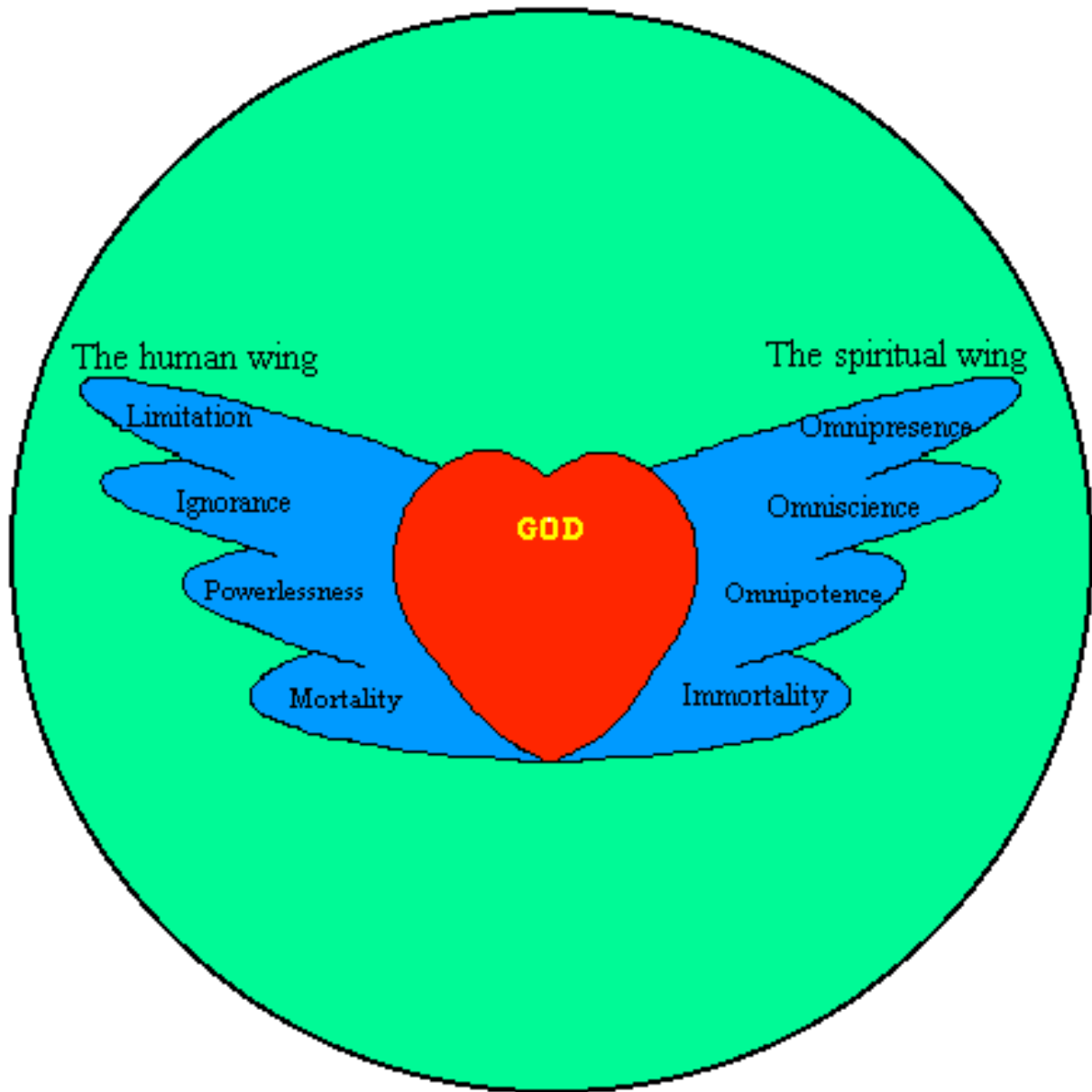


DAILY CONTEMPLATIONS FOR MEMBERS OF

CHRISTS ANONYMOUS



THE THIRTEENTH STEP

DAILY CONTEMPLATIONS FOR MEMBER OF
CHRISTS ANONYMOUS – THE THIRTEENTH STEP
is createdmanifested by Harishchandra Sharma TuTu and Solvejg Sharma TuTu



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January 01: *The Thirteenth Step*

This Program is called The Thirteenth Step, because we both work with the 12 Steps and the 12 Traditions of the ChrisAn Program, and the 12 Traditions put together constitute the last Step: The Thirteenth Step.

Christs Anonymous – The Thirteenth Step, page 7

Many of us have come across scary statements about the number thirteen and in the Twelve Step Fellowships we had furthermore heard the loosely used casual remarks about what a Thirteenth Step means.

For some of us, these notions were so disturbing, when we began making the Christs Anonymous meetings that we felt anxious about the Program of Christs Anonymous being called The Thirteenth Step.

Many of us, who had this issue took refuge in our knowledge of spiritual science, where this number is considered to be the number of the sacred feminine principle, and by taking this to heart, we opened up our minds to new information about old knowledge concerning the number thirteen.

Most of us were able to accept the idea that the Traditions put together could be perceived as one additional and final Step for us to investigate once we were done with our Twelve Steps, and this way, we overcame our fear and misunderstanding of the number thirteen in our Program.

Today's contemplation

Today, I will accept the number 13 as the number, which describes my work with the Twelve Traditions in my ChrisAn Program.

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January 02: *The Christ Consciousness*

The Christ Consciousness expresses itself differently in different people, depending on their personal inclination and capacity, but for all who have attained the Christ Consciousness, it expresses itself in having a personal contact with our chosen Higher Power, in having surrendered our will and our life to the care of our chosen Higher Power, and in having achieved a spiritual awakening to a state of mercy with those who are suffering.

Christs Anonymous – The Thirteenth Step, page 8

Many of us only knew the word Christ as it came to expression in connection with Jesus of Nazareth.

When we came to Christs Anonymous, we discovered, however, that the word Christ is an expression of a particular state of mind.

This state of mind is also called the merciful state of mind and can be achieved in many ways, one of which is carrying out the task of working the Twelve Steps in any of the Anonymous Twelve Step Fellowships.

The Twelfth Step entails that a person has achieved a spiritual awakening to mercy with the suffering, and therefore, he or she passes on information about his or her own recovery from suffering to those, who still suffer.

Today's contemplation

Today, I will show mercy to others, who suffer from addiction to their thinking mind, their ego by sharing with them how I came to myself by the help of the Program of Christs Anonymous.

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January 03: *The 'for free' principle*

Christs Anonymous being a non- profit endeavor, we pass on our literature to anyone who wants to read it by making it available for free.

Christs Anonymous - The Thirteenth Step, page 122

As human beings, we have four basic building blocks to build our lives: money, time, energy and interests, and the ,for free' principle is exclusively connected with money.

Our purpose with being members of Christs Anonymous of a spiritual nature and is connected with another of these four, namely our interest, which is that energy that is connected with our true Self, our Spirit.

In Christs Anonymous, we want to go beyond our addiction to our thinking mind, our ego to unite with out true Self, our Spirit and to help others achieve the same.

Therefore, we want to use the 'for free' principle in relation to newcomers by making our time, our energy and our interest available free of cost so as to help the newcomer to carry out the Program of Christs Anonymous and as a Fellowship, we make our literature available free of cost to facilitate this process.

Today's contemplation

Today, I will use the ,for free' principle in connection with my membership of Christs Anonymous.

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January 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).

Christs Anonymous - The Thirteenth Step, page 57

Before we began working with the Small Ring of Truth in Christs Anonymous, we had a tendency to compare ourselves with others both materially, physically, energetically, emotionally, mentally, socially and spiritually.

That could often make us feel inferior when we saw other people's beauty or qualities, and it could also make us feel superior, when we saw that our own beauty or qualities were more prominent than it was for the person we compared ourselves with.

When we learned to move from emotional pain to emotional joy in Step Six, we discovered that when we compared ourselves to others, it could make us land in the pain of the Small Ring of Arrogance with its superiority, inferiority, overcrowding and isolation.

When we discovered that we found ourselves in the pain from the Small Ring of Arrogance, we moved to the joy of the Small Ring of Truth with its humility, honesty, individuality and fellowship by accepting that individuality means that we are unique, and comparing ourselves with others is like comparing apples and pears, so we chose instead to face the fact that in our fellowships, all contributions to the fellowship are equally valuable, whether it is in our AcAdAn Fellowship, or it is the fellowship with our spouse, the fellowship with our family, friends, colleagues or greengrocer.

Today's contemplation

Today, I will use the Small Ring of Truth to rejoice in an equal fellowship

with others.

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January 05: Meetings

Does anybody want to celebrate the completion of a Step or a Tradition in Christs Anonymous by sharing his/her experiences with that Step or that Tradition in our meeting today after the group readings?

Christs Anonymous - The Thirteenth Step, page 155

To participate in meetings in the Christs Anonymous Fellowship gives us an opportunity to celebrate our milestones in the Program, and one of our milestones is the completion of a Step or a Tradition, which we share with the Fellowship after having shared our work with our sponsor/recovery buddy.

When we share our perception of a Step or a Tradition from our Program after we are done working through the Step or the Tradition, we get an opportunity to express our thoughts about our Program and thereby our understanding becomes clearer to ourselves.

At the same time, we give others an opportunity to form an impression of how we have achieved personal strength by working with our Program, and in that way we can give them hope that they too can achieve the strength, we have achieved.

Thus we can contribute to other members' growth and inspire them to do what is required to achieve the advantages that we have achieved by working with our Program in Christs Anonymous.

Today's contemplation

Today, I will share about the strength I have achieved by the help of my work with my ChrisAn Program in a Christs Anonymous meeting.

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January 06: Membership of Christs Anonymous

The only requirement for membership in Christs Anonymous is a desire to break free from addiction to the thinking mind, the ego.

Christs Anonymous - The Thirteenth Step, page 116

We have discovered that our thinking mind, our ego leads us to both mental-emotional joy and pain.

When we identify ourselves with our thinking mind, our ego we swing back and forth between mental-emotional joy and pain.

We have also discovered that both joy and pain have theirs to give, but in Christs Anonymous our goal is to find Joy of Being under all circumstance, no matter what they are.

Therefore, we want to move from addiction to our thinking mind, our ego to identification with our true Self, our Spirit, who holds the joy without opposites.

We need help and support to be able to let go of our addiction to our thinking mind, our ego, and therefore we choose to make use of the help, we can get through a membership of Christs Anonymous, where the only requirement for membership is a desire to break free from addiction to the thinking mind, the ego.

Today's contemplation

Today, I will seek help and support to let go of my addiction to my thinking mind, my ego through my membership of Christs Anonymous.

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January 07: *Freedom of speech*

We also inventoried how we experienced it when we stood out with our viewpoints, both when others admired them and when they did not.

Christs Anonymous - The Thirteenth Step, page 130

Our work in Christs Anonymous with the Twelve Traditions that are about how advantageously, we can handle our relationship with the outside World in harmonious and people-friendly ways.

Slowly, by the help of the Traditions, we became able to bring the spiritual awakening, we had achieved in our work with our Twelve Steps, out into our relationship with the outside World down to the smallest details.

Gradually, as this work progressed, we were liberated from our fear of how our surroundings chose to respond to the viewpoints we hold.

This set us free to express our viewpoints spontaneously in any context, whether others admired our perceptions or not and without desiring to impose our viewpoints on others out of a need to feel that our viewpoints are like they ought to be in the eyes of others.

Today's contemplation

Today, I will freely express my view points in the contexts I am part of, whether my view points differ from that of others or coincide with them and without trying to convince others of the value of my points of view.

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January 08: *The Joy without opposites*

In Christs Anonymous, we were in urgent need of breaking our addiction to our thinking mind, our ego, so as to be able to identify with our true Self, our Spirit, and thus be led to Joy of Being.

Christs Anonymous - The Thirteenth Step, page 24

When we came to Christs Anonymous, we had tried to find joy without opposites for a very long time, because we had discovered that when we were joyful for a reason, our joy disappeared when our reason to be joyful disappeared.

At times, our joy could even turn to pain, so in the end, we had come to the conclusion that joy without opposites did not exist.

However, as we worked with our ChrisAn Program, we discovered that joy without opposites did exist and was to be found in our identification with our true Self, our Spirit.

Furthermore, we discovered in our Second Step that we gave our Higher Power an opportunity to lead us to our true Self, our Spirit through our work with the Program of Christs Anonymous.

Today's contemplation

Today, I will work on reaching oneness with my true Self, my Spirit and thus to the joy without opposites.

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January 09: *The Neutral Point*

In spite of having been on a spiritual quest for a very long time, and in spite of seeking guidance from many spiritual teachers, we still found an almost constant chatter in our mind overwhelming us, blocking us from connecting to our Neutral Point and that Stillness of Mind which becomes possible from that point.

Christs Anonymous - The Thirteenth Step, page 10

When we studied our mind by the help of the Program in Christs Anonymous, we realized that our mind holds four states.

These four states consists of positive thoughts that give rise to joyful emotional feelings, negative thoughts that give rise to painful emotional feelings, neutral thoughts that give rise to neutral emotional feelings and last but not least no thoughts, also called meditation, where our mind becomes the sounding board for our true Self, our Spirit and this state gives rise to emotional feelings of joy for no reason and therefore without opposites.

Our goal with being members of Christs Anonymous is to be led to our true Self, our Spirit and thus to Joy of Being, so therefore we want our mind to be the sounding board for our true Self, our Spirit at those times, where we do not need to think, which is most of the time.

To be able to achieve being in a state of meditation most of the time, we need to be neutral towards the positive and negative thoughts and emotions that pass through our thinking mind, our ego, and that we achieve by the help of our work with The Rings of Joy and the Rings of Pain in our ChrisAn Program.

Today's contemplation

Today, I will work on being neutral towards the positive and negative thoughts that pass through my mind by the help of the Rings of Joy and the Rings of Pain in my ChrisAn Program.

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January 10: To step out of the war

However, we realized that attack is the first act of violence and defence is the first act of war; so we chose to let go of such notions knowing that such concepts and attitudes turned our thinking mind, our ego into an entity at war with himself/herself and the World at large in the name of goodness, and moreover, it brought suffering to us, others and the World as a whole as a result.

Christs Anonymous - The Thirteenth Step, page 31

Many of us have learned that we had to defend ourselves by counterattacking, when we felt attacked - whether it was materially, physically, energetically, emotionally, mentally, socially or spiritually – in spite of us having living examples like Mahatma Gandhi, who overthrew the British Empire by standing firm on its own perception of the right thing without criticizing, attacking or defending himself against other people's perception of the right thing.

Thereby, he showed the World, how it is possible to achieve what we want without us having to resort to violence towards others or to defend ourselves against their wishes, actions, emotions or thoughts.

In our work with our ChrisAn Program, we discovered that our attack on the World originated from belligerent thoughts that belong in the Microring of Hatred, which furthermore holds indignation, vindictiveness and bitterness, and that we become permeated with the vibration of the field, and thereby we attract all the others, who also are using these energies, and in that way we get the impression that our behavior is a quite normal behavior for a human being.

