our existential standing was, because addiction to chronic dissatisfaction had got nothing to do with if we believed in God or not and it had got nothing to do with what race, sexual grouping or age group we belonged to either.

The basic purpose for us as members of AcAdAn was to recover from our addiction to chronic dissatisfaction, whether we were dissatisfied with ourselves, our life circumstances, others or the World at large, because addiction to chronic dissatisfaction has many faces.

What otherwise was going on in our life was not something we dealt with in Active Addictions Anonymous, but only with what we wanted to do to recover from our addiction to chronic dissatisfaction.

Today's contemplation

Today, I will focus on how I can recover from my addiction to chronic dissatisfaction.

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November 17: Suppression

However, our successes and failures had a tendency to grow wild in our mind if they were suppressed, and when they were brought out into the open, they dissolved.

Active Addictions Anonymous - The Wild Life, page 43

Little by little, as we worked with our AcAdAn Program, we discovered that it led to physical and psychological illnesses to live with suppressed emotional pains, and that these sprang from our defects of character, and that they could lead to physical illness, if we suppressed them, because then they settled in different places in our physical body and got stuck there.

Over time, the pain in our defects of character created manifested pain in the place where they were stuck, and this could lead to various physical illnesses, if we did not release the suppressed thoughts and emotions that created manifested the pain, whether it was about the pain in the fear of sharing our successes or in the fear of sharing our failures with others.

When we used Step One to admit a painful thought with the accompanying emotion and how the pain made our life unmanageable, it became possible for us to recover from the pain by the help of Step Two to Twelve, whether it was about a thought with the accompanying emotion that pained or it was about a physical pain.

As a result of these experiences, we discovered that we were as sick as our secrets, and therefore it felt like a great relief for us to share our secrets with our sponsor or our recovery buddy, so that we no longer needed to suppress our painful thoughts and emotions or our physical pains.

Today's contemplation

Today, I will make an inventory on one of my painful thoughts with the accompanying emotion by the help of my AcAdAn Program.

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November 18: Social interaction

When we felt less than others (Inferiority), we stayed by ourselves to hide our vulnerability and our feelings of worthlessness (Isolation), and when we felt like more than others (Superiority), we filled up our time and space with people and activities to show off our superiority by the help of the number of people present in our lives and the numerous activities we undertook with these people (Overcrowding).

Active Addictions Anonymous - The Wild Life, page 23

Before we came to AcAdAn, many of us had withdrawn from life by doing our best to not have interactions with other people, because our addiction to chronic dissatisfaction easily became active, when we were together with other people.

It pained us so much on a daily basis that we had chosen to live a kind of hermit life in order to escape the pain even though some of us lived in a big city, which opened up the opportunity for many interactions with others for us.

Little by little, as we became better and better at taking care of our painful emotions and transform them into joy, we became more and more courageous, and our desire to have a blooming social life came alive again.

We slowly began to open up by the help of our AcAdAn Program, and as a result we opened up to our AcAdAn sponsor/recovery buddy, then to our kindred Spirits in our AcAdAn Fellowship and finally to the World at large.

Today's contemplation

Today, I will open myself up to develop a blooming social life by the help of my AcAdAn Program, my AcAdAn sponsor/recovery buddy, my Higher Power, my AcAdAn Fellowship and the World at large.

November 19: Prerequisite for membership of AcAdAn

The only prerequisite for membership in AcAdAn is a desire to give up one's addiction to chronic dissatisfaction.

Active Addictions Anonymous - The Wild Life, page 119

Sometimes, our basic purpose with being members of Active Addictions Anonymous could drown in the many perspectives we achieved on our human limitation, ignorance, powerlessness and mortality/changeability when we worked with our AcAdAn Program.

As it was our dissatisfaction with our human limitation, ignorance, powerlessness and mortality/changeability that settled in us as addiction to chronic dissatisfaction, we had a need to expand our understanding of our humanness so as to become able to recover from our addiction to chronic dissatisfaction.

Therefore, it was important for us to remember that the only prerequisite for membership of AcAdAn is a desire to recover from one's addiction to chronic dissatisfaction, and therefore many of us began our daily recovery work with the AcAdAn Program by reminding ourselves of our basic purpose with being members.

By remembering this, we could take any kind of dissatisfaction up for transformation by the help of our AcAdAn Program and by listening to the message in our dissatisfaction and finding out giving to ourselves what we were dissatisfied with not having received from others or by setting the boundaries that we had allowed others to overstep.

Today's contemplation

Today, I will remember that the only prerequisite for membership of AcAdAn is a DESIRE to recover from my addiction to chronic dissatisfaction.

November 20: Nameless defects of character

In some cases, we became aware of a defect of character rising to the surface due to a sense of emotional discomfort without us being able to put a name to it, and in such cases, we prayed to our Higher Power to liberate us from this defect of character without naming it.

Active Addictions Anonymous - The Wild Life, page 57

Gradually, as we learned by heart the Long Seven Step Prayer and the Prayer of Joy from Step Eleven, we achieved the capacity to put a name to many defects of

character and many virtues.

That made it easier for us to know, where we found ourselves in our psychological landscape throughout our day, and as a result we became able to use our Seventh Step more and more efficiently.

Sometimes it could happen that we experienced a feeling of emotional discomfort however, without us being able to put a name to the place, where we found ourselves in our psychological landscape.

Under such circumstances, we could choose to use our Short Seventh Step Prayer by simply praying our Higher Power to liberate us from this defect of character without putting a name to it.

Today's contemplation

Today, I will use the Short Seventh Step Prayer, even if I cannot put a name to the defect of character that my emotional discomfort tells me is about to rise to the surface by praying to my Higher Power to liberate me from this defect of character.

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November 21: *Accept of our limitations and that of others*

When we came to AcAdAn, slowly, we began to learn to accept both our own limitations and that of others.

Active Addictions Anonymous - The Wild Life, page 21

Innermost, we already knew before we came to Active Addictions Anonymous that we are a Spirit, who experiences life as a human being for a while and that we as Spirit are omnipresent, omniscient, omnipotent and immortal/unchangeable.

Therefore, we could feel that the contrast between our limited, ignorant, powerless and mortal/changeable human self and our true Self, our Spirit, was so great that we could have trouble accepting it.

Exactly this had contributed to our addiction to chronic dissatisfaction, because we were often dissatisfied with the limitations we experienced in ourselves as well as in others, regardless of what we perceived to be limiting ourselves or others so that our expectations were not met.

Therefore, we often put unreal demands on ourselves and others about what we or they should be able to do, but gradually, as we used our AcAdAn Program to learn to accept our own and others' limitations, we became more content.

Today's contemplation

Today, I will work on accepting my own and others' limitations by setting down my

expectations of myself and others, so I can become more content.

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November 22: *Accept of our fallibility*

We also knew that we were limited, ignorant, powerless and mortal, and thus fallible, and as such, we knew that we would make mistakes in the future too.

Active Addictions Anonymous - The Wild Life, page 66

When we first came to Active Addictions Anonymous and began to form an impression of the Program, many of us thought that we would become able to control our defects of character, if we were persistent with our Step Work, so we worked diligently on acquiring the Program as fast as possible.

Gradually, as our work with the Program developed, it became clear to us that those pains that came to us, whether physical or emotional, were an advantageous part of life, because what else would make us get up, if incidentally we happened to sit down on a burning stove top?

We also discovered that our emotional pains were an advantageous part of life in the same way, because they told us that we needed to move away mentally or physically from the situation that pained us to use the situation in our Program instead of just reacting and thereby hurting ourselves or others emotionally.

By the help of the Program, we transformed both our physical and emotional pains to joy, and although we thought that we had made a mistake by activating a defect of character, we realized that the pain had helped us grow in wisdom and mercy, and thus it became easier for us to accept our fallibility.

Today's contemplation

Today, I will accept my fallibility, because I know that I can use my AcAdAn Program to take care of it, so I thereby can grow in wisdom and mercy.

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November 23: *Self-acceptance*

Our inability to accept ourselves and life as it is actually created manifested our own problems.

Active Addictions Anonymous - The Wild Life, page 9

Most of us were often angry about being limited, ignorant, powerless and mortal/changeable human beings, without us being aware however, that it was this, which gave us most of our existential pains, until we began working with the Program

of Active Addictions Anonymous and discovered how deep our dissatisfaction were.

When we came to Step Six, we discovered that we almost constantly found ourselves in the pain from the Small Ring of Hatred with its denial, manipulation, disease and madness, because we denied our humanity and tried to manipulate ourselves and others to believe that we were above it, and in this madness, we ended up making ourselves physically ill.

Only when we used the Rings of Pain and Joy to map out our psychological landscape in daily living, we realized that we needed our AcAdAn Program to become able to learn to accept ourselves and life as it is for a human being, and as a result of accepting ourselves, we also became able to accept others and life as it is for a human being.

When we moved out of the pain from the Small Ring of Hatred and into the joy of the Small Ring of Love with its admitting, self-acceptance, health and sanity we came closer to the acceptance of ourselves as a human being and in the same way we moved from others of the Rings of Pain to others of the Rings of Joy again and again and again until we had achieved a wholehearted accept of our humanness.

Today's contemplation

Today, I will use my Sixth Step to move from a Painring to a Joyring, if I discover that my addiction to chronic dissatisfaction has become active.

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November 24: Prayer

When we entered the contemplative condition, which is called Prayer, if our contemplation deals with the spiritual sphere, we began to learn how to concentrate our awareness consciously, in one singular point of focus.

Active Addictions Anonymous - The Wild Life, page 61

When we came to Step Eleven in our AcAdAn Program, we worked with the contemplative state, and that means that we were considering an issue, whether our contemplation was about something worldly or something spiritual, but if our contemplation was about something spiritual we called our contemplation for prayer.

Many of us had a need to know that our prayers were heard by our chosen Higher Power, and we thought that a sign that we had been heard was that we received what we had prayed for, preferably without us lifting a finger to get it, so that we could become able to call the fulfillment of our desire for a miracle – something that went against the normally accepted ways of how we thought that events would transpire.

Sometimes we felt that our prayers were heard and sometimes not, and when we did not feel that our prayer had been heard, many of us believed that our Higher Power

was angry at us, and if we believed that, we tried to figure out, what we needed to do to appease our Higher Power, so we could have our desire fulfilled, but our Higher Power loved us unconditionally, so our Higher Power was never angry at us for any reason whatsoever.

When we prayed for something from our Higher Power it could happen that we almost immediately received an inspiration to do certain things, which were necessary from our side to have our desire fulfilled, and gradually, as we became aware that that our participation in our own life was necessary for the fulfillment of our desires, we became able to participate consciously in the creationmanifestation of our own destiny.

Today's contemplation

Today, I will be aware of what I need to contribute with for the fulfillment of my desires so that consciously I can begin to participate in the creatingmanifesting of my own destiny.

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November 25: From arrogance to humility

Instead of arrogantly thinking that we were above or beneath others, we accepted that we were ignorant and that we did not know the true value of ourselves and others; so we chose to let go of the pain of our arrogance and move into the joy of meeting others with humility, which means, thinking neither that we were above them nor beneath them.

Active Addictions Anonymous - The Wild Life, page 49

Many of us associated humility with being humiliated, and furthermore most of us perceived humility to be weakness, before we came to the Active Addictions Anonymous, so we did not want to become humble.

In AcAdAn we became familiar with the Small Ring of Truth with its humility, honesty, individuality and fellowship, which is the reverse of the Small Ring of Arrogance with its superiority, inferiority, overcrowding and isolation.

By the help of the Small Ring of Truth, we discovered that humility meant that we did not feel smaller than others, even if they stood high in esteem in our society, and we did not feel more than others, even if they stood low in esteem in our society.

We also discovered that when we found ourselves in the Small Ring of Arrogance, we experienced emotional pain, and when we found ourselves in the Small Ring of Truth, we experienced emotional joy, and that made us want to be humble.

Today's contemplation

Today, I will use my AcAdAn Program to work on becoming humble by the help of the Small Ring Truth.

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November 26: Conscious movement in our psychological landscape

We began to work with the Rings by learning to move consciously from the Ring of Emptiness to the Ring of Fulfillment.

Active Addictions Anonymous - The Wild Life, page 42

In Step Four, for the first time, we worked with investigating various mental-emotional combinations that are archetypes, which contain certain combinations of thoughts and the resultant emotional feelings, and these fields we call Rings of Pain, when they lead to emotional pain, and we call them Rings of Joy, when they lead to emotional joy.

We observed how our use of Painrings and Joyrings went all the way back to our childhood and up to the present day, and thereby we realized that our defects of character was a natural part of our thinking mind, our Ego, and as a result, we began to get better able at orienting ourselves in our psychological landscape.

When we came to Step Six, we began to work consciously on moving around in the various energy fields by observing what energy field we found ourselves in and then make a conscious decision about whether we wanted to remain in the energy field that we were in, or whether we wanted to move to another energy field, and how we could do this.

If we found ourselves in a Ring of Pain, we wanted to move to a Ring of Joy, because pain was our action signal that told us that we had a need to change direction, and when we took this message to heart, we began to work on moving consciously from a Painring to a Joyring in Step Six and thereby our joy of being grew.

Today's contemplation

Today, I will consciously move around in my psychological landscape by using the Rings of Pain and the Rings of Joy from Step Six as a guideline about how I can do this.

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November 27: Respect for confidentiality

Sometimes, we feel a need to pass on something we heard at the meeting that may help another, and we can do this by not putting a name on the person, who expressed that pearl of wisdom we want to pass on.

We wanted our participation in AcAdAn meetings to be like meeting a good friend, we wanted to talk to about the problems we had had in one area of our life and how we had used our AcAdAn Program to recover from our problem.