This understanding gave us the drive to move to the Microring of Love with its amiability, forgiveness, conciliation and sweetness both in relations to ourselves and the World.

Today's contemplation

Today, I will use my Christs Anonymous Program to move from the Microring of Hatred to the Microring of Love and thus step out of the war.

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January 11: *To judge on good and evil*

If you feel compelled to judge someone or something on the basis of good and evil and act accordingly, put yourself on a five-minute basis to let go of the obsessive thought and the compulsive act that follows in its trail.

Christs Anonymous - The Thirteenth Step, page 16

In our work with our ChrisAn Program, we have discovered that if we choose to relate to ourselves, others, our day, life and the World by judging everything based on a yard stick of good and evil, right and wrong, it means that we defend what we think is good or right and attack what we think is evil or wrong.

This habitual attitude we do not want to make use of anymore, because we know now that attack is the first act of violence, and defense is the first act of war, so when sometimes we experience it as if our thinking mind, our ego is being possessed by thoughts of good and evil, right and wrong anyway, we put ourselves on a five minutes basis to let go of the habitual thought form.

Instead, we bring our thoughts in alignment with our true Self's, our Spirit's unconditionally loving, caring, compassionate and merciful view on us, others, our day, life and the World.

This makes it easier and easier for us to feel at home in our true Self, our Spirit, and thus we experience the joy without opposites - the joy that we call happiness.

Today's contemplation

Today, I bring my thinking mind, my ego in line with my true Self, my spirit.

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January 12: Emotional-Mental archetypes

All these patterns are like a Chinese box system, where each of the attributes of the Small Rings open upwards to The Big Rings of Pain and Joy and The Big Rings of Pain and Joy open upwards to the Rings of Codependency and Emotional Sobriety that, similarly, open upwards to the Rings of Self-centeredness and God-centeredness that eventually opens up to the Rings of Emptiness and Fulfillment.

Christs Anonymous - The Thirteenth Step, page 54

When we begin our work in Step Four by inventorying our emotional feelings and the thoughts that lie behind them, we study the basic energy patterns in various emotional and mental combinations, called archetypes, that we work with in two categories.

One category we call the Rings of Pain, which are the energy fields that bring us emotional and mental pain, and that are also called our defects of character, our inner demons.

The second category we call the Rings of Joy, which are the energy fields that bring us emotional and mental Joy, and that are also called our virtues, our inner angels.

We examine how we act when we are under the influence of the Rings of Pain, and when we are under the influence of the Rings of Joy, and thus we open ourselves up to become able to make an informed choice about what fields of energy we want to be in and then we use the process of transformation in Step Six to enter the field of energy we have chosen.

Today's contemplation

Today, I will use my ChrisAn Program to consciously move from pain to joy by the help of my work in Step Four and Six.

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January 13: Fallibility

As a result of diligently working our Seventh Step on a daily basis, gradually, we became aware that we made many mistakes in the course of our day and therefore we needed to make amends to our Mother Earth body/physical body, ethereal body/energybody/space and time body, astral body/emotional body, causal body/mental body/thought body/ego and Soul/Super ego/social body plus the others that we interacted with in our Soul life, our social life, and with this purpose in mind, we moved on to Step Eight.

Christs Anonymous - The Thirteenth Step, page 73

In Step Six in our ChrisAn Program we had come to know our defects of character and our virtues well.

In Step Seven, we were therefore entirely ready to cooperate with our chosen Higher Power about being liberated from our compulsive use of our defects of character, but even if we were willing to be liberated from our compulsive use of our defects of character and had the help and support in this work from our chosen Higher Power, we discovered that our liberation from our compulsive use of our defects of character is a slow process.

Therefore, we have a need to follow the suggestion of Step Seven by cooperating with our chosen Higher Power about being liberated from our compulsive use of a defect of character by praying for liberation from it, when we discover that it has become so active in a situation that it is about to make us act compulsively.

Our fallibility, however, has been a stumbling block for us for many years, so it can be difficult for us to achieve having an efficient Seventh Step at our disposal, because to achieve that we will have to accept the many mistakes we make in the course of a day as compared to our desire to become liberated from our compulsive use of our defects of character.

Today's contemplation

Today, I will accept my fallibility by cooperating with my Higher Power by the help of a Seventh Step Prayer, when I discover that a defect of character

is about to make me act compulsively.

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January 14: Using Step Seven in Step Ten

We used our Seventh Step to look at the undergrowth of defenses, justifications, rationalizations and denials that strengthened our defects of character, and asked our Higher Power to liberate us from them and from our defects of character.

Christs Anonymous - The Thirteenth Step, page 92

In our Tenth Step we use all of our Steps from Step One to Step Ten, and when we have finished our Eleventh, Twelfth Step and Thirteenth Step, we will add these tools to our daily inventory of ourselves.

In our Tenth Step work, we use our Seventh Step throughout our day to pray to our Higher Power to liberate us from an obsession in our thinking mind, our ego by a defect of character that can lead to a compulsion that makes us inflict pain on ourselves and others unnecessarily.

In those situations, where our Seventh Step does not work for us, we make a short note about it and take up the most painful of these situations to inventorying in our Tenth Step at the end of the day.

When we come to the Seventh Step in the formal inventory of the day, we also look at, how denial, defense, justification and rationalization prevented us from being able to use our Seventh Step in the situation.

Today's contemplation

Today, I will work on achieving an efficient Seventh Step by using my formal Tenth Step to let go of my denials, defenses, justifications and rationalizations of my use of my defects of character.

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January 15: *The heart*

In our existence, our Spirit is attached to and operates through our entire being, and in our Mother Earth body/physical body, he/she is attached to and acts through our heart that by some is called our dominant brain as compared to the brain, we hold in our skull that is second in command, when decisions has to be made about our destiny.

Christs Anonymous - The Thirteenth Step, page 23

The latest research on intelligence shows that our physical heart in Reality is a brain, and that our heart can issue orders to our brain in our skull that our brain in the skull do not only understand but also obeys.

This research has furthermore discovered that everything indicates that if there is a conflict between our brain's decisions and the decisions of our heart, the decisions of our brain are overridden, so our heart is thus the superior brain in our physical body.

This concur with what spiritual teachers have taught for as long back as we can register, what their teachings were about, and at the same time, these spiritual teachers say that our heart is the dwelling of our true Self, our Spirit.

Like this Western science and Eastern spirituality meet in a mutual understanding that the heart brain or our true Self, our Spirit is the decisive decision maker in our existence.

Today's contemplation

Today, I will use my ChrisAn Program to learn to listen to my true Self, my Spirit.

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January 16: Fellowship

The principle of the First Tradition is Fellowship.

Slogan: Together we can accomplish what we cannot accomplish alone.

Christs Anonymous - The Thirteenth Step, page 133

In our work with the First Tradition, we take a stand on all the Fellowships that we are a part of, from one of two in our marriage to one of infinitely many in the Universe.

We also investigate how our Fellowships make it possible for us to accomplish tasks that we would have great difficulties in accomplishing alone or that we would not be able to accomplish alone at all.

We discover that our Fellowship with the other members of Christs Anonymous, allows us to work on our ChrisAn Program much easier than we would otherwise be able to, because we receive nourishment from the wellspring of experiences that the other members and our sponsor or recovery buddy share with us.

Moreover, we discover that when we share our experiences with our ChrisAn Program with the other members of our Christs Anonymous Fellowship and with our sponsor or recovery buddy, our understanding of our personal work with the Program grows in a way that we would not have been able to achieve, if we had worked alone.

Today's contemplation

Today, I will use my ChrisAn Fellowship to expand my understanding of my personal work with my Christs Anonymous Program.

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January 17: Communication

The principle of Step Two is Open-mindedness.

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

Christs Anonymous - The Thirteenth Step, page 108

In our interaction with another/others, many of us were anxious about how our thoughts and emotions would be received by him/her/those with whom we interacted, and therefore we became completely consumed with how we should express what was in our heart in such a way that it was well received.

This lead to our going into our thinking mind, our ego to explore how we could express ourselves, and thus we stopped listening to what the other/s had at heart.

This could lead to many misunderstandings that led to the other/s feeling misunderstood, and as a result the other/s could become more consumed with trying to explain to us in what our misunderstandings consisted rather than listening to what we had at heart.

Thus neither the other/s felt received by us or we by the other/s, and thus the purpose of exchanging information by the help of this communications was lost.

Today's contemplation

Today, I will use the principle and the slogan from the Second Tradition in my ChrisAn Program to remind myself to open my mind so as to listen carefully and respectfully to the other/s before I consider what I want to answer and how I want to express what I myself have at heart.

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January 18: *To find joy under all circumstances*

However, this sensation of holy presence gets obscured by us when we immerse ourselves in our thinking mind, our ego that is consumed with our past and future and is thus pulling our attention away from right HERE right NOW.

Christs Anonymous - The Thirteenth Step, page 39

Our goal in ChrisAn is to find joy under all circumstances no matter what they are and therefore we want to be in oneness with our true Self, our Spirit so as to experience the joy without opposites that is characteristic for our true Self, our Spirit, and which is also called happiness.

The energy of the thoughts in our thinking mind, our ego can lead to neutral, joyful or painful emotional feelings, and only when we maintain our focus in the now without thinking anything about it, the energy flow in our thought body comes from our true Self, our Spirit and in that way we become able to experience joy under all circumstances, no matter what they are.

However, we also have a life as creaturesmanifestations, so we also need to feel oneness with our physical body, our energy body, our emotional body, our thought body and our social body, but we choose to experience the oneness with them from within our true Self, our Spirit and therefore we do not identify with them as if we were one of them.

Little by little as we progress in our ChrisAn Program, we learn to let our true Self, our Spirit stream through our mind under all circumstances without thinking anything about the circumstances, no matter what they are.

Today's contemplation

Today, I will use my ChrisAn Program to learn to experience Reality without having to think anything about it, so my mind can become the

sounding board for my true Self, my Spirit.

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January 19: Joy of Being

However, irrespective of our personal experiences and unique ways of expressing ourselves, for all of us, the Joy of Being springs from our Point of Stillness, the point of our true Self, our Spirit, from where unconditional love, care, compassion and mercy flow eternally to our physical, ethereal, emotional and mental bodies, and to our Soul.

Christs Anonymous - The Thirteenth Step, page 7

In ChrisAn we have discovered that four types of joy is found: euphoria that springs from self-praise, joy, that springs from gratitude, ecstasy that springs from intense enthusiasm and happiness that is joy without opposites which springs from our true Self, our Spirit.

As long as we are joyful for a reason, we lose the joy or we even become unhappy if the reason for our joy disappears.

In ChrisAn we seek happiness that is the joy without opposites, which means that we can be happy under all circumstances, no matter what they are.

Therefore we wish to work on our thinking mind, our ego by the help of our ChrisAn Program, so our thinking mind, our ego can become the sounding board for our true Self, our Spirit.

Today's contemplation

Today, I will use my ChrisAn Program to surrender to a Power, greater than myself that can lead me to my true Self, my Spirit and thus to Joy of Being.

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January 20: *Surrender to the Group Conscience*

Every member had one voice, and this meant that we moved on to take a vote on the issue when everybody had spoken once, even if some of us might think that we would have a better chance of having our proposed course of action accepted and approved if we were allowed to speak more than once.

Christs Anonymous - The Thirteenth Step, page 114

In our Step work in ChrisAn, we have chosen to develop trust in our chosen Higher Power, and in our Tradition work we choose to develop trust in our group's Higher Power that is also called the Group Conscience that consists of the entire choir from all the voices in our group.

Thus we learn to listen respectfully and attentively to all the voices in our group, whether the group consists of one person in addition to ourselves or more persons in addition to ourselves.

Sometimes we want our idea of what is best for ourselves and our group to be what the group chooses as a basis for action, and therefore we want to convince the other members of our group that our proposal is the most advantageous for all and that may lead us into an argument with the group if we are allowed to speak more than once.

However, we surrender ourselves to the Group Conscience trusting that the group's decision here and now is the one that is the group's Higher Power's will for our group here and now, even if the group might change perception at a later date.

Today's contemplation

Today, I will use my Tradition Work in ChrisAn to learn to surrender to the Group Conscience.

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January 21: *The principle of anonymity*

It was important to us that we could freely express ourselves in our group, but that only became possible if we had confidence that what we disclosed or confided in the meeting was not passed on or discussed about after the meeting because it was considered to be confidential by others in the group. For this reason, we did not reveal what others shared in the meeting.

Christs Anonymous - The Thirteenth Step, page 131

When we attend meetings in our Christs Anonymous Fellowship, we have a need to share about our existential problems, and when we open ourselves for the possibility of finding a solution to the problem, we want to solve, by admitting it to ourselves, like we do, when we say it out loud.

At the same time, we admit it to the group, and thereby we open ourselves for the possibility of hearing from other members, who have found a solution to exactly our problem.

For us to be able have the courage to open ourselves, we need to know that we do not have to fear what other members are using our confidentiality for.

The principle of anonymity is createdmanifested exactly for us to have a guideline in our Fellowship to protect us against our confidentiality being used in a way that pains us, and when we refrain from putting a name to the person, we talk about, we respect the Principle of Anonymity, and thereby we can all feel safe about opening up in our meetings.

Today's contemplation

Today, I will respect the Principle of Anonymity in my Christs Anonymous Fellowship by not putting a name to the persons, who attended the meeting and also I do not put a name to the persons who shared what I want to pass on to people, who were not present at the meeting.

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January 22: *The hurt inner child*

We could work in many different ways with our hurt inner child, also called our defects of character, our inner demons, our sins or our wrongs.

Christs Anonymous - The Thirteenth Step, page 88

When we work with our Tenth Step we realize that we can use many names as a headline for our painful thoughts and emotions.

Some of us feel so overwhelmed by them that we call them our inner demons, but that in and of itself is such a frightening headline that most of us do not want to make use of it, because we do not want to use that label for any part of ourselves, even if it gives us the opportunity to call our virtues our inner angels.

Others of us call them our sins, because we feel that we commit a mistake against our Soul by taking the pain from unloving, uncaring, hard-hearted and merciless energies into use, as they pain our Soul, who rejoice when we take the joy from loving, caring, compassionate and merciful energies into use.

Yet others call them for our wrongs or our defects of character, and quite a few of us prefer to call them our hurt inner child, because the idea of a hurt child arouses the compassion in us that we need, when we are going to work with our painful thoughts and emotions.

Today's contemplation

Today, I will use my Tenth Step in Christs Anonymous to work in a loving, caring, compassionate and merciful way with my hurt inner child.

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January 23: Service

The principle of the Second Tradition is Service.

Slogan: I do not serve to elevate myself but to give life-force to those principles I wish to further.

Christs Anonymous - The Thirteenth Step, page 133

When we serve others by serving our Fellowship in Christs Anonymous, there is a risk that we may become so impressed by having the power to carry that out, that we begin to praise ourselves.

This means that we enter the energy field called the Ring of Self-centeredness with its euphoria, depression, self-criticism and self-praise, and this Pain-ring makes us lose the joy of carrying out the task that we have taken on.