Although, we had even found a solution to our problem, we did not want others to talk about it in a way that made us regret that we had trusted our AcAdAn Fellowship with our problem, so it was important for us that our confidentiality was respected.

We could respect each other's confidentiality by refraining from using names, when we told others about how various members had solved a problem by the help of our AcAdAn Program, which they had shared about in our Fellowship.

Therefore we used the Anonymity Principle to refrain from using names, when we talked about others both inside and outside our Fellowship, and in that way we could stop gossip that would hurt the person we spoke about.

Today's contemplation

Today, I will refrain from using names when I talk about other people.

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November 28: To welcome others again

If a person changes his/her mind and leaves the group to return later, we welcome him&her as many times as he&she has reached this desire yet another time.

The only requirement for membership of Active Addictions Anonymous is a desire to give up one's addiction to chronic dissatisfaction, and it is only the individual himself/herself, who knows if he&she has this desire.

Sometimes it can happen that a member thinks that the work that is necessary to become able to let go of his/her addiction to chronic dissatisfaction is more than he&she feels ready to carry out at this point of his/her life.

This may lead to him&her wanting to leave AcAdAn, and it can also happen that a member wants to leave AcAdAn for various reasons that only he&she knows, and nobody needs to explain, why he&she wants to leave AcAdAn.

After a while he&she may again feel ready to work on letting go of his/her chronic dissatisfaction, but no matter how many times a member leaves Active Addictions Anonymous, we welcome him&her back again.

Today's contemplation

Today, I choose to welcome anyone, who wishes to work on letting go of his/her addiction to chronic dissatisfaction by the help of Active Addictions Anonymous, whether it is a person, who returns after an absence period or a newcomer, who wants to explore what AcAdAn has to offer.

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November 29: *Bragging*

We feared that others would rub salt into the hurting wounds of our failures by looking condescendingly or scornfully at us, or in case of our past successes, that others would think that we were boastful when we admitted our joy over our successes, or even worse, that they would think that our successes were without any value.

Active Addictions Anonymous - The Wild Life, page 42

For many of us it was easier to admit our failures than our successes, because we had discovered that it was easier for us to receive other people's condescension or scorn about us not having done better than it was to receive others' criticism for bragging in their eyes, because it was painful for us to see our successes being annihilated by others.

Therefore, we had gotten used to keep our successes to ourselves without us being aware that this created manifested an imbalance in our way of taking care of our psychological landscape, because our exaggerated ideas of other people's envy of our successes, created manifested a distortion of our social life.

Even if it is true that other's avarice or envy maybe became active, when they witnessed our successes, it was important that we learned to express our joy about our successes, because it made it possible for us to let go of the past in the same way as our admission of our failures did it.

Therefore, we picked up our courage and admitted our successes to our sponsor/recovery-buddy and in a meeting to learn to be present in The Blissful Flow of the Present Moment instead of being stuck in past successes or failures, and this new freedom made it easier for us to be content.

Today's contemplation

Today, I will admit a success I have experienced in the course of my day to my sponsor/recovery-buddy and in an AcAdAn meeting.

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November 30: *The difficulties with forgiving ourselves*

We knew that the one we had the hardest time forgiving was ourselves.

When we came to Active Addictions Anonymous, we discovered that the Program was about being content with ourselves, our life and others as limited, ignorant, powerless and mortal/changeable human beings and with the living conditions that were common to a human being so it could become possible for us to develop contentment with ourselves, our life and others, regardless of the circumstances.

When we studied our Mother Earth body, most of us saw many deviations from how we wanted our Mother Earth body to look and after we came to AcAdAn, we discovered that we had perceived it to be a flaw in our Mother Earth body that he&she did not look like we thought he&she should look and we had difficulties forgiving our Mother Earth body that he&she looked like he&she did.

When we studied our way of being in the World, most of us saw many deviations from how we wanted our way of being in the World to be and we had difficulties forgiving ourselves for our way of being in the World and, even if at times, we thought that our Mother Earth body looked perfect and that our way of being in the World was perfect, we discovered that there was always room for improvements.

As a result of these realizations, we used our AcAdAn Program to let go of our perception that it was a flaw in our Mother Earth body that she looked like she did or that we were in the World the way, we were, and at the same time we chose to receive inspirations for improvements of our Mother Earth body and our way of being in the World as a gift for renewal instead of as a criticism pointing at a flaw in us.

Today's contemplation

Today, I will use my AcAdAn Program to develop contentment with my Mother Earth body and my way of being in the World.

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December 01: *Trusted servants*

The Second Tradition establishes that we have no leaders who govern but only trusted servants.

Active Addictions Anonymous - The Wild Life, page 86

Our Second Tradition in Active Addictions Anonymous had made us understand that no single member of a group could decide for all members, if the group should remain healthy and therefore we had no leaders, who decide, how our personal path through the Program must take place, but only trusted servants.

We have a chair person, who sees to it that the day, the time and the meeting format that the Group Conscience has decided on is met, but the chair person does not decide, who can attend the meeting, because only the individual member himself/herself can decide, if he&she wants to participate in the meeting.

We have a treasurer, who is our trusted servant, who takes care of the money we collect during our meeting for coffee, literature, rent for our room and the likes that the Group Conscience has decided, so our treasurer does not decide how our money should be used.

We have a GSR - a group service representative - representing our group at ASC meetings - area service committee meetings – but it is our Group Conscience that decides, what our GSR must say, and our Group Conscience also decides, how our greeter must welcome the members to the meeting.

Today's contemplation

Today, I will remember that I do not lead Active Addictions Anonymous, because I have taken on serving AcAdAn as a whole by taking on a service post.

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December 02: Governing of AcAdAn

Our Steps and Traditions are organized in a specific sequence and order, and when we say that AcAdAn should never be organized, we mean that it should never be organized in such a way that it gives individuals control over Active Addictions Anonymous, and thereby enable them to govern AcAdAn in a specific direction.

Active Addictions Anonymous - The Wild Life, page 95

Because we are limited, ignorant, powerless and mortal/changeable human beings, we could often imagine that we needed to steer and control everything and everyone around us to feel more safe about our humanness, but after we came to AcAdAn we became aware that our enterprise could not succeed.

Our powerlessness over people, places, events and things, and even over our own humanness made it impossible for us to gain control over these five areas, and besides, any attempt to defy Reality put us into the pain of The Small Ring of Envy with its disbelief, superstition, submission and defiance.

Therefore, we wanted to surrender the steering of us and our life to a loving, caring, compassionate and merciful Higher Power, and furthermore we wanted to surrender the steering of AcAdAn's life to the Group Conscience, who is AcAdAn's loving, caring, compassionate and merciful Higher Power.

The Group Conscience comes into being as the voice that comes to expression, when all members of a group or AcAdAn as a whole had been heard and taken into consideration, and therefore we surrendered to the Group Conscience instead of insisting on our own will about, how AcAdAn should proceed, when we had made a common decision.

Today's contemplation

Today, I will surrender to the voice of the Group Conscience both in my AcAdAn Fellowship and my other Fellowships.

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December 03: To escape death

We also realized that invariably, we had to face death at some point in our lives in spite of all our efforts to live pain-free and survive; so this was not the path to achieve the love and respect we sought, either from ourselves or from others.

Active Addictions Anonymous - The Wild Life, page 18

Many of us found it hard to deal with, that we were going to be separated from our Mother Earth body/physical body at some point in time, and we did a lot to make sure that he&she was healthy and did not become seriously or even fatally ill.

When we discovered that our Mother Earth body/physical body had become fatally ill anyway, and that we only had a limited time left together with him&her and our life on Earth, it could make us bitter.

Our bitterness was expressed through the Microring of Hatred with its indignation, vindictiveness, belligerence and bitterness, and as the Microring of Hatred is a Painring, it meant that we added insult to injury, when we used it on our mortality/changeability.

Instead, we chose to use the Microring of Love with its mercy, forgiveness, conciliatory and sweetness, when we became aware that our time on Earth was running out, so we could discover that we could experience joy of living until our last moment had come.

Today's contemplation

Today, I will use the Microring of Love with its mercy, forgiveness, conciliatory and sweetness on my mortality/changeability.

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December 04: Self-appraisal in AcAdAn

We could do ourselves-appraisal in any way that worked for us, but as a starting point, we investigated how our use of our defects of character and our virtues had affected us materially, physically, time-space wise, emotionally, mentally, socially and spiritually in the course of our life.

Active Addictions Anonymous - The Wild Life, page 29

In AcAdAn, we came into contact with different forms of self-appraisals and in Step Four, ourselves-appraisal was about how we had experienced our defects of character and our virtues from our childhood to the present day, and thereby we achieved the courage to admit that we had used both our defects of character and our virtues in the course of our life.

When we shared about our defects of character and our virtues with another human being in our Fifth Step, we discovered that we were not alone about using both defects

of character and virtues and that gave us courageous, so we became ready to admit in Step Six how we still used defects of defects and virtues in our daily life.

We used Step Six as another type of self-appraisal, which enabled us to transform our pain into joy by the help of the Rings of Pain and Joy while at the same time, we continued to further develop our wisdom and mercy-capacity through this experience, where we learned to transform emotional pain to emotional joy.

Step Seven we used to liberate ourselves from emotional pain in co-operation with our Higher Power, when we felt that a defect of character took hold of us; Step Eight and Nine to make amends to ourselves for the mistake we had done to ourselves and Step Ten to end our inventory by admitting our mistake yet another time and then let go of it.

Today's contemplation

Today, I will use a self-appraisal from my AcAdAn Program, which fits the pain that I want to be liberated from or a appraisal, which helps me to build up a daily application of the principles I wish to pay tribute to.

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December 05: Gossip

It is important to us that we can freely express ourselves in our group, but this is only possible when we have confidence in that what we disclose would not be spoken about or discussed with others after the meeting.

Active Addictions Anonymous - The Wild Life, page 98

We wanted our Active Addictions Anonymous meetings to be a sacred place where we could open both our higher heart that is our holiest of holy and our lower heart, where our defects of character and our virtues live without us risking to be exposed to derogatory talk about what we had shared in a meeting.

Sometimes, it could happen that we had opened our higher heart during a meeting, and what we had shared, came back to us in a distorted form a few days later, because a member, who pretended to be our friend wanted that we should know that others have perceived what we had shared as boastful.

It could also happen that we had opened our lower heart, our solar plexus, during a meeting, and what we had shared, came back to us in a distorted form a few days, later because a member, who pretended to be our friend, wanted us to know that others looked down on us because of what we had shared during the meeting.

We felt unsafe and became sad when we were subjected to derogatory talk after having poured our heart out, and we wanted to stop the pain both in the now and the future by making sure that both our friends and the other members knew that we did

not want to hear what others said about us when we are not present, whether it was praise or criticism.

Today's contemplation

Today, I will inform both other AcAdAn members and my friends about that I do not want to know what others have to say about me, when I am not present.

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December 06: Guidance

The principle of Step Ten is Willingness.

Slogan: Guide me through my desires and liberate me from my wrongs.

Active Addictions Anonymous - The Wild Life, page 83

When we were done with the formal part of our Tenth Step, we had discovered that we could recover from many existential pains that had become chronic to such an extent that we had believed that we had to live with them for the rest of our life.

To our surprise, we were liberated from those mistakes from the past that still came to expression as painful physical and psychological experiences in the present, if we were willing to carry out a Tenth Step on those pains we experienced in the present.

Gradually, as we carried out a series of Tenth Steps on the pains of the present, we became more and more content with our life, because now we knew that we could always recover from our painful mistakes from our past and our present by the help of our Tenth Step.

Therefore, we became more and more willing to seek guidance from our AcAdAn Program about our daily problems by carrying out a Tenth Step and thereby transform our pain to joy and in that way we became more and more content with ourselves and our life.

Today's contemplation

Today, I will use my Tenth Step to inventory something that pained me today.

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December 07: Abstinence in AcAdAn

We are people who suffer from an addiction to chronic dissatisfaction with self, and thereby with others and our life plus the World at large, and we must abstain from using dissatisfaction in all its forms and disguises to be able to recover.

Active Addictions Anonymous - The Wild Life, page 11

Abstinence in Active Addictions Anonymous is of an emotional nature, because our dissatisfaction is of an emotional nature, which has come into being as a result of dissatisfied thoughts we have thought about ourselves, our life and everything and everybody around us.

As AcAdAn members, we wanted to refrain from being dissatisfied with ourselves, our life and anything or anybody anywhere at any level of existence so as to not activate our addiction to chronic dissatisfaction yet another time.

It was very simple and easy to understand, but even if it was simple and easy to understand, it was not easy for us to carry it out, because there were so many thoughts and emotions woven into our addiction to chronic dissatisfaction that it took us by surprise again and again.

By working intensely with the Joyrings and the Painrings of AcAdAn, we got to know our psychological landscape and discovered the many mental-emotional patterns, which held our addiction to chronic dissatisfaction and those, which held our contentment.

Today's contemplation

Today, I will uncover yet another layer of my addiction to chronic dissatisfaction by the help of the Painrings from my AcAdAn Program, and I will transform this layer by the help of the Joyrings.

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December 08: *To have a Program for the day*

JUST FOR TODAY, I will use my AcAdAn Program. I will try to follow it to the best of my ability.

Active Addictions Anonymous - The Wild Life, page 14

In the same way that we followed the suggestion of AcAdAn to set off time to make sure that our Mother Earth body/physical body was well rested, well groomed, well nourished and well exercised, we chose to set aside time to make sure that our thinking mind, our Ego was well rested, well groomed, well nourished and well exercised.

We nourished our thinking mind, our Ego by the help of our Tenth Step, where our thinking mind, our Ego came into contact with new uplifting thoughts, and at the same time our use of the Tenth Step lead to that our thinking mind, our Ego got well exercised in thinking the thoughts we had chosen consciously from the Rings of Joy.