When we find ourselves in the Ring of Self-centeredness, we open up ourselves to soon begin to criticize ourselves for the service we carry out, and thereby we may get to feel depressed about our service to the Fellowship.

Tradition Two helps us to not enter into these traps and instead choose to serve so as to give life force to the principles we want to serve, and in this way, we serve ourselves while at the same time we serve Christs Anonymous, and thus we achieve balance in our service.

Today's contemplation

Today, I will use Tradition Two to maintain balance, when I serve humankind by the help of my service in Christs Anonymous.

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January 24: *The astral body/emotional body*

Then, we investigated our five dimensional life by looking into how we reacted, when our astral body/emotional body was comfortable, because he/she was filled with joyful emotional feelings, and when he/she was uncomfortable, because he/she was filled with painful emotional feelings.

Christs Anonymous - The Thirteenth Step, page 49

In our First Step in Christs Anonymous we work on becoming more aware of the characteristics belonging to our different levels of consciousness.

Our astral body/emotional body, we consider to be both an independent being and a part of the totality in the structure of our being in the same way as we perceive our heart to be an independent being, but also a part of the totality of the structure of our Mother Earth body/physical body.

Our astral body contains the energy flow that springs from the thought activity in our causal body, and that made us understand why it was to our advantage to work on our thinking mind, our ego in such a way that the thoughts we nourished lead to emotions of joy in our astral body/emotional body.

Little by little, as this work progressed, we became better and better able at using the condition of our astral body/emotional body as a pointer to the thought activities that led to emotions of joy or emotions of pain in our astral body/emotional body, and thus we became more and more free to choose thought activities that led to joy.

Today's contemplation

Today, I will open myself to my astral body/emotional body and allow him/her to point to what painful thought patterns I can advantageously transform by the help of my Christs Anonymous Program.

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January 25: Praise from others

As a result of our Codependency we were always on the hunt for our 'drug' – seeking praise from others – and we sacrificed our time, energy, money and personal interest to 'save' others from the consequences of their thoughts, emotions and actions, but when they failed to praise us in spite of our sacrifices, we felt victimized by them.

Christs Anonymous - The Thirteenth Step, page 76

For many years we thought that it was to our advantage in our social life, when others praised us and our elated emotions, when we received praise seemed to confirm that perception.

Gradually, as our work with the Ring of Codependency and the Ring of Emotional Sobriety progressed, we realized that praise is the same for us, as heroin is for a drug addict, so praise is in Reality the deadliest poison for us, because it activates our disease of codependency.

When our codependency becomes active, it can make us want to use our resources in the hope of 'saving' another from the painful consequences of his/her thoughts, emotions and actions.

Only when we worked with the Ring of Codependency and the Ring of Emotional Sobriety in Christs Anonymous and investigated the consequences of our 'help', we discovered that our 'help' often had the opposite effect, because the person we wanted to 'help' got delayed in learning what was the consequences of his/her thoughts, feelings and

actions.

Today's contemplation

Today, I will use my ChrisAn Program to liberate myself from the actions that I do to achieve the praise of others.

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January 26: Transformation

Therefore, we also used our Sixth Step to accept that our thinking mind, our ego, held self-condemnation and condemnation of others, by admitting to ourselves when our condemnation was active, and then, we created/manifested a pathway in our mind leading us from condemnation to acceptance.

Christs Anonymous - The Thirteenth Step, page 63

Step Six is called the Step of transformation by many, because we work with moving out of the Rings of Pain and into the Rings of Joy.

Gradually, as we become aware of the consequences of our use of the Rings of Pain, we become entirely ready to allow our Higher Power to liberate us from our compulsive use of them.

At the same time, we get familiar with Rings of Joy, and gradually, as we realize the consequences of using the Rings of Joy, we become entirely ready to make an informed choice of thoughts, feelings and actions that bring joy to ourselves and others.

As a result, our habitual use of the Rings of Pain gets replaced with the use of the Rings of Joy, and thus we experience a transformation of ourselves, our lives and our relationships with others.

Today's contemplation

Today, I will use my Sixth Step in ChrisAn to move out of a painful Ring and into a Ring that brings me joy.

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January 27: *The thinking mind, the ego*

The real miracle happens when you realize that your Mind has become completely still and has thus become the sounding board for your Spirit, and as a result, you begin to feel the Joy of Being.

Christs Anonymous - The Thirteenth Step, page 17

When we came to Christs Anonymous most of us had suffered from overcrowding of thoughts for many years, and we had tried to get control of our thinking mind, our ego in many different ways to stop this swarm of thoughts that mostly were uncomfortable and painful.

We did not know that we were powerless over our thinking mind, our ego, so we needed help to handle our uncomfortable and painful thoughts while at the same time we needed to develop pleasant and joyful thoughts in addition to neutral thoughts, which we needed, when we were executing a project.

Furthermore, we wanted to achieve Silence in our thinking mind, our ego, so that our mind could be a sounding board for our true Self, our Spirit and thereby, we could get to experience the joy without opposites that we call happiness.

In our Step work in ChrisAn all this came to our lot, and thus we became able to perceive our thinking mind, our ego as a multifaceted diamond that exclusively had the intention of helping us.

Today's contemplation

Today, I will use the tools of my ChrisAn Program to rejoice in all the conditions that I can find in my multi-faceted diamond, my thinking mind,

my ego.

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January 28: *Opinions*

As a result of this realization, we understood that words, whether thought, written or spoken, are only pointers towards the Truth but not Truth itself, and this realization further helped us to let go of our addiction to our thinking mind, our ego, and instead perceive Truth as it revealed itself to us NOW and HERE without us having to have an opinion about it.

Christs Anonymous - The Thirteenth Step, page 45

Before we came to Christs Anonymous it was important for us to have an opinion about Reality at each and every point in time in the course of our day, gradually, as the events of the day took place.

We perceived our opinion about Reality to be a true picture of Reality, until we began to liberate ourselves from our addiction to our thinking mind, our ego and instead identified with our true Self, our Spirit.

Thereby, we discovered that the constant chatter in our thinking mind, our ego was about having opinions, soon about this and soon about that or the other, but that this chatter merely contained opinions about Reality, but these opinions were not Reality itself.

Therefore, we began to discard many thoughts that merely were an unnecessary appendage to our experience of Reality in the NOW so as to enter the Stillness, which made it possible for us to experience Reality as it unfolded moment by moment from the joy about our Reality of our true Self, our Spirit.

Today's contemplation

Today, I will let go of all the opinions about Reality that I do not need right NOW and right HERE, and instead I will hold on to my focus on Reality as I experience it from my true Self, my Spirit.

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January 29: *The Gratitude Prayer* (The Fifth Dimension Prayer)

The 'I' Version	The 'Group' Version
<p style="text-align: center;">God, You know what this, Your child, needs today.</p>	<p style="text-align: center;">God, You know what these, Your children, need today.</p>

Christs Anonymous - The Thirteenth Step, page 103

In our daily life, we experience social interactions, thoughts, feelings and situations that we perceive as unpleasant or cumbersome.

Many of us get angry when we experience something as unpleasant or cumbersome, because we think that our Higher Power is omnipotent and thus has the power to transform the unpleasant or cumbersome to be pleasant or effortless for us, and if our Higher Power does not do it, we think deep down that it is a punishment we have incurred in one way or another.

In our work with our ChrisAn Program, we had chosen our personal Higher Power to be a loving power, and this was in contradiction with our old concept of a Higher Power as a punishing Godhead.

Therefore, gradually, we have realized that the fulfillment of our desires, sometimes, necessitate that we experience unpleasant or cumbersome situations, and that these are not a punishment but a blessing in disguise,

giving us the opportunity to use our Program for personal and spiritual growth.

Today's contemplation

Today, I will use the Gratitude Prayer in all those situations I perceive as unpleasant or cumbersome so as to remind myself that I can choose to be grateful and receive these situations from my Higher Power as a gift of love that I can use to come closer to my true Self, my Spirit.

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January 30: *The Higher Power of the group*

We had chosen to trust that our life and our will were governed by our Higher Power, and now we chose to trust that our group's life and will were governed by the group's Higher Power.

Christs Anonymous - The Thirteenth Step, page 114

In our social life, we need to interact and cooperate with other people, whether our group consists of two people, ourselves and one more, or it consists of ourselves and many others, and our Traditions are all revolving around how we can best deal with our relationship with the World around us while at the same time we relate to a Higher Power.

We found out that we could do it by choosing to perceive our group as a oneness that has a personal Higher Power consisting of one united Power from all the personal Higher Powers of the members of our group.

We can choose to believe that the Higher Power of our group knows what our group needs at any given point in time and that the Higher Power of our group is expressed in the total voice that includes the voice of each group member.

As a result of this choice, we listen attentively and respectfully to the thoughts and wishes of the other members, when we have to make a choice about the right action as a group, and then we incorporate - wherever possible - all the wishes of the group members in a plan of action before we act.

Today's contemplation

Today, I will use the Traditions in my ChrisAn Program to listen respectfully and attentively to the Group Conscience of those groups I am part of, both inside my ChrisAn Fellowship and outside my ChrisAn Fellowship.

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January 31: Happiness

In the course of our Step Work, it had become clear to us that we needed our thinking mind to become still for us to achieve our goal, which was to let go of our addiction to our thinking mind, our ego, and instead begin to identify ourselves with our true Self, our Spirit, and thus achieve Joy of Being.

Christs Anonymous - The Thirteenth Step, page 46

In ChrisAn we want to achieve the Joy without opposites, which is also called happiness.

In the course of our life experiences, we have discovered that happiness is not found in those material gifts that life gives us, nor in how we use or do not use our Mother Earth body/physical body, or if she is sick or health.

Neither does it lie in how we use or do not use our ethereal body and thereby our time, our personal space and our energy, and we do not find the Joy without opposites in our astral body/emotional body, our causal body/mental body/thought body/ego or our Soul/Super ego/social body either.

In all these external and internal forms we can find the conditional joy, which is dependent on certain circumstances being fulfilled, but when those circumstances change, our joy often turns to pain, and thereby we realized that only in our true Self, our Spirit, we find the unconditional joy without opposites that we call happiness.

Today's contemplation

Today, I will use my ChrisAn Program to become better at identifying myself with my true Self, my Spirit, so I can become better at being happy under all circumstances, no matter what they are.

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February 01: Good and evil

When we investigated the perception of goodness that our thinking mind, our ego holds, we discovered that it consists in attacking what our ego perceives as evil and defending what our ego perceives as good.

Christs Anonymous – The Thirteenth Step, page 31

While we grew up and watched how the adults around us acted, we observed that the people, who were perceived to be good people, supported what they considered to be good, and attacked or destroyed what they considered to be evil, and as we wanted to be considered to be good people, we did the same.

This attitude has brought ourselves and others much suffering, and for a long time we had searched for answers to these sufferings by the time we came to Christs Anonymous.

In Christs Anonymous, we learned that good and evil is an illusion that only is concerned with what is to our advantage at any given point in time in our lives, and we also discovered that what we thought was to our advantage or disadvantage, changed from day to day, from month to month and from year to year.

Therefore, we stopped looking at ourselves and the World around us as good or evil, and instead we made clear to ourselves what our purpose was in participating in various activities, and we sorted that away, which did not serve our purpose and cultivated further that, which served our purpose instead of using the terms good about that, which served our purpose, and evil about that, which blocked our purpose.

Today's contemplation

Today, I will use my ChrisAn Program to take a stand on what serves my purposes and I will choose to give that more of my resources, and I will

also take a stand on that, which does not serve my purposes and choose to liberate myself from of it without judging it on the basis of good and evil.

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February 02: Accountability

The principle of the Ninth Tradition is Accountability.

Slogan: I serve with pleasure or not at all.

Christs Anonymous – The Thirteenth Step, page 133

Before we came to Christs Anonymous, we considered it to be accountable to serve our loved ones in various ways, regardless of how we felt about it.

While we worked with the Traditions in ChrisAn we became aware that we often tried to get praise for our efforts, because in Reality we did not feel like serving our loved ones in one or more areas, but did it exclusively to please them.

After we came to ChrisAn, we discovered that such a distortion created manifested pain both in ourselves and our loved ones, because our action was a joyless action that we carried out so as to get praise from our loved ones.

Instead, of serving others to achieve praise, we used our ChrisAn Program to determine if praise was our motive for acting , and if that was the case, we refrained from acting, but if we found joy in serving our loved ones, we chose to do it.

Today's contemplation

Today, I will use my Tradition Work to learn to use my resources on tasks that give me joy to carry out and to let go of the tasks that do not bring me joy.

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February 03: *Uniqueness*

The principle of the Fifth Tradition is Gratitude.

Slogan: Mutual appreciation pleases the heart.

Christs Anonymous - The Thirteenth Step, page 133

As creaturesmanifestations, we are able to separate ourselves in unique ways from all other creaturesmanifestations.

Even two snowflakes are different and separate themselves in unique ways from each other, and this individuality makes it possible for us to admire and appreciate all the possible combinations of the createdmanifested.

When we interact with our fellow human beings, we can choose to appreciate and admire their uniqueness - their individuality, and we can open ourselves to let others appreciate and admire our uniqueness - our individuality.

When in this way we appreciate and admire each other, we rejoice in our Higher Power's creationmanifestation work in all its rainbow-colored diversity.

Today's contemplation

Today, I will rejoice over all the unique beings that I meet on my path during my day.

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February 04: To be of benefit

The group treasurer serves us by taking care of passing around the 7th Tradition contributions bag during the recovery meetings, and by paying our rent and refreshments expenses from the money that is collected.

Christs Anonymous - The Thirteenth Step, page 113

There are many ways in which we can serve Christs Anonymous, but the most important thing is that we serve ourselves first and foremost.

We serve ourselves when we attend meetings in Christs Anonymous, and at the same time we serve others by giving life force to the meeting in which we participate.

Those of us who have the time and desire and who therefore would rejoice in serving the Fellowship as a whole, can do so by being chair, treasurer, group representative, coffee person, welcome person, sponsor, recovery buddy or by participating in various projects that our Area Service Committee wishes to implement.

The important thing is that we rejoice in serving and thus benefit ourselves while we at the same time are benefitting others.

Today's contemplation

Today, I will rejoice in benefitting myself while I benefit others in my ChrisAn Fellowship.

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February 05: *To respect the Group Conscience*

As a group, we used the Fourth Tradition to investigate our group's desires both concerning meetings and other group activities, and in deciding how we would go about fulfilling our group's tasks in the desired direction, taking into consideration whether our approach would affect other groups or Christs Anonymous as a whole.

Christs Anonymous - The Thirteenth Step, page 118

Before we came to Christs Anonymous, we were mostly concerned with implementing our own desires in group contexts, but as our personal work with our Traditions progressed we became better and better at listening to the Group Conscience.

When we listened attentively and respectfully to each member of our group, both in our ChrisAn group and in our groups outside ChrisAn, we gave space for the Group Conscience to come to expression.

We perceived the Group Conscience to be the Higher Power of the Group and therefor we chose to listen to the Group Conscience with the same attentive respect that we chose to use to listen to our individual Higher Power.