Furthermore, we groomed our thinking mind, our Ego by taking our painful thoughts and emotions to heart and transform them to joy by the help of our Tenth Step, and by

using our Eleventh Step, we gave our thinking mind, our Ego rest, because we emptied our mind from thoughts, when we entered into meditation.

We also used our Twelfth Step to give our thinking mind, our Ego rest by passing on our experiences with our AcAdAn Program by the help of those thoughts and emotions we had already worked out and achieved clarity about, and when we shared this with another person, we benefitted both ourselves and the other person.

Today's contemplation

Today, I will have a Program for my day, where I create and manifest space for that both my Mother Earth body/physical body and my thinking mind, my Ego are well rested, well groomed, well nourished and well exercised.

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December 09: *The successes of the past and the present*

However, it was just as important that we admitted our successes as well as our failures.

Active Addictions Anonymous - The Wild Life, page 42

Most of us had difficulties admitting our successes from the past and the present, because we were afraid that others would feel smaller than us when we talked about our successes and that then they would get angry at us, so we kept our successes a secret without us being aware of that this led to that they grew wild in our inner.

We were also afraid that others would think we were boasting when we talked about our successes, or even worse that they would perceive our successes to be a trifle, which was not even a success in their eyes, and our imaginations about other people's possible reaction made us afraid of losing the joy of our successes.

However, when we came to Step Five in our AcAdAn Program, we both needed to talk about the pain of what we perceived to be our failures and the joy of what we perceived to be our successes, and we understood at this point in our Step Work that it was necessary to talk about both areas to achieve presence in the NOW.

When we had shared with our sponsor/recovery buddy and had heard our sponsor/recovery buddy share about his/her successes, we discovered that here after it became possible for us to let go of our fear of other people's possible reactions to our successes, and that we no longer had an exaggerated perception of the meaning of our successes.

Today's contemplation

Today, I will share with my AcAdAn Fellowship about a success that I have already shared with my sponsor/recovery buddy.

December 10: *Anger over our powerlessness*

After coming to AcAdAn, we accepted that powerlessness is an inevitable part of our humanness, and thus, we let go of our anger and accepted our powerlessness.

Active Addictions Anonymous - The Wild Life, page 20

When we came to Active Addictions Anonymous and began working with our powerlessness over our addiction to chronic dissatisfaction with our human limitation, ignorance, powerlessness and mortality/changeability, we discovered that we were angry because of being powerless over our humanness.

Little by little, as we worked on recovering from our addiction to chronic dissatisfaction, we discovered that there were many advantages in learning to be aware of our powerlessness, and one of the many advantages was that we learned to reach out for the help our Fellowship had to offer.

We heard in meetings that we were not only powerless over our addiction to chronic dissatisfaction but also over things, places, situations and people, and this meant that we could let go of our attempts to gain control over those areas that it was not possible to gain control over, no matter how hard we tried.

When we let go of trying to get control over areas we were powerless over, we avoided much emotional pain, because we used our AcAdAn Program to let go of our attempts to get control and instead we surrendered the control to the care of our Higher Power.

Today's contemplation

Today, I will use my AcAdAn Program to recover from my anger over my powerlessness by beginning to find its advantages.

December 11: *The for free principle*

It does not cost anything to be a member of our Fellowship.

Active Addictions Anonymous - The Wild Life, page 119

In AcAdAn the for free principle is about it being free of cost to be a member of the Fellowship.

This means that we make our literature freely available to those, who want to use it to recover from their addiction to chronic dissatisfaction.

Furthermore, we undertake to lead others through the Program as sponsors or recovery buddies without demanding money for our service.

Last but not least, it is free to participate in our meetings, and thus we have made it possible for anyone, who wishes to become a member of Active Addictions Anonymous, to have their desire fulfilled without them needing to feel blocked by money-related issues.

Today's contemplation

Today, I will contribute to the for free-principle in AcAdAn by passing on to others the information I possess, if they want to find out if Active Addictions Anonymous could help them recover from their addiction to chronic dissatisfaction.

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December 12: *Lack of joy of living*

We could not live and enjoy life like other people could.

Active Addictions Anonymous - The Wild Life, page 9

We had often wondered why others seemingly got more out of life than we did, because we found it hard to enjoy what gave joy to others.

Only, when we came to Active Addictions Anonymous, we became aware that we suffered from addiction to chronic dissatisfaction, and that this had to do with us being dissatisfied with our humanness, because we had progressed on the spiritual path.

We had had many glimpses of oneness with our true Self, our Spirit, and that had led us to understand that it was possible for us to experience the joy without opposites, which is also called happiness.

We imagined that it was our humanness that stood in the way of our happiness, so we had become chronically dissatisfied with it, and as a result we lost the ability to enjoy life as limited, ignorant, powerless and mortal/changeable human beings.

Today's contemplation

Today, I will use my Eleventh Step in my AcAdAn Program to expand my conscious contact with my true Self, my Spirit and thus experience the joy of being a limited, ignorant, powerless and mortal/changeable human being from the core of myself.

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December 13: *Explaining of wrongs to others*

Trying to explain our wrong was an expression of our wish to defend our wrong, and of our expectation that the person we had harmed must approve our mistake by understanding or accepting it.

Active Addictions Anonymous - The Wild Life, page 57

Gradually, as our work with our Seventh Step develops, we discover that we have an urge to defend our wrongs to others.

That is connected with us knowing that we had a loving, caring, compassionate and merciful intention with what we did, and we thought that others should understand our loving intention, so when they did not, we felt urge to explain it to them.

We were not aware that our desire to explain our mistake was the same as defending our mistake, but when we discovered that in our Seventh Step, we let go of defending our mistakes.

We knew that attack is the first act of violence and defense is the first act of war, and we did not wish to be at war in our social life anymore.

Today's contemplation

Today, I will remember that attack is the first act of violence, and defense is the first act of war, so I use my Seventh Step to let go of defending my mistakes by the help of an explanation.

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December 14: Impossible expectations

Even if we were thorough when we did this work, we did not set up impossible expectations on ourselves by imagining that we would become flawless, because we knew that as a human being we are ignorant and thereby fallible.

Active Addictions Anonymous - The Wild Life, page 58

As human beings, we experience new things every day, and our experiences give rise to new thoughts and ideas on how best we can feel good about ourselves, others, our lives and the World as a whole.

New thoughts and ideas are immature and dysfunctional, because we have not achieved a clear understanding of the consequences of using our thoughts and ideas in action.

Gradually, as we gain experience by putting our thoughts and ideas into action, the thought or idea that we put into action becomes more and more functional.

We want to experience new thoughts and ideas and therefore we choose to accept that

we will continue to be fallible, no matter how extensive our old knowledge is.

Today's contemplation

Today, I will accept my fallibility as a necessary part of my humanness.

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December 15: *The problems of daily living*

We believe that the sooner we take care of our problems in our daily lives, whether they are physical, time-space wise, emotional, mental, social or spiritual, that much sooner we begin to live in contentment.

Active Addictions Anonymous - The Wild Life, page 11

Before we came to Active Addictions Anonymous many of us perceived daily life issues to be trifles, because we were not aware that everyday life's small events were exactly what gave rise to our dissatisfaction with this that or the other.

We could always find reasons to be dissatisfied with something in our life, whether our dissatisfaction was directed against our material possessions or the lack thereof, or against the time at our disposal or the lack thereof, against our emotions, our thoughts, our social or our spiritual life.

When we investigated our dissatisfaction with the problems of our daily life, it turned out that basically, we were dissatisfied with being powerlessness over various areas, or we were dissatisfied with the fact that we changed or others changed.

We might be dissatisfied with not knowing what it would take to take care of various situations with our limited capacity to take care of them, but whatever reasons we then had for being dissatisfied; it turned out to be connected with our dissatisfaction with our humanness.

Today's contemplation

Today, I will investigate an area that I am dissatisfied with and change my perception of the area to contentment by the help of my AcAdAn Program.

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December 16: *Gratitude*

By being chronically dissatisfied, we deprived ourselves and others of the joy that is an integral part of being God-centered.

Active Addictions Anonymous - The Wild Life, page 62

When we work with the Ring of God-centeredness with its joy, empowerment, open-mindedness and gratitude in Active Addictions Anonymous, we become better and better at putting behind us our use of the Ring of Self-centeredness with its euphoria, depression, self-criticism and self-praise.

When we came to AcAdAn, we had been so enclosed within ourselves, that we felt it was our fault when something happened that was not to our contentment, and this led to us criticizing ourselves for those actions that we thought had led to the undesirable situation, and ourselves-criticism made us despondent and depressed.

When something happened to our contentment it led to us praising ourselves for the actions that we thought had led to the desired situation, and ourselves-praise made us euphoric.

We wanted to replace the artificial joy of euphoria with genuine joy and we achieved that in Active Addictions Anonymous, when we used the Ring of God-centeredness, and when it began working for us making a conscious shift between the two Rings, simultaneously, we achieved the joy that the gratitude in the Ring of God-centeredness gave rise to.

Today's contemplation

Today, I will use the Ring of God-centeredness consciously so as to achieve the joy of gratitude.

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December 17: *Our dissatisfaction list*

In order to be able to see the difference between the things we could change and the things we could not change, we chose to make a dissatisfaction list every day by writing down hour by hour what we were dissatisfied with in the hour that passed.

Active Addictions Anonymous - The Wild Life, page 52

In AcAdAn we work with a dissatisfaction list so as to form a realistic idea of what areas we can change and what areas we cannot change, because often, we use dissatisfaction with the underlying thought that we can force ourselves to change what we are dissatisfied with, if only we continue to be dissatisfied with it, even if in fact, we cannot change it.

When we divide our list into areas that we can change and areas we cannot change, we use our AcAdAn Program to find a way in which we can let go of our dissatisfaction with the areas we cannot change.

The areas we can change, we also take a stand on by assessing whether an area is something that we want to invest the money, the time, the effort and the interest in so as to do what is required to change the area in question.

If we do not think that we want to invest our resources in creating manifesting the change, we let go of our dissatisfaction with the area, but if we think that we want to invest our resources in creating manifesting the change, we make a plan of action by the help of our AcAdAn Program.

Today's contemplation

Today, I will work with my dissatisfaction list as suggested in my AcAdAn Program so I can learn to let go of what I cannot change and begin to change what I can that I want to change.

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December 18: *From avarice to generosity*

Instead of avariciously holding on to our material, physical, time-space wise, emotional, mental, social or spiritual possessions and amassing more and more, we chose to have faith that we could pass on our surplus to others and thus experience the joy of our abundance.

Active Addictions Anonymous - The Wild Life, page 49

Many of us imagined that we were accountable, when we saved those of our material possessions that we no longer needed, in a shed or in an attic in order to have them at our disposal later, if we ever had a need for them, which we, more often than not, found to not be the case.

Our physical surplus could be that we had found a way to recover from an uncomfortable state in our physical body, which we could pass on to others, who needed it, and we could do this by giving of the time, we had in surplus so as to teach another person, how he&she could recover.

The same could apply for our surplus in the mental-emotional area, where we could choose to pass on our surplus on to others, who needed to recover from mental-emotional pains in areas where we had plentiful experiences with recovering from them.

In our social life we might have more contacts than we could overcome taking care of, so we could pass on our contacts to others, who wanted to expand their social circle, and last but not least, we could pass on to others how we had gotten surplus in our spiritual life by the help of Step Eleven in AcAdAn.

Today's contemplation

Today, I will pass on my surplus from one of my planes of existence to another, who needs what I have plenty of.

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December 19: *Building up of faith*

The process of coming to believe was similar for most of us and we had to open our minds to the possibility that there existed a Power greater than us that could help us recover from our addiction to chronic dissatisfaction, because we by ourselves were powerless over it.

Active Addictions Anonymous - The Wild Life, page 26

Before we came to the Active Addictions Anonymous it had not occurred to us that faith is merely a thought, we have repeated enough of times until we believe that our thought about Reality and Reality itself is one and the same thing.

In Step Two, however, we investigate our belief systems, and we discover that much of what we believe in is harmful to us, so we begin to consider how we can create and manifest a belief system that is to our advantage.

We begin to let go of the belief systems, which we have built that are harmful to us and to support those, which are to our advantage.

The main change in our belief system is that we begin to consider how we can use the idea that a Power, greater than us could be found that can help us to recover from our powerlessness over our addiction to chronic dissatisfaction, and from there we begin to build up our faith in this Power.

Today's contemplation

Today, I will use my Second Step in AcAdAn to begin building up my faith in that a Power greater than me, who can help me recover from my addiction to chronic dissatisfaction is to be found.

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December 20: *The Rings of Social Interaction*

By the help of these Rings, we could easily see that there is a 'me', an 'us' and a 'you' in any social interaction, be it in the fleeting interaction with a stranger on the street, with our green grocer, colleagues, friends, siblings, parents, our children or our significant other.

Active Addictions Anonymous - The Wild Life, page 54

When we came to know the Rings of Social Interaction in Step Eight, it was easy for us to see that when we hurt another, we hurt ourselves.

We can easily see that the two intertwined Rings hold a mutual area for both Rings, and in addition, there is an area which each Ring alone has at its disposal.

The mutual area is a symbol of a social interaction, and the individual areas are a symbol of the two, who have a social interaction.

When we pull the two intertwined Rings from each other, the area that before used to be intertwined is still there in the individual Ring, and that means that the hurts that were inflicted during the interaction is still to be found in the individual Ring, which thus illustrates, how it happens that we cannot hurt another without hurting ourselves.

Today's contemplation

Today, I will use the Rings of Social Interaction to remind myself that I can not hurt another without hurting myself.