Thereby we contributed to that all members of our group could feel respected and treated with love and care, whether it was one of two in our marriage or one of many in our entire ChrisAn Fellowship, and when we in this the way respected the Group Conscience in the groups we were part of, we felt like a harmonious and well-adapted part of the group, while at the same time the other members of our group felt the same.

Today's contemplation

Today, I will use my Tradition Work to relate in a loving, caring,

compassionate and merciful way to the groups I am part of, by respectfully listening to and surrendering to the Group Conscience.

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February 06: *The causal body*

In our existence, our causal body/mental body/thought body/ego is attached to and operates through our knowing mind or through our thinking mind, and in our Mother Earth body/physical body he/she is attached to and acts through our brain.

Christs Anonymous - The Thirteenth Step, page 27

Our causal body is called causal because it is the cause of our emotional feelings that give us the energy to act, and which therefore set our Mother Earth body/physical body into movement.

This means that most of our actions springs from our causal body, our thinking mind, our ego.

When we develop our relationship with our causal body by the help of our Christs Anonymous Program, we become able to take care of ALL of our thoughts with love, care, compassion and mercy.

That means that we relate to our thinking mind, our ego from our loving, caring, compassionate and merciful Soul.

Today's contemplation

Today, I choose to relate to my thinking mind, my ego from my Soul and thus with love, care, compassion and mercy.

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February 07: Transformation of the ego

From the teachings of these paths, it slowly dawned on us that most of them taught us that the main obstacle in our path on our way to freedom from suffering is our thinking mind, our ego that is the direct cause of our anger, worry, anxiety, stress, depression and fear.

Christs Anonymous - The Thirteenth Step, page 19

We have observed that our emotional feelings is the flow of energy emanating from our thoughts.

If we carry out a task, and it seems to us to be meaningless, we feel angry about carrying out this task, worried about the time we use on the task, anxious because we feel compelled to do this work, stressed about how long time it takes and depressed about not letting go of the task and do something else.

If we carry out the same task, and it seems to us to be meaningful, we feel delighted to do this task, content with using time on the task, calm about having chosen to do this task, patience concerning the time it takes without considering, if we should rather do something else.

As a result of these observations, we became aware that our work in ChrisAn with transforming the content of our thinking mind, our ego by the help of the Rings of Joy and the Rings of Pain is our path forward to transform our thinking mind, our ego, so we can find joy under all circumstances, no matter what they are.

Today's contemplation

Today, I will use the Rings of Joy and the Rings of Pain to transform the

content of my thinking mind, my ego, so I can find joy under all circumstances, no matter what they are.

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February 08: *Each member one voice*

Hence, we practiced the principle of anonymity by respecting that each of us have 'one equal voice', knowing from our own experiences in the Fellowship that what we may not find useful for our own recovery might be exactly that which changed the life of another.

Christs Anonymous - The Thirteenth Step, page 132

When we attend meetings in Christs Anonymous, we hear about others' experiences with the Program, and thereby we become aware that there are many perspectives on our Program.

Some members' perspective is in line with our own, and we find many useful details in their perspectives, and the perspectives of others are so far from our own, that we do not find any of it useful for us.

However, we soon discover that others find exactly that, which we could not use, to be useful to them, and in that way we became aware that all perspectives are useful, and this helped us in our Tradition Work, where we needed to find one mutual voice by the help of the Group Conscience.

We accepted that many different perspectives were expressed, when we had to make a decision about a foundation for mutual action, and we did not want this to lead to endless discussions about the right action, so each member has one equal voice, and when the perspective of each member has been expressed once, we move on to vote so as to determine our desire for a certain action.

Today's contemplation

Today, I will listen attentively to each single group member's perspective and I will also express my own perspective, so that the Group Conscience

can be expressed in full for the benefit of me and my entire group, before we decide to act.

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February 09: *The Joy of serving*

We identified and investigated those areas where we exclusively wanted to serve ourselves and those areas where we exclusively wanted to serve others.

We discovered that it was rare that we wanted to serve either ourselves or others exclusively

Christs Anonymous - The Thirteenth Step, page 126

Sometimes we feel very egotistical, and here our work with Tradition Nine is a big help, because we clearly realize that we want to serve others more than we were aware of before we worked with the Ninth Tradition, so our feeling of being egotistical is not always in conformity with Reality.

From our Step Work, we know that primarily, we are responsible for showing ourselves unconditional love, care, compassion and mercy to be aligned with our true Self, our Spirit.

Only after we have taken care of all the bodies that are entrusted to us can we begin to take care of the bodies that is to be found around us, whether our own bodies or that of others are physical, ethereal, astral, causal or social.

It is a big and time-consuming job to take care of all of our personal bodies, and in Tradition Nine we find out that when we take care of our own bodies in an unconditionally loving, caring, compassionate and merciful way, we also become better able to take care of others, and often our self-care is an example to be followed and a source of strength and joy to our surroundings.

Today's contemplation

Today, I will use my Tradition work to find out how I can serve others by serving myself and thus bring joy both to myself and others.

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February 10: Sensuality

In our existence, our Mother Earth body/physical body is attached to and acts by the help of our five senses through Mother Earth that feeds our Mother Earth body/physical body as well as that of all other three-dimensional creaturesmanifestations, whether the creaturesmanifestations are from the mineral kingdom, the plant kingdom, the animal kingdom or the human kingdom.

Christs Anonymous - The Thirteenth Step, page 29

When we began on our spiritual path, little by little, we got the impression that all our sensory joys were an obstacle to our spiritual growth.

This led many of us to look down on our Mother Earth body/our physical body and her senses and therefore we had a tendency to neglect her needs to be well rested, well groomed, well exercised and well nourished.

After we came to Christs Anonymous however, we became more aware of that it is with the help of our Mother Earth body/our physical body and her senses that our true Self, our Spirit experience life on Earth and rejoice in it.

The more we expand our conscious contact with our true Self, our Spirit the more we rejoice in our senses, and we can often use our senses as an entrance to become one with our true Self, our Spirit.

Today's contemplation

Today, I will open my senses to life on Earth and rejoice in the diversity of sensory input that is coming to my lot.

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February 11: *Fear of admitting*

We did this work by taking up a situation from our day that gave rise to anger, indignation, worry, anxiety, stress, depression or fear in us; we wrote down the situation and identified the names of the defects of character that we took into use in the situation.

Christs Anonymous - The Thirteenth Step, page 62

In Step Ten in our Christs Anonymous Program, we continued our work with observing ourselves, our joys and pains, by carrying out daily inventories of those situations from the day that gave rise to painful thoughts and feelings such as anger, worry, anxiety, stress, depression or fear.

By facing our existential pain in this way we became better and better in admitting them to our sponsor/recovery buddy or to those we might have had a conflict with, although in the beginning, we feared that others would use our admission to 'press on our pain buttons' in situations where they wanted to subjugate us for different reasons.

Anyway, we decided to be courageous and admit our painful thoughts and feelings to others.

This we did, because we knew that recovery begins by admitting our pain and how it makes our lives unmanageable, and we discovered to our delight that we did not have nearly as much reason to fear others as we had imagined.

Today's contemplation

Today, I will let go of my fear of admitting my painful thoughts and feelings to another human being so as for my healing of that which pains me today to begin.

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February 12: Ethics

Thus, we began to let go of morality to surrender to our ethics, even though others were constantly trying to hold us down by trying to inflict guilt and shame on us if we did not surrender to their perception of the right thing.

Christs Anonymous - The Thirteenth Step, page 89

In ChrisAn we consider morality to be the yardstick our society uses to inform us about what society generally perceive as the right attitudes and the resulting right actions.

Ethics we perceive to be the individual human being's yardstick for what the individual human being perceives to be the right attitudes and the resulting right actions in relation to the person himself/herself and others.

Gradually, as we get to know ourselves by the help of our ChrisAn Program, we become more and more conscious of what we consider to be the right attitudes towards ourselves and others and the resultant right actions.

Thereby we become better and better at maintaining our integrity by standing by what we ourselves perceive as the right thing even if others may not agree with us.

Today's contemplation

Today, I will develop my ethics by getting to know myself better by the help of my ChrisAn Program.

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February 13: *The Big Ring of Joy in Step Nine to Twelve*

Step Nine to Twelve.

Christs Anonymous - The Thirteenth Step, page 11

Step Nine to Twelve is our third meeting with The Big Ring of Joy with its faith, hope, love and truth.

When we make our amends in Step Nine, we have **faith** in that we can benefit ourselves and others by making amends for our mistakes from the past and in the present.

In Step Ten, we work with our daily inventory of a topic from our day that we want to take a closer look at, because we **hope** that the wisdom we gain through this inventory, will serve us well in our way of handling our actions, our emotions, our thoughts and our social life.

In Step Eleven we develop our capacity to love by the help of our daily identification with our true Self, our Spirit and thus our capacity to **love** everything and everybody everywhere at all levels of existence, and in Step Twelve, we express our personal truth knowing very well that our **truth** is

not the whole Truth, but one single perspective on The Truth.

Today's contemplation

Today, I will use The Big Ring of Joy with its faith, hope, love and truth.

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February 14: *The World's sufferings*

When we looked at the suffering of the World at large, we realized that trying to imagine the suffering of another was to no avail, because that which was experienced as a pin-prick by us might be experienced as a stroke with an axe by another and that which was experienced as a stroke with an axe by us might be experienced as a pin-prick by another.

Christs Anonymous - The Thirteenth Step, page 42

When we look at the sufferings of the World, we can find it difficult to imagine that there might be an unconditionally loving, caring, compassionate and merciful intention behind them, and we have used many thoughts and felt many emotions in connection with the sufferings of the World without having found an answer as to how we usefully deal with them.

Our own sufferings we had also given much thought and felt many conflicting emotions about, and both our own sufferings and the sufferings of the World had made it difficult for us to believe in an unconditionally loving, caring, compassionate and merciful Higher Power.

However, already in our Second Step in our ChrisAn Program we came face to face with the sufferings of World and with our own sufferings,

because here we investigated the consequences of our own sufferings and discovered that they led us to the wisdom that lay at the root of our sufferings, and they made it possible for us to further develop our Christ Consciousness.

When we realized these facts about the consequences of our sufferings, we concluded that our human limitation and ignorance prevented us from seeing the consequences of the sufferings of the World as a whole, but we could choose to believe that just as we had benefited from our sufferings in the long run, the sufferings of the World would also benefit the World in the long run.

Today's contemplation

Today, I will use my ChrisAn Program to transform my sufferings into wisdom and Christ Consciousness.

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February 15: The Ring of Fulfillment

We found out that if we found ourselves in the Ring of Fulfillment, when we had empty time ahead of us, we found it easy to fill our empty time with something that had our interest and which therefore was meaningful for us, and therefore we experienced a sense of fulfillment that made us feel oneness with ourselves, because all of our planes of existence acted as one whole

Christs Anonymous - The Thirteenth Step, page 47

There are many ways in which we can enter the Ring of Fulfillment with its fulfillment, interest, meaningfulness and oneness.

If we fill up our time with tasks that have our interest and which therefore are meaningful to us, we act in oneness with all of our being and thus we do not any resistance from any part of ourselves.

If we choose to enter the Ring of Fulfillment by the help of interest, we can do it by contemplating which task we would find interesting to carry out now and then begin to carry out that task, and when we carry out a task that has our interest, we find what we do meaningful, and as a result we act in oneness with our whole being without any form of resistance from within.

We can also enter the Ring of Fulfillment by the help of meaningfulness by

contemplating what our next meaningful task could be, and if for instance it is in the morning, our next meaningful task could be to take a bath, so it has our interest to do it, and thus we experience no resistance from any part of our being and thereby we are acting in oneness with how we fill out our time.

Today's contemplation

Today, I will use the Ring of Fulfillment as much as my day allows.

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February 16: Step Twelve

The Twelfth Step suggests that we practice these principles in all our affairs, and when we did that, our state of being shone forth in everything we did, carrying the message even if we weren't sharing it verbally with others.

Christs Anonymous - The Thirteenth Step, page 107

When we have finished Step Twelve in our ChrisAn Program, we have picked up the principles of all our Twelve Steps, and we have thus created/manifested a new lifestyle that we find joyful.

When we enter various enterprises, whether it is our daily routines or a new project, we use these principles in all our affairs, and thus our state of being shines forth through everything we do.

The joy that we feel about ourselves as creatures/manifestations, about our lives, about other creatures/manifestations and about our Higher Power fill our lives with a life force that we had not even imagined possible.

So even if we do not express to others our Program and its gifts to us directly with words, then our very being, our life and our behavior is a message to everyone we meet on our way.

Today's contemplation

Today, I will use the principles of my ChrisAn Program in all my affairs.

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February 17: *The Third Step Prayer*

THE THIRD STEP PRAYER (The Fourth Dimension Prayer)	
The 'I' Version	The 'Group' Version
<p>God, take my will and my life and show me how I can live in complete compliance with my true Self, my Spirit.</p>	<p>God, take our will and our life and show us how we can live in complete compliance with our true Self, our Spirit.</p>

Christs Anonymous - The Thirteenth Step, page 103

In Step Three, we want to surrender our will and our life to the care of our chosen Higher Power, because we have become aware that often we can be unloving, uncaring, hardhearted and merciless to ourselves, and therefore we now want to surrender the care for us to our chosen unconditionally loving, caring, compassionate and merciful Higher Power.

For many of us it was a big step, because even if sometimes we were unloving, uncaring, hardhearted and merciless to ourselves, we had a loving, caring, compassionate and merciful intention in being so.

However, in our Step work we had become aware that often our loving, caring, compassionate and merciful intention was not met, because we

acted contrary to our intention.

Therefore, we rejoiced in surrendering our will and our lives to a Power that always and without exception is unconditionally loving, caring, compassionate and merciful, and for this purpose we used the Third Step prayer.

Today's contemplation

Today, I will use the Third Step prayer to sense how far I have come in surrendering myself wholeheartedly to my chosen Higher Power's care.

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February 18: Denial

Our denying that we had taken a defect of character into use sprang from the fact that we could only see our thinking mind, our ego from within, and because our thinking mind, our ego always and without exception has a loving, caring, compassionate and merciful intention with every thought, we were blinded by this, and therefore we became unable to see that the loving, caring, compassionate and merciful intention could not be served by the help of defects of character, and exactly that is why we call these attributes for defects of character.

Christs Anonymous - The Thirteenth Step, page 68

Even before we came to Christs Anonymous, we had been on the spiritual path for a long time and therefore we had tried to be as sincere and honest to ourselves, as it was possible for us, so when first we heard about denial, we had difficulties imagining that it had got anything to do with us.

We did exactly not want to deny Reality, so it took us a long time to face the fact that denial is that veil of grace that covers up Reality from our investigative gaze until we have become ready to come face to face with it.

In our ChrisAn Fellowship we got the help we needed to step out of our denial about our use of our defects of character, and we discovered that we needed to give our addiction to our thinking mind, our ego so as to become able to step back and investigate it in the same way as a scientist investigates a topic

As a result of this work, we slowly learned to know the difference of our

use of our defects of character and our virtues by the help of the Rings of Joy and Pain.