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December 21: Rejection of our desire to help

Even if we believed it would bring us joy to help, we accepted that at times others had to or wanted to receive help from another source than us.

Active Addictions Anonymous - The Wild Life, page 33

Although we, as old-timers in AcAdAn, would like to help a newcomer overcome his/her addiction to chronic dissatisfaction, the newcomer may feel overwhelmed by our knowledge of the Program.

The newcomer may feel much more drawn to another newcomer who is in the beginning stages of his/her work with the Program because he&she is at the same level as the newcomer.

If we are not aware that our desire to help may not be welcomed by a newcomer, we may inadvertently overwhelm the newcomer so much that he&she leaves AcAdAn.

This makes us understand that we help a newcomer best by giving himself or herself the time and space to approach us or others, when he&she is ready and have found out from whom he&she wants help.

Today's Contemplation

Today I will give a newcomer the time and space, he&she needs to find out who he&she wants to receive help from with his/her AcAdAn Program.

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December 22: No obligations towards AcAdAn

There are no strings attached to AcAdAn.

Active Addictions Anonymous - The Wild Life, page 8

We are used to there being strings attached to our participation in various contexts, and therefore most of us try to find out, which strings are attached to our membership of Active Addictions Anonymous.

Even though we hear in our meetings that there are no strings attached to our membership of AcAdAn, many of us need to make sure that we do not at a later date discover hidden ties.

We examine the entire meeting structure of AcAdAn, and little by little, as we participate in meetings about the meeting structure of AcAdAn, we discover that there are no ties attached to the meeting structure.

We also examine the service structure, and little by little we discover that there are no strings attached to the service structure either, and we understood that there are no strings attached to membership of AcAdAn.

Today's contemplation

Today, I will give myself permission to investigate Active Addictions Anonymous from all the angles I need to before I surrender to the Fellowship.

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December 23: *To take up more space than we need*

We also looked at how we had harmed others time-space wise by demanding more of their time and space than we needed and thus depleting them of the time and space that they needed to take care of themselves or their other loved ones, and we included our parents, our significant other and our children in this list.

Active Addictions Anonymous - The Wild Life, page 62

When we work with Step Eight, we come face to face with some areas, in which we have harmed others seen through new eyes that we have achieved in our work with our AcAdAn Program.

We discovered that we had been demanding more time and space from our loved ones and others than we needed, thinking that it would insure us against emptiness, boredom, loneliness, and meaninglessness.

In our work with Step Six, we discovered that these qualities belong in the Ring of Emptiness, and that our attempts to take more of others' time and energy than we need belong in the Ring of Codependency.

We used Step Six to gain enlightenment and wisdom about our pain by pairing the pain in the Ring of Emptiness and the Ring of Codependency with the joy in the Ring of Fulfillment and the Ring of Emotional Sobriety.

Today's Contemplation

Today I will use Step Six to pair a Ring of Pain with a Ring of Joy to gain enlightenment and wisdom about a physical or mental-emotional pain I experienced today.

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December 24: Acceptance or rejection of our amends

Sometimes, the amends we offered were accepted and sometimes not.

Active Addictions Anonymous - The Wild Life, page 65

When we began to make amends to ourselves and others in Step Nine for the wrongs we believed we had committed, it could happen that our amends was rejected with indifference or even anger.

However, we did not make amends to gain forgiveness from others, but to be able to let go of our feelings of guilt and the shame that followed in the wake of it.

Therefore, when we have made our chosen amends, we let go of our feelings of guilt and the associated shame, regardless of whether our amends were received with forgiveness or rejection.

It could happen that our feelings of guilt resurfaced because they had become habitual, but we continued to let go of our feelings of guilt each time they resurfaced after we had made our amends.

Today's Contemplation

Today I will let go of my feelings of guilt and shame about a situation where I have already made amends.

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December 25: Autonomy in AcAdAn

An Active Addictions Anonymous group is a group that follows the Twelve Steps and the Twelve Traditions of Active Addictions Anonymous.

Within this frame, each group is autonomous as to how it wants to set up its meetings, welcome newcomers, have varying topics at the meeting, conduct Step meetings, Tradition meetings and so on.

Active Addictions Anonymous - The Wild Life, page 89

There are a wide variety of groups that work with self-realization, and in AcAdAn we work on releasing our addiction to chronic dissatisfaction with our four basic attributes as human beings.

Our four basic attributes are limitation, ignorance, powerlessness, and mortality/changeability, and we work on getting to know ourselves once we have released our chronic dissatisfaction with them.

We have the freedom to work with our addiction to chronic dissatisfaction in the way that works best for us, as long as we respect the AcAdAn Steps and Traditions as the foundation of our work.

When we respect the AcAdAn Steps and Traditions in this way, we have the right to call ourselves an AcAdAn group, and we also have the right to freedom under responsibility to our AcAdAn Fellowship as a whole.

Today's contemplation

Today, I will respect AcAdAn's Steps and Traditions in my interaction with my AcAdAn Fellowship and the World.

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December 26: To learn to listen to our Higher Power

Sometimes, it turned out that what we thought to be our Higher Power's guidance for us, in actual fact, was not so, or we would have got distracted and diverted from the guidance we received while going about the task, and in such instances, we used our Tenth Step, admitted our mistake, planned our amends, forgave ourselves and restored the situation as best as we could.

Active Addictions Anonymous - The Wild Life, page 70

Most of us in AcAdAn have a strong desire to surrender to our chosen Higher Power, and we can become anxious, when we begin the Eleventh Step and have to expand our conscious contact with our Higher Power.

We imagine that we must obey blindly, if we believe that an impulse to action comes from our Higher Power, but such a view point can lead to tragic consequences.

Therefore, it is just as important that we learn to say yes, no or maybe to impulses which, we believe, comes from our Higher Power, as it is in relation to what we are offered in other areas of our lives.

When we work on expanding our conscious contact with our Higher Power we give ourself permission to be mistaken about the meaning of the impulse and thus we give ourself permission to say yes, no or maybe.

Today's contemplation

Today, I will give myself permission to say yes, no or maybe to an impulse that I think comes from my Higher Power.

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December 27: Right and wrong

Now that we were at Step Four, we wanted to begin moving beyond judging ourselves, others or the World at large on this basis, in order to achieve even greater freedom that could lead us to accept ourselves, others and the World at large, as everyone and everything is.

Active Addictions Anonymous - The Wild Life, page 29

Until we came to Step Four, we perceived it to be right mindset when we thought thoughts of faith, hope, love, and truth, and wrong mindset when we thought thoughts of greed, envy, hatred, and arrogance.

In Step Four however, we needed to put that perception behind us because we needed to acknowledge both sides of our thinking mind, our Ego, and thereby both our defects of character and our virtues.

When we acknowledged our defects of character and our virtues from the Big Ring of Pain and the Big Ring of Joy, we realized that our defects of character and our virtues are two sides of the same coin

We realized that through the pain of our defects of character, we learned compassion and mercy, and through the joy of our virtues, we learned love and care, so both had theirs to give.