Today's contemplation

Today, I will use my ChrisAn Program to investigate my thinking mind, my ego by the help of the Rings of Joy and Pain.

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February 19: *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 or passed them on to others if we didn't find use for them 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 did have a surplus to give from (Abundance).

Christs Anonymous - The Thirteenth Step, page 55

During our Step Work in Christs Anonymous, we had often observed that our desires were fulfilled in unexpected ways when we had done what was in our power to fulfill our desires ourselves without being able to do so.

This had gradually made us trust that our Higher Power gave us what we needed, when we needed it.

Most of us have received so many gifts from our Higher Power that we actually have far more than we need in one or more of our planes of existence, and this surplus we can choose to pass on to others who lack what we have in surplus.

Thereby we discover that we have way more abundance than we think about in daily life and at the same time, we experience more intensely the joy of being the Small Ring of Faith.

Today's contemplation

Today, I will decide what part of my surplus, I want to pass on to others, whether it is materially, energetically, emotionally, mentally, socially or spiritually so that I can step into the joy in the Small Ring of Faith.

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February 20: To share Step One-Four with one's chosen Higher Power

Next, we shared our self-realizations with our Higher Power by reading what we had written to our Higher Power, and we changed what we had written in accordance with the impulses that came to us while we read, taking these impulses to be our Higher Power's guidance to us in our Fifth Step work.

Christs Anonymous - The Thirteenth Step, page 61

In Step Five we share our realizations from our Step Work with our Higher Power by reading our Fifth Step to our Higher Power.

Many of us thought that our Higher Power already knew what we had found out ourselves in our Step Work, and although that is true, it is nevertheless important that we do not skip this part of our Fifth Step, because it does make a difference for us to read our inventory to our Higher Power.

When we read our inventory to our Higher Power, we discover that many thoughts and impulses come to us, which deepens our understanding of our realizations from our Step Work, and this deeper understanding we add to our own findings by writing it down in our inventory.

This deeper understanding we will add to our self-realizations by writing it down in our inventory of ourselves, and if we choose to write these insights with a different font type, we can get an easy overview of what we added, while we read to our Higher Power, so we can use it to describe what we got out of sharing our inventory with our Higher Power from Step One-Four.

Today's contemplation

Today, I will share my inventory with my Higher Power and write that down, which I get inspired to add, while I read so that I can easily achieve an overview of what I got out of sharing my inventory with my Higher Power.

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February 21: To follow the heart

By allowing ourselves to do that which brought us Joy of Being right HERE right NOW, we discovered that our life changed dramatically, and we became aware that our Higher Power's will for us was to evolve through enjoying and loving our physical life, our space and time life, our emotional life, our mental life, our social life and our spiritual life.

Christs Anonymous - The Thirteenth Step, page 78

Before we came to ChrisAn, many of us had been judgmental about our own desires, and it meant that we put a block against the fulfillment of those of our desires that we judged unworthy.

After we came to ChrisAn, we became aware that it was important that we fulfilled our desires, because only when we experienced the fulfillment of our desires, we could develop our power of discernment.

In this process, we might discover that the fulfillment of many desires that we had imagined would make us happy, maybe did not have the desired effect.

And we also discovered that many desires that we had judged to not be good enough, but which we chose to fulfil, when we came to Christs Anonymous, proved to bring us much joy.

Today's contemplation

Today, I will do my best to fulfill my desires in the NOW, whether my

desires are material, physical, ethereal, astral, causal, social or spiritual, and I will seek help to fulfill the desires that I can not fulfill myself.

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February 22: Meditation

The fifth circle illustrates a meditating state of mind, where there is no thought activity and thereby our thinking mind, our ego became the sounding board for our true Self, our Spirit.

Christs Anonymous - The Thirteenth Step, page 97

When our thinking mind, our ego becomes completely still, we have entered into meditation, and in that state our thinking mind, our ego becomes the sounding board for our true Self, our Spirit.

By the help of our meditation practice we become better and better at being one with our true Self, our Spirit.

We also become better and better at discerning between the impulses that come from our thinking mind, our ego and the impulses that come from our true Self, our Spirit.

Gradually, as we become better and better at entering into meditation, we can also enter into meditation, even when are in the process of solving the tasks of the day and thereby we increase our joy of being.

Today's contemplation

Today, I will use the suggestion from my Eleventh Step about teaching my thinking mind, my ego to be completely still so that I can experience to be in oneness with my true Self, my Spirit and thereby experience the joy without opposites.

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February 23: Step Ten

In our daily written Tenth Step inventory, we chose to inventory one situation from our day where our defects of character, our hurt inner child, came to expression, to become able to heal the hurts on a daily basis so that our hurt inner child could become more and more healthy and happy – which implied that our immature and dysfunctional mental-emotional patterns could become more and more mature and functional.

Christs Anonymous - The Thirteenth Step, page 87

When we have reached Step Ten in Christs Anonymous, we have come to know many of our virtues and defects of character, and that knowledge we use in our daily inventories.

Many of us have chosen to look at our defects of character as a hurt child, because our defects of character are, in Reality, merely immature virtues, and it helped us to be loving, caring, compassionate and merciful towards our defects of character, when we chose to approach them as an immature form of energy, a hurt child.

When we approached our defects of character in this way, it also became easier for us to admit that we had used a defects of character in a situation in the course of our day and thereby our Tenth Step inventory became easier to carry out.

The easier it was to carry out our Tenth Step the more likely it was that we would become able to inventory ourselves on a daily basis like Step Ten suggests.

Today's contemplation

Today, I will use my Tenth Step to take a defect of character to heart as if it were a hurt child needing recovery.

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February 24: Mercy

The principle of Step Twelve is Mercy.

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

Christs Anonymous - The Thirteenth Step, page 109

In ChrisAn we discern between pity and compassion.

We perceive pity to be an attempt to put ourselves into the pain of our fellow human being by the help of imagination, and the imagination can make us believe that we know what our fellow human being suffer under, and this imagination can make us come up with useless guidance as to how we imagine that our fellow human being can recover from the pain and thereby we add injury to pain, and become unable to show mercy.

We perceive compassion to be an understanding of another person's pain, because we have experienced a similar pain in the past and know what that pain feels like, which our fellow human being experiences right now, whether the pain is material, physical, energetic, emotional, mental, social or spiritual, and we also know, which painful mistakes we made, and therefore we became able to show mercy to our neighbor.

As a result of our experience, we have the capacity to give our fellow human being hope that he/she too can recover from the pain, because we can share our experience of the same pain and how we managed to recover

from it.

Today's contemplation

Today, I will be merciful to my neighbor by sharing my experience of the pain that my neighbor is suffering from, and if I have no experience of a similar pain, I will ask my neighbor what he/she wants to do about the pain and how I can help.

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February 25: *The Blissful Flow of the Present Moment*

Only when we came to Christs Anonymous were we finally able to stop identifying ourselves with our ego, our thinking mind, the source of this constant chatter; and instead, we began identifying ourselves with our true Self – our omnipresent, omniscient, omnipotent and immortal Spirit.

Christs Anonymous - The Thirteenth Step, page 10

In Christs Anonymous, we want to be led to the joy without opposites that we consider to be happiness.

For many years, we have tried to imagine what it would take for us to be happy, and we discovered that if we were happy for a reason, we became unhappy when our reason to be happy disappeared.

Gradually, as our work with our Program in Christs Anonymous progresses, it becomes clear to us that we can not think ourselves into happiness – we can experience it.

We experience happiness by identifying with our true Self, our Spirit in The Blissful Flow of the Present Moment.

Today's contemplation

Today, I will make myself happy by identifying myself with my true Self, my Spirit in The Blissful Flow of the Present Moment.

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February 26: *Thought habits*

As a result of our thinking habits, we had many unpleasant emotional feelings in our lower heart, our solar plexus center that harbored emotional feeling that were hostile to us and others, and that to such an extent that they createmanifest illnesses in our Mother Earth body/physical body that has his/her limits as to how much pressure he/she can bear from our stressful emotions without falling ill.

Christs Anonymous - The Thirteenth Step, page 36

Today, it is widely recognized that emotions, which trigger the stress hormone cortisol in large quantities, harm our Mother Earth body/physical body, and if it continues over a long time, illness can occur in the weakest areas of our Mother Earth body/physical body.

It is also widely recognized that happy feelings trigger dopamine, endorphin, serotonin and oxytocin and that these pleasure hormones createsmanifests healing and health in our Mother Earth body/physical body.

Furthermore, science now knows that our emotions are rooted in our thoughts, so when we think painful thoughts they trigger painful emotions, and when we think happy thoughts, they trigger happy emotions.

Therefore, in our ChrisAn Program, we work on transforming our thought habits by the help of the Rings of Pain and the Rings of Joy.

Today's contemplation

Today, I will use my ChrisAn Program to transform my thought habits by the help of the Rings of Pain and the Rings of Joy.

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February 27: Desires

Whenever we abandoned ourselves by being dishonest about what would bring us Joy of Being this moment, in the HERE and NOW, we discovered that we felt lonely due to our abandoning self by condemning what we wanted to do as being beneath us, as being too superficial, as not being of any practical value or as not being 'spiritual'.

Christs Anonymous - The Thirteenth Step, page 81

Spiritual teachers have informed that now it is spiritual dawn for humankind.

This means that the sleeping Spirits are about to wake up, and therefore we, who are on the spiritual path, get an experience of being present in the NOW more often than has been the case for most of us previously.

When we are present in the NOW while our thinking mind, our ego is still, we sense our true Self, our Spirit, and when our true Self, our Spirit fills the Silence in our thinking mind, our ego it becomes easy for us to find joy in the NOW.

However, we can also find joy in the NOW, although our thinking mind, our ego is thinking if we listen to those thoughts that tell us what would bring us joy in the NOW and do our best to do what is needed to give ourselves permission to do that which would bring us joy.

Today's contemplation

Today will do my best to do what would bring me joy in the NOW, if at all possible for me due to circumstances.

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February 28: *The eight colors*

There are a total of eight colors in the rainbow, but the ultraviolet and the infrared cannot be seen or illustrated separately; the ultraviolet color permeates all the colors of the center and that changes the hue of all them, and the infrared is the heat that radiates from the entire structure.

Christs Anonymous - The Thirteenth Step, page 23

When we study the graph in Step One in our book *Christs Anonymous - The Thirteenth Step*, we see that all the colors of the rainbow are represented.

Until we came to Christs Anonymous, we thought that there were a total of six colors together with their infinite nuances in their different shades.

When we studied this graph, we were told that the structure in the center of the Absolute also contains a seventh color, the ultraviolet, and that the heat of the whole structure in our existence as creaturesmanifestations radiates the eighth color, the infrared color.

By visualizing the ultraviolet color and then focus it as a thin or thick beam in different areas of our Mother Earth body/physical body, ethereal body/space-time-energy body, astral body/emotional body, causal body/mental body/thought body/ego or our Soul/Super ego/social body we can bring the healing power of the Absolute in the form of unconditional love, care, compassion and mercy to the sick or frail area.

Today's contemplation

Today, I will direct the light of my Absolute consciousness to an sick or frail place in one of my bodies and thus give the body in question a healing empowerment.

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February 29: Training of our thinking mind, our ego

When we chose to investigate a disturbing or a joyful emotion, we had to look into our thinking mind, our ego, to find out which of our thoughts had led to the disturbance or joy, without criticizing or praising our thinking for that reason.

Christs Anonymous - The Thirteenth Step, page 83

Before we came to Christs Anonymous, many of us had a perception of our thoughts and emotions as two separate areas.

After we came to Christs Anonymous, we discovered that joyful or painful emotions, brought us joy or pain for a reason, and this reason sprang from our thoughts and that the energy flow of our thoughts is our emotions.

In our ChrisAn Program we investigate our thinking mind, our ego so as to identify the thoughts that bring us joy and the thoughts that pain us.

Little by little after that it becomes possible for us train our thinking mind, our ego to think thoughts that bring us joy in all the areas and in all the points in time, where it is possible.

Today's contemplation

Today, I will use my ChrisAn Program to investigate what thoughts I can transform from being painful to being joyful.

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March 01: Service

The caretaker of the group serves us by seeing to it that the refreshments are arranged and served at our recovery meetings.

Christs Anonymous – The Thirteenth Step, page 114

Gradually, as we harvest more and more fruits from our membership of Christs Anonymous, we get a desire to contribute to it that other people also can get an opportunity to be benefitted by our Fellowship and our Program.

Therefore, most of us choose to make a contribution to the well-being of humanity by giving some of our time and energy so as to make it possible for others to achieve these gifts too.

We can do it in many ways, and one of these can be to take care of arranging the refreshments for the meeting and see to it that they are being served during our meeting.

This creates/manifests a warm and welcoming atmosphere, and thereby we contribute both to our own well being during the meeting and to that of others as well.

Today's contemplation

Today, I will contribute to my Fellowship by carrying out a service that I like to carry out for the Fellowship.

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March 02: *Our personal Truth*

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

Christs Anonymous – The Thirteenth Step, page 108

Many of us imagine that we are capable to speaking The Truth, but in Reality we are only able to put into words our personal perspective on Reality, and even our words are limited to be pointers go that point in Reality, we are trying to express, but they are not Reality itself.

Our personal perspective on Reality is unique, and as such it is only our personal Truth that we can tell others about.

Often we experience that others' perception of Reality is different than ours, even if it is the same situation or the same place each of us describe.

This is also so for our own and others' perception of our ChrisAn Program, and we can use our personal Truth to enrich others with new perspectives on the Program, and we can take from the perspectives of others, what enriches us and leave the rest.

Today's contemplation

Today, I will enrich others with my perspectives on our ChrisAn Program and I will let myself be enriched with the perspectives of others.

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March 03: *The Ring of Self-centeredness*

Many of us had a tendency to praise ourselves when our astral body/emotional body was comfortable and criticize ourselves when he/she was uncomfortable, thus moving up and down between euphoria and depression and by so doing, we released the pain of the Ring of Self-centeredness into our life all over again.

Christs Anonymous - The Thirteenth Step, page 48

Whether we praised or criticized ourselves for experiencing emotional joy or pain, our self-praise and self-criticism consists in thoughts that belong to the energy field we call the Ring of Self-centeredness in ChrisAn.

The Ring of Self-centeredness is a Ring of Pain and it means that the euphoria we briefly feel as a result of our self-praise has an inherent pain, because it is artificial joy that emerge from our self-praise.

For many of us euphoria were the only kind of joy we knew before we came to ChrisAn, and we had reached a point where we feared our artificial joy, because we had discovered that our joy soon turned to depression.

Only when we got to know the Ring of Self-centeredness, we understood that the depression, which followed in the wake of our self-criticism, belongs to the same field of energy as euphoria and self-praise, and is therefore is an inevitable consequence of the fact that we are to be found in the Ring of Self-centeredness.

Today's contemplation

Today, I will use my ChrisAn Program to observe how I experience myself, others, life and my Higher Power, when I find myself in the Ring of Self-centeredness.

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March 04: *The Eleventh Step Prayer*

<i>The 'I' Version</i>	<i>The 'Group' Version</i>
<p><i>God,</i> <i>I meditate to expand</i> <i>my conscious contact with You,</i> <i>to seek knowledge of Your will</i> <i>for me this day</i> <i>and to seek the Power to carry that</i> <i>out.</i></p>	<p><i>God,</i> <i>we meditate to expand</i> <i>our conscious contact with You,</i> <i>to seek knowledge of Your will</i> <i>for us this day</i> <i>and to seek the Power to carry that</i> <i>out.</i></p>

Christs Anonymous – The Thirteenth Step, page 98

In our Eleventh Step Prayer, we address our chosen Higher Power, whether we use the word God to address our Higher Power or any other word that we feel is the right word to address our Higher Power.

The important thing is not whether we use the word God or another word to address our Higher Power, but that we turn to our chosen Higher Power to seek guidance about our Higher Power's will for us and to ask for the power to carry that out.

By using our Eleventh Step Prayer day after day and even many times a day, little by little, we discover that when we follow the guidance that we believe our Higher Power gives us as an answer to our prayer, we achieve the discernment to know, when it is our Higher Power that gives us the impulse, and when it is our thinking mind, our ego the impulse is coming from.

Moreover, we discover that when we surrender to our chosen Higher Power's will for us, in Reality we surrender to our own true will for us, which we have been unable to see before we had become entirely ready to surrender to our chosen Higher Power's will for us.

Today's contemplation

Today, I will seek to know my Higher Power's will for me as often as I am able to, and I will surrender to what I believe is my Higher Power's will for me, as best I can.

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March 05: *The Buddha and the Tara*

When thus we liberated our ego from being considered the villain in our spiritual adventure, we became able to see him/her for what he/she is in Reality – our devoted helper.

In that way, at long last, we became able to look at our thinking mind, our ego in a loving, caring, compassionate and merciful way.

Christs Anonymous – The Thirteenth Step, page 63

From our work with our various planes of existence in our ChrisAn Program, we know that our thinking mind, our ego is a sixth dimensional being, who holds four states in the form of our painful thoughts, our joyful thoughts, our neutral thoughts as well as a state of no thoughts that we call The Silence in which our thinking mind, our ego becomes the sounding board for our true Self, our Spirit.

For a long time we have used our Program to observe our thinking mind, our ego from our Soul Plane with love, care, compassion and mercy, and it has led to that more and more realizations about our thinking mind, our ego has become part of our existential understanding.

Now, we understand that gradually as we provide our thinking mind, our ego with more and more loving, caring, compassionate and merciful information about our existential experiences with the pains and joys of existence, our thinking mind, our ego is slowly transformed to that state that is called The Enlightened One or the Buddha, if our member is a man, and to the Rainbow Goddess, the Tara, if our member is a woman.

When our thinking mind, our ego has thus been transformed into The Enlightened One, Man or Woman, our thinking mind has crystallized into a

multifaceted diamond that shines in all colors of the rainbow and who is available to us with a constantly flowing source of wisdom in The Blissful Flow of the Present Moment.

Today's contemplation

Today, I will to use my ChrisAn Program to work on the transformation of my thinking mind, my ego into his/her true being, the multi-faceted diamond that shines in all the colors of the rainbow, and who serves me as a constantly flowing source of wisdom.

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March 06: To become functional

When others showed that they pained because of our actions, we defended our actions by thinking or saying that others should understand our loving, caring, compassionate and merciful intention, and if they did not, it was not our responsibility.

Christs Anonymous – The Thirteenth Step, page 69

By defending our actions, even though they brought pain to others in spite of our loving, caring, compassionate and merciful intention, we failed our goal in ChrisAn, which is to find joy under all circumstance, no matter what they are.

The Rings of Social Interactions have clearly shown us that we cannot inflict pain on another without inflicting pain our ourselves.

Therefore, we give up defending those of our actions that bring pain to others, as that makes our goal in Christs Anonymous harder to achieve than it has to be.

Instead of defending our action, we use our Program to explore how we can become more functional and thus become able to act in such a way that others also understand our loving, caring, compassionate and merciful intention.

Today's contemplation

Today, I will use my ChrisAn Program to adjust those of my actions that bring others pain, so my loving, caring, compassionate and merciful intention also becomes clear to my fellow human being.

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March 07: *Minimizing*

Therefore, we had a tendency to minimize situations from our day where our defects of character became active by looking at them as negligible slips that we did not have to take care of, because we knew that a Tenth Step inventory was time-consuming and we did not want to spend the time required on our recovery, justifying this by thinking that our life was good as it was.

Christs Anonymous – The Thirteenth Step, page 87

Before we came to ChrisAn, there were many situations that we did not know what to do with, when we had behaved in less advantageous ways both towards ourselves and others, but during our Step work in ChrisAn we had taken a stand on many of that type of situations, and how we wanted to handle such situations from now on.

Nevertheless, it could happen that we acted less advantageous towards ourselves or others without us becoming willing to inventory what had happened.

Instead, we tried to minimize the situation by saying to ourselves that we were contented enough with what had happened, because we knew that a major, time-consuming cleanup work lay ahead of us if we choose to look at the situation through our Tenth Step.

However, we remembered that nothing was too big, and nothing was too

small for us to turn to our Higher Power concerning it, and our daily Tenth Step was one of our many ways of approaching our Higher Power with the areas that pained us.

Today's contemplation

Today, I will avoid minimizing my existential pains, and I will use my Tenth Step to admit to myself, my Higher Power and another human being, what pains me.

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March 08: Control-issues

In Step Two in the Program of Christs Anonymous, our goal is to become ready to surrender our will and our life unconditionally to our Higher Power's care, as we understand that Power; and to be able to do this, we needed to be able to let go of our control issues with our Mother Earth body/physical body, our ethereal body/energybody/space and time body, our astral body/emotional body, our causal body/mental body/thought body/ego, our Soul/Super ego/social body and our true Self, our Spirit and thereby begin to accept them as they ARE and Reality as it IS.

Christs Anonymous - The Thirteenth Step, page 40

Before we came to Christs Anonymous, many of us had identified ourselves with our thinking mind, our ego.

We believed in everything that our thinking mind, our ego told us, whether it was about ourselves, others, our lives or our chosen Higher Power.

In the course of our Step work in ChrisAn, however, we began questioning the thoughts that were hostile to us, others, our life and our perception of our chosen Higher Power, and our thinking mind, our ego slowly began to lose his/her control over our actions.

As a result, we realized that many of our existential pains arose out of our control issues that basically all was concerned with our lack of acceptance of ourselves as creatures/manifestations, and thus our powerlessness over much of that we were trying to control.

Today's contemplation

Today, I will open myself to let go of control of my will and my life and instead surrender my will and my life to the care my unconditionally loving, caring, compassionate and merciful Higher Power.

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March 09: Envy

When The Small Ring of Envy became active in us, we imagined that we could get what we saw others have without doing anything to get it (Superstition), and that there was nothing or nobody, who would help us get what we so desired if we worked towards fulfilling our desires ourselves (Disbelief).

We got angry if someone suggested that we should participate and contribute with our interest, energy, time or money just like others did to get the same as they had, whether it was materially, physically, time-space wise, emotionally, mentally, socially or spiritually (Defiance), or we submitted to various demands that were contrary to our innermost desires, hoping that others e.g. God, our employer, spouse, friend, or family would fulfil our desires if only we threw ourselves on our knees and flattered them with sacrificial gifts or words of praise (Submission).

Christ's Anonymous - The Thirteenth Step, page 56

Most of us have avoided to take a closer look at our envy, because we have often heard phrases like: He/she is just envious, or: You do not have to worry about that, because the others are simply envious, and this gave us the impression that if we were envious nobody would take us into

consideration or take us seriously, so we concealed our pain, when we were envious.

However, our envy could not be suppressed, so it came to expression in various ways, for example by distancing ourselves from the one/those we were envious of, and thus the envy got blocked from coming to our day consciousness, and instead it got its own secret space in our psychological landscape.

When we came to ChrisAn, we began to investigate our painful emotions, and we discovered that envy is just a messenger that tells us about a desire we have that we cannot figure out how to fulfill.

When our desire was identified, it was easy for us to recover from our envy by either letting go of our desire, because we did not want to use our time, interest, money and energy on fulfilling the desire, or by beginning to work on the fulfillment of our desire, and the easiest way to do this could be to seek guidance from others, who had achieved what we wanted and thus learn from them how we could achieve the same in the easiest way possible.

Today's contemplation

Today, I will use my knowledge of the energies in the Small Ring of Envy to either let go of or work on fulfilling those of my desires that have hid themselves in the Small Ring of Envy.

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March 10: Gratitude

DID I THANK MY HIGHER POWER AND EVERYBODY FOR THE HELP AND GUIDANCE I RECEIVED IN THE COURSE OF THE DAY IN ALL MY AFFAIRS?

Christs Anonymous - The Thirteenth Step, page 109

When we succeed in carrying through projects or getting our desires fulfilled, many of us have a tendency to praise ourselves for carrying through our projects or fulfilling our desires, and this immediately place us in the pain in the Ring of Self-centeredness with its self-praise, euphoria, self-criticism and depression, which in modern language is called bipolar energies because of the due to the fluctuation between euphoria and depression.

In the course of our work inventorying our psychological landscape by the

help of our ChrisAn Program, we have experienced the pain that this causes, and we have also experienced the joy it brings to be in the field of joy that we call the Ring of God-centeredness with its gratitude, joy, open-mindedness and empowerment, which are the antidote to the Ring of Self-centeredness.

We prefer to experience the joy of the Ring of God-centeredness, and therefore we keep in mind how circumstances, people, inspirations and interest come to us from others, who help us carrying out our projects or getting our desires fulfilled.

By keeping these fields of energy in mind, we ensure that we remain in the joy of the Ring of God-centeredness throughout our day by remembering to appreciate and to thank everyone for their contribution to our lives gradually, as our day progresses.

Today's contemplation

Today, I will remember to appreciate and to thank my Higher Power and all those, who contributed to make it possible for me to carry out my projects and fulfill my desires so that I can remain in the joy from the Ring of God-centeredness.

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March 11: Step Five

After that, we shared our self-realizations with another human being by reading our Fifth Step to another human being, and we listened attentively and respectfully when the person we had chosen shared his/her self-realizations from Step One to Five with us and in this process we discovered that our joy intensified and our pain minimized when we shared them with our Higher Power and another human being.

In our Fifth Step, we receive guidance about how we can cement our recovery, both the recovery that has taken place in our Step Work from Step One to Step Four, but also the recovery we experience on a daily basis after we have completed our Program.

First we share with ourselves by using Step One to admit what pains us, and how the pain makes our life unmanageable and then we work Step Two, Three and Four to further deepen our understanding of our situation.

Next, we share our Self-realizations with our chosen Higher Power and add those realizations to our inventory that we achieve by reading our inventory to our Higher Power, and in the same way we read our inventory to another human being and add those inspirations, we receive from another human being to our inventory.

This makes us ready to stand by ourselves in front of the World by sharing our realizations with our ChrisAn Fellowship and thus the World, whether the World responds with recognition or criticism to our realizations.

Today's contemplation

Today, I will make myself ready to come face to face with the World by the help of my Fifth Step of my ChrisAn Program.

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March 12: Surrender

When we let ourselves be carried by The Blissful Flow of the Present Moment in our daily life, we are, in fact, unconditionally surrendering to our life instead of opposing it.

By the help of this practice we discovered that this brought us Joy, whether the NOW held comfort or discomfort, and thereby we moved yet another step towards finding joy under all circumstances, no matter what they are.

Christs Anonymous - The Thirteenth Step, page 44

Before we came to Christs Anonymous, most of us felt indignant about the pains of life, whether they were material, physical, time-wise, emotional, thought-wise, social or spiritual, but after we came to ChrisAn we discovered that thereby we activated the pain of the Microring of Hatred with its indignation, vindictiveness, belligerence and bitterness.

In the course of our Step Work we had learned that no pain could come to our lot, if it was not the will of our unconditionally loving, caring, compassionate and merciful Higher Power, and therefore often, we directed our hatred towards our Higher Power, totally disregarding our knowledge that there was an unconditional loving, caring, compassionate and merciful intention behind the pain.

When we came to Step Six in ChrisAn however, we had become sick and tired of adding pain to pain by using indignation towards the pain, so we became ready to do whatever it took to change our lifestyle in such a way that we could let go of these types of behaviors.

This meant that we surrendered to our Higher Power's guidance by surrendering to the work with our Sixth Step, so we could become able to surrender our self and our life unconditionally to the care of our Higher Power.

Today's contemplation

Today, I will use my ChrisAn Program to learn to surrender unconditionally to My Higher Power's care and in that way surrender to my true Self, my Spirit with unconditional love, care, compassion and mercy.

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March 13: Positive and negative thoughts

As a result of these discoveries, it became even clearer to us that it was essential for us to stop identifying ourselves with our thinking mind, our ego, by beginning to question what our ego told us that made us feel angry, worried, anxious, stressed, depressed or scared, and by finding out if the opposite could be just as true or, maybe, even truer.

Christs Anonymous - The Thirteenth Step, page 37

Until we came to Christs Anonymous, we were not aware that we identified ourselves with our thinking mind, our ego, but after we came to Christs Anonymous, we investigated our various levels of consciousness, and we discovered that beyond our thinking mind, our ego, we found our loving, caring, compassionate and merciful Soul, and beyond our Soul we found our unconditionally loving, caring, compassionate and merciful true Self, our Spirit.

When we surveyed our thinking mind, our ego from our loving, caring, compassionate and merciful Soul or our unconditionally loving, caring, compassionate and merciful true Self, our Spirit, we achieved the necessary distance to our thinking mind, our ego to be able to study our thoughts and those emotional feelings that our thoughts manifested.

We observed that the thoughts that made us experience emotional joy were loving, caring, compassionate and merciful thoughts, and the thoughts that made us experience emotional pain were the unloving, uncaring, hard-hearted and merciless thoughts.

As we wanted to experience emotional joy, we wanted to maintain our focus on our loving, caring, compassionate and merciful thoughts, and furthermore we wanted to transform the pain in our unloving, uncaring, hard-hearted and merciless thoughts to the joy in our loving, caring, compassionate and merciful thoughts by the help of our Christs Anonymous Program.

Today's contemplation

Today, I will use my Christs Anonymous Program to form my thinking mind in such a way that I can achieve presence and joy in my daily life.

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March 14: To choose joy

By learning to consciously move around in our psychological landscape, it became easier for us to know where we were at, because the very moment we were able to call our defect of character by name, it became clear to us,

where we were and thereby it became easier for us to find a path in our mind, which we could use to move from our defects of character to the corresponding virtues.

Christs Anonymous - The Thirteenth Step, page 62

In ChrisAn we want to bring our thinking mind, our ego in line with our Soul, so that we may become able to think loving, caring, compassionate and merciful thoughts those times we need to think.