Today's Contemplation

Today I will appreciate both my defects of character and my virtues, knowing that both have theirs to give.

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December 28: Alienation

We chose to surrender to the Fellowship and the Program of AcAdAn, and thereby, we began to receive help to overcome the alienation from ourselves, others and our life that our addiction to chronic dissatisfaction had brought about.

Active Addictions Anonymous - The Wild Life, page 23

It was a surprise for many of us, when we first heard that members of AcAdAn worked on recovering from their addiction to chronic dissatisfaction, because own

addiction was so habitual for us.

We had not even observed that we had become alienated to ourselves and others, because of our dissatisfaction that we took into use many times in the course of a day with ourselves, others, our lives and the World.

As we attended meetings and heard how other members perceived their addiction to chronic dissatisfaction, we became aware of how our addiction to chronic dissatisfaction made our life unmanageable.

The distance we took to ourselves, others and the World led to an alienation that made us feel like strangers in the World, to ourselves and to others, and we began to let go of this alienation by the help of AcAdAn.

Today's contemplation

Today, I will let go of the alienation my addiction to chronic dissatisfaction has led to.

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December 29: The purpose with membership of AcAdAn

The main purpose of each individual in Active Addictions Anonymous is to find and live in contentment through abstaining from using dissatisfaction with self, others and our life.

Active Addictions Anonymous - The Wild Life, page 90

When we first came to Active Addictions Anonymous, we had a hard time imagining how we would ever be able to let go of our addiction to chronic dissatisfaction.

At the meetings, we heard about how others had found ways to get through unsatisfactory situations without using their dissatisfaction, and it made us want to follow in their footsteps.

After having tried using satisfaction with some unpleasant situations and experiencing the benefit of doing so, we became ready to go all the way by completing our AcAdAn Program ourselves.

In doing so, we began to achieve days, weeks, months, years where we experienced ourselves, others, our lives, and the World at large as satisfactory, although we faced existential challenges like everyone else.

Today's contemplation

Today, I will use my AcAdAn Program and my AcAdAn Fellowship as a means to help myself to be content with myself, others, my life and the World as a whole.

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December 30: *The beginning of our own Program*

Begin working your Program with Step One from the Program of Active Addictions Anonymous.

Active Addictions Anonymous - The Wild Life, page 7

At meetings in Active Addictions Anonymous, we hear about what others have achieved by working the Program in AcAdAn.

It can make us want to carry out the Program in a hurry so as to achieve what others have achieved, but we have to do like everyone else and begin our work in the AcAdAn Program by carrying out Step One.

When we freely admit to ourselves that we are chronically dissatisfied and that it makes our lives unmanageable, our recovery can begin.

Our recovery begins in Step Two, when we begin to find our loving intention behind our use of addiction to chronic dissatisfaction, and it is up to each of us to find the loving intention that is true for us.

Today's contemplation

Today, I begin my work with the AcAdAn Program by admitting that my addiction to chronic dissatisfaction makes my life unmanageable.

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December 31: The Silence

When we began to learn to consciously empty our point of concentration from all thoughts, we moved into the meditative state, which is also called the Silence or the emptiness in the focus point.

Active Addictions Anonymous - The Wild Life, page 72

When we came to Step Eleven, we discovered that our thinking mind, our Ego, had to become still in order for us to be able to pick up on the impulse that emanates from our innermost heart.

Our thinking mind, our Ego, translates the impulse into words we can understand, so that we can form an accurate impression of the contents of the innermost heart of our true Self, our Spirit.

In Step Eleven, we tried to remain in the impulses from our innermost heart in a desire to experience life as a human being from the happiness of the Blissful Flow of the Present Moment.

The more experience we had with this state, the easier it became for us to remain in the Blissful Flow of the Present Moment, and the easier it became for us to be content with ourselves, others and our lives.

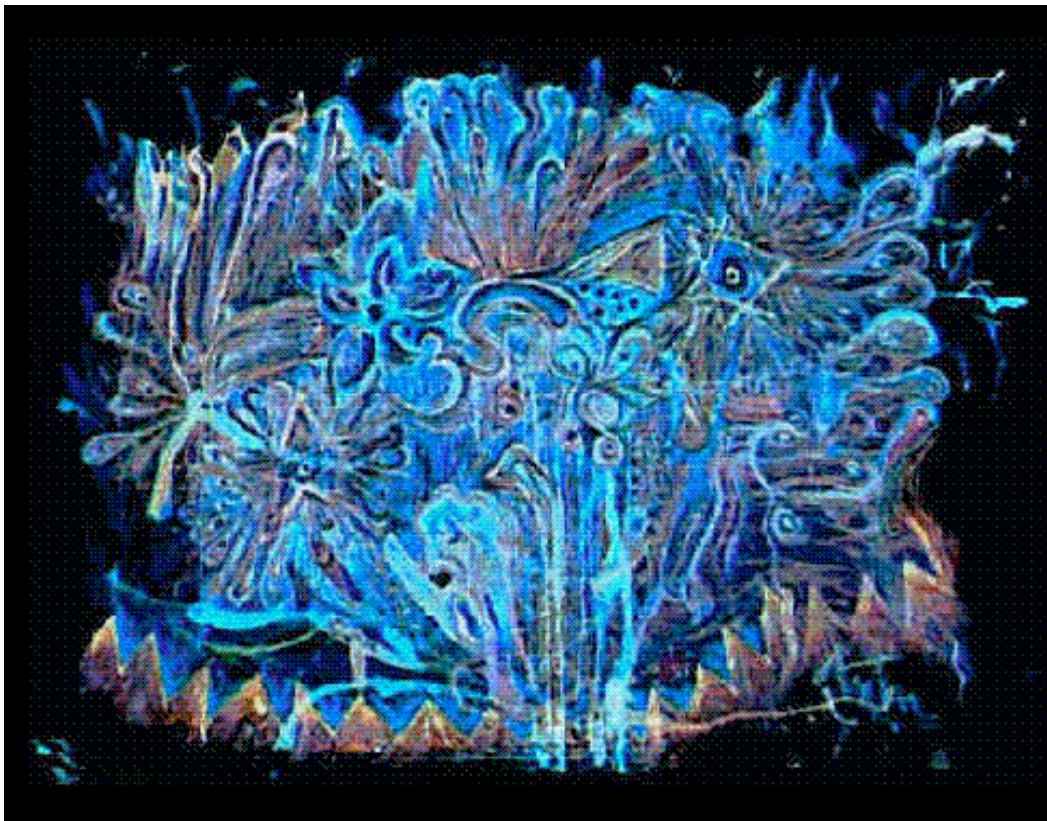
Today's contemplation

Today, I will use my Eleventh Step to learn how to maintain the silence in my thinking mind, my Ego, so that I can experience myself, others, my life and the World at large from The Blissful Flow of the Present Moment.

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DAILY CONTEMPLATIONS FOR MEMBERS OF

ACTIVE ADDICTIONS ANONYMOUS



THE WILD LIFE