Therefore, we work with the Rings in Step Four and Six so as to become familiar with our psychological landscape.

We observe how we use various energies to handle life, and gradually as this work progresses, our capacity to discern develops, and so it becomes clear to us when we use the energies that bring ourselves and others pain, and when we use the energies that bring ourselves and others joy.

Our desire in ChrisAn is to find joy under all circumstances, no matter what they are, and that makes it easy for us to find the willingness to learn to use the energies of joy instead of the energies of pain.

Today's contemplation

Today, I will choose to use the Rings of Joy under all the circumstances under which I have a choice.

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March 15: *Morals and ethics*

Similarly, we gave up thinking that what is right for others is right for us and what is wrong for others is wrong for us, even if our family, others, society or spiritual teachings deem what is right for us as wrong.

Christs Anonymous - The Thirteenth Step, page 75

Moral is like a net, society throws out covering all of its citizens and thus everybody, who lives in a specific society, is caught up in a specific standard, which is considered to be moral by that society, irrespective where in the World we live and irrespective how different the society's perception of moral is in different parts of the World.

In our work with our ChrisAn Program our moral gets challenged, when we begin to examine our belief systems, and little by little, we sort away the part of our morals that is not true for us, and we take that part of our morals to heart that is true for us.

In this way we develop our moral to become our ethics that is our personal moral, which at times can make us act in ways that are right for us, but which society finds wrong.

In the same way, we refrain from doing certain things that society's morals allow, but which our personal ethics do not allow.

Today's contemplation

Today, I will use my personal ethics to carry out those actions that are the right for me even if others do not think they are.

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March 16: Tradition 12

TRADITION 12: Anonymity is the Spiritual foundation of all our Traditions, ever reminding us to place principles before personalities.

Christs Anonymous - The Thirteenth Step, page 14

We are so used to focusing on other people's personality that many people with charisma has managed to occupy high positions in society solely for

that reason.

In Christs Anonymous however, it is important that we do not focus on personalities, but on principles.

When we listen to what is being shared in our meetings, we focus on the message in what is being expressed by one of our members, rather than focusing on our personal opinion about the member's personality.

This member will maybe speak about that exact piece to our personal puzzle that we need this very day, and if we do not listen carefully and respectfully to all that is shared in the meeting, we may miss out on an important piece of information.

Today's contemplation

Today, I will listen attentively to everything that is being shared in my ChrisAn meeting.

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March 17: *Our inflated ego*

When our thinking mind, our ego, is provided with correct information about his/her true and rightful place in the structure of our being, he/she returns to his/her appropriate function and appropriate size and is thus no longer

dysfunctional and inflated but matures into being functional and peaceful, staying in a state of serenity.

Christs Anonymous - The Thirteenth Step, page 31

In our developing of our thinking mind, our ego, we – as humankind – have been so fascinated by all the possibilities that our ability to think has offered us.

We have experimented with thinking in all areas, and little by little, we have become aware that we also try to use thinking in areas where no measure of thinking is useful.

No matter how deeply we think about how strawberries might taste, it will not be possible for us to imagine it - we have to experience it.

A string of thoughts, where we try to imagine an experience, is useless, and many useless strings of thoughts has led to that our thinking mind, our ego has taken too much space in our life, because he/she has become completely inflated by trying to hold both the useful strings of thoughts and the useless ones.

Today's contemplation

Today, I will use my ChrisAn Program to evaluate the usefulness of one of my daily strings of thoughts, and I will let go of those that I do not find beneficial.

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March 18: *The growth of our defects of character*

To create manifest a clearer picture for ourselves as to how our defects of character became stronger and stronger by the help of their immediate undergrowth and the undergrowth beneath each one of them in the form of our denials, defenses, justifications and rationalizations if not arrested, we could use the graph of the Tree of Hatred below created manifest from the Small Ring of Hatred and the Mining of Hatred as a simplified example of how the four defects of character can grow and intensify.

Christ's Anonymous - The Thirteenth Step, page 70

In our Step Work in Christ's Anonymous we have studied the impact of our defects of character in our life both in the past and the present by the time we come to Step Seven and begin to study how our defects of character achieve the power to take our thinking mind, our ego into possession, although we are working on using our virtues as much as possible.

We discover that we are blinded by our loving, caring, compassionate and merciful intention, and therefore we do not investigate if our intention is fulfilled in Reality, so when we or others pain due to our use of a defect of character in a situation, we defend ourselves against examining if our loving, caring, compassionate and merciful intention may not have been served.

Moreover, we rationalize our use of our defects of character by thinking that others should understand that we did not intend to hurt them, or we deny that we could have hurt the other, even though they tell us that we have hurt them.

Instead of investigating the issue, we justify the pain with our loving, caring, compassionate and merciful intention, but in Step Seven at last, we begin to let go of our denials, defenses, justifications and rationalizations of our use of our defects of character and the pain they inflict on ourselves and others.

Today's contemplation

Today, I will use my Seventh Step to let go of my denials, defenses, justifications and rationalizations of my use of my defects of character.

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March 19: *Our inner and our outer life*

By working the 12 Steps, we connect our Human Self with our Highest Self – our Spirit.

By working the 12 Traditions, we connect our inner life with our outer life.

Christs Anonymous - The Thirteenth Step, page 7

While we work with the 12 Steps in our ChrisAn Program, we slowly let go of our addiction to our thinking mind, our ego and instead we identify with our true Self, our Spirit.

This process is exclusively directed inwards in a study of our inner life, and when we come to Step Twelve, we have achieved a spiritual awakening that makes it possible for us to be in oneness with our true Self, our Spirit.

Thereby, we have become ready to begin our work on The Thirteenth Step that consists in working with the 12 Traditions, which put together constitute The Thirteenth Step.

By carrying out The Thirteenth Step, we become able to use the suggestions of the Program on how we can best deal with the external World by the help of the principles of the Traditions.

Today's contemplation

Today, I will use my Thirteenth Step to relate in a principled way to my external World.

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March 20: Prayer

When we centered our thinking mind, our ego, by the help of our chosen prayers from the onset of our day, it became easier for us to reach a state of meditation, a state of no thinking at as many points in time in the course of our day as we were able to.

Christs Anonymous - The Thirteenth Step, page 94

In our Eleventh Step a number of suggestions for prayers that we can choose to use on various occasions are found.

We use the prayer to center our thinking mind, our ego into strings of thoughts, which support our goal that is to let go of our addiction to our thinking mind, our ego and instead become one with our true Self, our Spirit.

When we train our thinking mind, our ego to think constructive thoughts by the help of prayer, it becomes easier for us to enter a state of Stillness, and thus unite with our true Self, our Spirit

As a result of this experience, we wanted to use prayer at many points of time in the course of our day, and in that way we steered our thinking mind, our ego towards being aligned with the unconditional love, care, compassion and mercy in our true Self, our Spirit.

Today's contemplation

Today, I will use prayer to steer my thinking mind, my ego into constructive strings of thoughts that are aligned with the unconditionally loving, caring, compassionate and merciful Being of my Higher Power.

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March 21: *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 using our own money, time, energy or interest to get it (Stinginess), and we readily received anything that we didn't have to make an effort to get (Greed) even if we didn't need it (Gluttony), while at the same time we felt poor in spite of all the things and advantages we possessed (Poverty).

Christs Anonymous - The Thirteenth Step, page 55

When we began working with the Small Ring of Avarice in Step Four, we discovered that poverty was not a question of money, but of a particular attitude to our resources – our money, time, energy and interests.

When we felt poor, we became stingy with our resources, because we were afraid of not having enough for ourselves if we gave away anything to others.

At the same time we became greedy and acted on our greed by piling up far more than we needed, and thus we were gluttonous with Mother Earth's resources by leaving valuable items that could benefit others to lie in our basement or attic of no use to anyone.

No matter how much we possessed, it did not prevent us from feeling poor, because this feeling is linked with us finding ourselves in the energy field called the Small Ring of Avarice.

Today's contemplation

Today, I will use my ChrisAn Program to move from the pain in the Small Ring of Avarice to the joy in the Small Ring of Faith.

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March 22: *The principle and slogan of Tradition Ten*

The principle of the Tenth Tradition is Anonymity.

Slogan: I speak for myself about myself.

Christ's Anonymous - The Thirteenth Step, page 133

In context with our social interactions, we use the slogan of Tradition Ten to remember that our Truth is our personal Truth and the Truth of others is their personal Truth, so we know that we exclusively speak about ourselves and exclusively on our own behalf and no one else's, while at the same time we know that others do the same.

Thereby we stop participating in discussions about, who possesses the right understanding, and when simultaneously we respect the principle of anonymity, we listen to the message of the other without having an opinion about them as the messenger.

This means that our interaction with others about the principles and ideas about existence becomes a mere exchange of information.

Thus, we do not try to overwhelm others with our perspectives, and we do not let ourselves become overwhelmed by the perspectives of others, and instead, we allow others to take to heart what they can use from our perspectives, and we take to heart what we can use from the perspectives of others and leave the rest.

Today's contemplation

Today, I will remember that my social interactions are not about convincing others that my perspectives on Reality are The Truth about Reality, but exclusively about exchanging information.

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March 23: Peace

In our causal body/mental body/thought body/ego, our empty mind is considered to be the sounding board for our Spirit that comes to expression through our empty mind into our entire being as a sensation of holy presence without density, a deep knowing without thought, an empowerment without pressure, an immortal NOW.

Christs Anonymous - The Thirteenth Step, page 24

When we came to Christs Anonymous, we had developed many different perspectives on most of our daily activities, and we had an opinion about everything between Heaven and Earth.

This had created manifested a constant chatter in our thinking mind, our ego, which incessantly called our attentions soon to one thing, soon to another to such an extent that it had become a nuisance to us.

We longed for getting peace from this constant chatter, and we discovered that we could achieve the peace we longed for by surrendering the many thoughts of our thinking mind to the care of our chosen Higher Power, because thereby we stopped being scared of missing out on something, if we did not keep an eye on our thoughts all of the time.

When we let go of our thoughts and left them to our Higher Power's care, we only needed to take a stand on our thoughts, when consciously we chose to go into a thought process, which for example could be to carry out our Step Work or other projects that demanded thinking.

Today's contemplation

Today, I will surrender all the thoughts that I do not need in The Blissful Flow of the Present Moment to my chosen Higher Power's care.

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March 24: *To lose contact with the NOW*

In the course of each of our days, all our planes of existence and thereby all of our bodies came into play, and at times, we got so absorbed in our physical life, our space and time life, our emotional life, our thought life, our social life or the destiny actions of our true Self, our Spirit, that we lost contact with the NOW, and as a result, we found various situations in our day disturbing to us

Christs Anonymous - The Thirteenth Step, page 91

As spiritual aspirants we want to be fully present in the NOW, because it is in the NOW that we have the opportunity to experience oneness with our true Self, our Spirit and thus to experience Joy of Being under all circumstances, no matter what they are.

However, sometimes we lose ourselves in our materiel existence, or our physical existence, or our time and space, our emotions and thoughts, or in our social interactions in such a way that we lose touch with the NOW.

Thus we lose the opportunity to experience oneness with our true Self, our Spirit and furthermore we lose the capacity to experience joy under all circumstances, no matter what they are.

Before we came to ChrisAn we were not aware of that we lost contact with the NOW, when we let ourselves get absorbed by our limitation, ignorance, powerlessness and mortality/changeability in one or more of our planes of existence, and that this was the reason for us to often feel mental and emotional pain under all circumstances, no matter what they are.

Today's contemplation

Today, I will remember my true Self, my Spirit under all circumstances no matter what they are.

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March 25: *To lose ourselves*

Whether we were lost in thoughts of 'before NOW' or 'after NOW' we found that we had got lost in thinking yet another time.

Christs Anonymous - The Thirteenth Step, page 80

At the beginning of creationmanifestation our purpose was to experience life as a creaturemanifestation, and thus separate ourselves from the omnipresence so as to experience the limited that consists in forms, whether these forms are physical forms or thought forms.

Our thought forms can give us the impression that it is possible to move back to the past or into the future, and we can become so absorbed in observing these thought forms that we completely lose ourselves in them.

At the same time, we lose contact with the NOW and thus the possibility of being in conformity with our true Self, our Spirit and thus with the Joy of Being.

Instead, we attempt to identify ourselves with a limited, ignorant, powerless and mortal/changeable thought form, and as a result we feel lost and become dominated by fear of life and death, and in this way we lose ourselves and our lives.

Today's contemplation

Today, I will accept that I cannot identify myself with any form without getting lost in the fear of the limitation, ignorance, powerlessness and mortality/changeability of the form.

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March 26: Fellowship in uniqueness

We understood and accepted this reality more easily when we considered the fact that even our thumb was so unique that our thumbprint was the only one of its kind in the world, and at the same time, we realized that everybody else was also unique in a similar way.

Christs Anonymous - The Thirteenth Step, page 119

Most of us in ChrisAn are truth-loving, and we do not wish to deceive ourselves in any way or to mislead others.

Our fear of deceiving ourselves has led many of us to seek confirmation that our perception of Reality is correct, and our fear of misleading others has made us refrain from expressing ourselves, if we have not had it confirmed that our perception of Reality is in conformity with the Truth.

However, we did not know before we came to Christs Anonymous, that both our own and others' perception of Reality is unique, and that we have our uniqueness in common.

When we enter into Fellowship with others, whether it is one person or a group of people, we can express our perception of Reality, as it is right NOW, right HERE without us needing to discuss with others, whose perception of Reality is the right one.

Today's contemplation

Today, I will let myself become enriched by my Fellowships, by listening to many perspectives on our mutual Reality while being aware of that we are all unique, so I choose to take to heart, what I can use and leave the rest.

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March 27: Social interactions

Many of us had a tendency to praise ourselves when our Soul/Super ego/social body was comfortable and criticize ourselves when he/she was uncomfortable, thus moving up and down between euphoria and depression and by so doing, we released the pain of the Ring of Self-centeredness into our life all over again.

Christs Anonymous - The Thirteenth Step, page 50

Our Soul life comes to expression through our social interaction with others, and in these interactions we experience much joy and pain, but deep down we know that the Soul plane is the plane of love, care, compassion and mercy, and we also know that love, care, compassion and mercy brings joy, so when we pain in our Soul life, our social interaction with others, we know that something is not the way it is intended to be.

Before we came to Christs Anonymous, most of the time, we did not know what to do with those pains that we experienced in our social interactions, so we often withdrew from the pain by cutting off our connection to that person we felt hurt by.

We could also choose to attack this person or defend ourselves, and sometimes we attacked ourselves by criticizing ourselves, because we experienced pain in our social interactions, but after working with our ChrisAn Program for a while, we learned, however, how to meet the pain with love, care, compassion and mercy, while seeing to it that this did not lead to self-inflicted suffering.

Instead of isolating ourselves or attacking ourselves or others, we used our Program to take care of our pain and find out new ways, in which we could choose to handle a similar situation in the future so that we did not inflict pain on ourselves or others.

Today's contemplation

Today, I will bring my Soul life, my social interactions in conformity with their true function by the help of my Christs Anonymous Program.

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March 28: *Our psychological landscape*

In our Fourth Step, we investigated mental-emotional patterns of energy called archetypes or fields of energy that always express themselves in the same way in each of us, although our perception of them is individual and unique in the same way as our human form is basically the same although no two human beings are identical.

Christs Anonymous - The Thirteenth Step, page 45

In Step Four, we begin the work of getting to know our psychological landscape by the help of the mental-emotional energy patterns that we call the Rings of Pain and Joy.

We investigate how these patterns have affected us, our life and those around us from our childhood to the present day, and thus, we discover our personal use of these patterns and how we think, feel and act, when we find ourselves in a certain energy field.

At the same time, we discover that others also use these energies in their very own and completely personal way, and until we made these discoveries, we thought that only we used these energy patterns, but now we understood that others did it too.

Furthermore, we understood that these energies were not personal, but that they merely consisted in a certain pattern, which always induced the same type of thoughts and emotions in us and others, who were to be found in a particular energy field in the same way as sugar is sweet and grapefruits are bitter for reasons that have got nothing to do with us personally.

Today's contemplation

Today, I will study the energy fields of my psychological landscape by the help of my ChrisAn Program.

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March 29: Perspectives

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

Christs Anonymous - The Thirteenth Step, page 18

Every single creature manifestation has his/her own completely unique perspective on Reality.

This means that we - as members of Christs Anonymous - have our own unique perspective on our Program, even though the Program is the same for all of us.

When we use our Christs Anonymous Program, we therefore need to remember that it is us and our life that we use the Program to achieve a perspective on.

All other members do the same, but due to our uniqueness we do not necessarily have the same perspective on our Program or how we want to use it to get a better perspective on ourselves and our lives.

Today's contemplation

Today, I will remember that my perspective on the Program and how I want to use it to get a better perspective on myself and my life is my own unique and personal way of using the Program, and it is so for all other members as well.

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March 30: *Super learning*

The task of our knowing mind is to be the sounding board for our unconditionally loving, caring, compassionate and merciful true Self, our Spirit, and the task of our thinking mind, our ego, is to serve us with love, care, compassion, and mercy by expressing our experiences and our conclusions on them in loving, caring, compassionate and merciful words in the relationship with our self and others, and to the extent that our thinking mind, our ego is unable to do this, we consider our thinking mind, our ego to be immature and dysfunctional.

Christs Anonymous - The Thirteenth Step, page 27

As children, we find ourselves in a state of super learning until we are approximately six years old, and we absorb information from our surroundings about, which behavior we advantageously can use to live on Earth.

This state of mind is also called theta, where our thinking mind, our ego is completely relaxed and take in information at a furious speed, but the problem with this period of our lives is that we take a in a lot of value-laden information that does not necessarily serve us, and this means that we have a need to liberate ourselves from that information from our childhood that is hostile to us and others, when we are fully grown around the of age thirty.

In Christs Anonymous, we experience that we can use our Program to move to the Soul level and observe our thinking mind, our ego from a distance, and thereby we can achieve our liberation from our addiction to our thinking mind, our ego.

This means that we no longer let ourselves be controlled by our thinking mind, our ego, but by principles, and gradually as we develop mastery in surrendering to the principles of Christs Anonymous, we experience how we slowly become one with our true Self, our Spirit, and thus we find ourselves in a state of super-learning.

Today's contemplation

Today, I will use my Christs Anonymous Program to learn to surrender the principles of the Program so I can achieve a state of theta.

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March 31: *Conscious expansion of our Christ Consciousness*

By the help of this task, we discovered that our agonizing and difficult experiences had made us pause in our life to look for meaning, and seen in retrospect, we always found the meaning we looked for. We also realized that these experiences had become our source of wisdom and growth, leading us to compassion, care and mercy for others going through the same sufferings as we had done, and thereby we experienced an expansion of our Christ consciousness, our Mercy consciousness.

Christs Anonymous - The Thirteenth Step, page 42

In the course of our life, we had experienced pain both materially, physically, energetically, emotionally, mentally, socially and spiritually, and we had received many explanations for the mystery of pain, and it had been confusing for us that it was even necessary to experience the discomfort of pain, but we realized however, that pain made us move away from the fire, and thereby pain protected our Mother Earth body from destruction.

It was considerably more difficult for us to understand, why pain was required on the higher planes of existence until we inventoried the consequence of our pain, and discovered that our existential pains helped us to develop our Christ Consciousness/Mercy Consciousness that gives us the ability to meet our own existential pains and that of others with love, care, compassion and mercy.

The greatest gift that our Christ Consciousness gives us is that we become able to recognize our Spirit Mate, even if he/she is in a painful and suffering state, when we meet him/her, and this state might have repelled us if our Christ Consciousness had not reached a certain level.

When we were about to face the meeting with our Spirit Mate, we needed the ability to show mercy and in that way to see through another's suffering form of appearance, and thus we can realize our experience of the Fairytales of Life, like the meeting of the princess with the toad, whom she knows is her beloved in disguise, or the meeting of the prince with the impoverished girl, who may come to him in another form than the human form to remind him of their sacred love.

Today's contemplation

Today, I will use my Christs Anonymous Program to develop my Christ Consciousness, when I am in pain.

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April 01: Individuality in our Neutral Point

Each of us expresses our Neutral Point differently based on our individual experiences and unique ways of expressing ourselves.

Christs Anonymous – The Thirteenth Step page 7

Many of us imagine that justice consists in that we all get the same opportunities at the same time, but the impossibility of this becomes clear, if we try to imagine that all of the people in a group must be treated for headache, because one person in the group is treated for a headache.

Similarly, many of us imagine that once we enter our Neutral Point by becoming one with our true Self, our Spirit, we will treat both ourselves and others' in the same way.

The impossibility of this idea too becomes clear to us, when we realize that we all have different needs at different times, and therefore we need to treat ourselves and others differently in accordance with our and their needs in The Blissful Flow of the Present Moment.

When we are in oneness with our Neutral Point, little by little, we discover that although our Neutral Point is the same for all of us, our actions from the Neutral Point is different for all of us, depending on inner and outer needs from moment to moment.

Today's contemplation

Today, I will use my Eleventh Step to surrender to the changeability by surrendering to The Blissful Flow of the Present Moment.

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April 02: *Attaining tolerance through love*

The principle of the Third Tradition is Tolerance.

Slogan: Tolerance furthers understanding.

Christs Anonymous – The Thirteenth Step, page 133

Often we have blockages of various kinds that prevent us from receiving what others have to share with us, and it can make us be more focused on the blocks we experience than on the gift, the other person has to give us.

If we for example find ourselves in the Miniring of Hatred with its ill will, unkindness irritation and impatience in a ChrisAn meeting, because we want to have our say fast and feel that others take too much time to share, we become unable to receive the gift that has come to us from another's ord.

If we instead choose to apply the Miniring of Love with its goodwill, kindness, calmness and patience on what others have to share, we can listen calmly and patiently, until there is room for what we have at heart, and thereby we benefit both our social lives, ourselves and the other.

Furthermore, practising the Miniring of Love helps us to become more tolerant towards others and at the same time we become able to take the principle and slogan of the Third Tradition to heart.

Today's contemplation

Today, I will take the principle and the slogan of the Third Tradition to heart by using the Miniring of Love, when I listen to others.

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April 03: *The undergrowth of our defects of character*

This undergrowth consists of denials, defenses, justifications and rationalizations that approves and supports our use of our defects of character, no matter how much pain we experienced as a result.

Christs Anonymous - The Thirteenth Step, page 68

In our First Step in Christs Anonymous, we discovered that there is an unconditionally loving, caring, compassionate and merciful intention behind everything.

The same is true when we use our defects of character, because we have a loving, caring, compassionate and merciful intention with using them in relation to ourselves, others and the World at large.

When we find out that our loving, caring, compassionate and merciful intention is not being served by using our defects of character, we want to stop using them, but then we discover, that a mere decision does not stop our use of our defects of character, and in Step Seven we find the answer to this phenomenon.

In the course of our lives, we have built up denials, defenses, justifications and rationalizations in context with our use of our defects of character, and thereby we have strengthened them, so first we needed to liberate ourselves from our denials, defenses, justifications and rationalizations by the help of Step Seven for us to become able to fulfill our desire to stop using our defects of character in our social interactions.

Today's contemplation

Today, I will use my Seventh Step to stop using denials, defenses, justifications and rationalizations of my use of my defects of character.

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April 04: Attraction rather than promotion

The greeter of our group serves us by standing at the entrance and welcoming newcomers and oldtimers alike when we arrive at the meeting.

Christs Anonymous - The Thirteenth Step, page 114

Our Traditions states that we want our new members to come to the Fellowship, because they are attracted to, what they have heard or read about our Fellowship and not because they feel overwhelmed by promotion for what we have to offer.

When we – as old-timers – come to our meeting, we also want to feel attracted to everything that takes place before, during and after the meeting, so we use ourselves as a yardstick for how we want to be received in ChrisAn every time we are in touch with our Fellowship.

We trust that if we find our Fellowship attractive, it can help a newcomer to also find it attractive and thereby give him/her a possibility to stay long enough to find out what we have to offer.

Therefore, we wish that newcomers as well as old-timers are met with a warm welcome by our chosen greeter, who can be one of many ways to make all of us feel welcome and comfortable in our ChrisAn Fellowship.

Today's contemplation

Today, I will contribute to that both newcomers and old-timers feel welcome and comfortable in my ChrisAn Fellowship.

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April 05: To be unique

We were pleased to discover that we all had this in common that we each were unique.

When we had realized this, we investigated how we could give each other and ourselves space to be unique without hurting or offending others or ourselves with our uniqueness.

Christs Anonymous - The Thirteenth Step, page 119

Many times in our lives we had been told that we are not special in any way, so we should not expect that others would take care of our needs in any special way, and that was contrary to our own perception of ourselves, because there was no one in our immediate vicinity, who was like us, and even twins we met were different from each other.

But this did not help us to believe that we are unique, so it was only when we came to think about that even our thumb was so unique that an impression from it was different from the thumbprint of everybody else that we realized that we are indeed unique every single one of us.

As we now knew that our sense of being unique was in conformity with Reality, we thought at first that now we were going to have all our special desires fulfilled.

Next, we realized that everyone else was also unique and needed to have their special desires fulfilled, and thus began our journey towards the fulfillment of our special desires, while at the same time we gave other space to work on their the fulfillment of their special desires without judging our own or their desires as right or wrong.

Today's contemplation

Today, I will accept the uniqueness of myself and others by giving myself and others time and space to unfold our uniqueness and the fulfillment of our desires in accordance with this.

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April 06: *The Small Ring of Hope*

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

Christs Anonymous - The Thirteenth Step, page 56

Before we came to know the Small Ring of Hope, many of us had a tendency to give up fulfilling our needs and desires, because we could not see clearly what was needed to fulfill them, and instead, we might pray to our Higher Power to fulfill them without understanding that we needed to evolve by doing ourselves what we were able to, to have our needs and desires fulfilled.

When we came to know the Small Ring of Hope, we realized that we could begin working on getting our needs and desires fulfilled by having credence in that it was possible to fulfill them if we worked for it, so we began seeking information about what it would take to make it possible, and to our surprise, a flow of information from known and unknown sources that showed us the path to the fulfillment of our needs and desires began to come to us.

Gradually, as we received more and more information, we developed our power of discernment and with that also our talent in the area in question.

The more often we used the Small Ring of Hope to work on fulfilling our needs and desires, the better we became in moving forward in credence to that it was possible to fulfill them, and the more serene we became.

Today's contemplation

Today, I will use the energies in the Small Ring of Hope to work on fulfilling my desires and needs.

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April 07: *I speak for myself about myself*

As members and trusted servants of Christs Anonymous, we stay aware that none of us as individual members can speak for the ChrisAn Program or for Christs Anonymous as a whole, specifically more so in our interactions with the public, and therefore we do not attempt to speak on behalf of the group or on behalf of Christs Anonymous as a whole.

Christs Anonymous - The Thirteenth Step, page 127

As members of Christs Anonymous we realize little by little that there are many different perspectives on our Fellowship, our Program and our Traditions without us being able to say that one perspective is more true than the other.

Therefore, we know that we cannot speak for Christs Anonymous as a whole, but only about our personal experiences and perceptions of our Fellowship, the Program and the Traditions, both when speak with newcomers and with the public.

When the Fellowship has given us - as trusted servants - the task to pass on our group's desires and ideas to our Area Service Committee or to our World Service Office or to a meeting with the public, we do not express our own opinion on the topic on the agenda, but we do express the desires and ideas of our group.

Thus, only as trusted servants, we can comment on Christs Anonymous as a whole, and in all other contexts, we make sure that no one is in doubt that we speak for ourselves about ourselves.

Today's contemplation

Today, I will use my knowledge of the Traditions of ChrisAn to acknowledge that I speak for myself about myself, unless others have entrusted to me to speak on their behalf.

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April 08: *The Truth is that the Truth is not the Truth*

The principle of the Eleventh Tradition is Truth.

Slogan: My truth is not the whole Truth.

Christs Anonymous - The Thirteenth Step, page 133

Before we came to Christs Anonymous, we had a need to feel safe by believing that we possessed the Truth with a capital T, and therefore, we had many long discussions with people, who felt the same way, but had a different perspective on Reality than us, about who was right.

When we came to Christs Anonymous and began our work with our thinking mind, our ego we became aware that the words we use to describe Reality, are not Reality itself, but a description springing from our personal understanding of Reality.

Only in our thinking mind, our ego, words like Truth with a capital T exists, because Reality is as it is, whether we say this, that or the other about it, and whether we perceive one or the other perspective as the Truth.

Thereby, at last, we understood that the Truth is that the Truth is not the Truth, but just one of many possible perspectives on Reality that we have chosen to call the Truth with capital T, and this realization gave us the freedom to begin to form thoughts about Reality that were inclined towards us in a way that were loving, caring, compassionate and merciful.

Today's contemplation

Today, I will form my thoughts about Reality in a way that is loving, caring, compassionate and merciful towards me.

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April 09: The Tree of Hatred

We took a look at the graph of the Tree of Hatred to form an impression of how the undergrowth of our defects of character sprouted from a slight disturbance into a more and more severe disturbance, so as to form a clearer impression of how a complex defect of character like hatred springs from its undergrowth before it becomes a fully grown and overpowering force in our mind.

Christs Anonymous - The Thirteenth Step, page 71

As members of Christs Anonymous, we develop an increasingly clearer capacity to focus, and when we have reached Step Seven, we have developed a capacity to focus that allows us to use the Tree of Hatred as an illustration of the subtle movements in our thoughts and emotions that is required to achieve an effective Seventh Step.

Here we no longer observe the whole movement from the Pain Rings, but a single property arising from them or from small painful movements from defects of character, we have added to our list besides the Rings.

When our defect of character is supported by its undergrowth besides our denials, defenses, justifications and rationalizations, it becomes immensely cunning and baffling and powerful enough to overpower even our best intentions, and thus it becomes impossible for us to use our Seventh Step, because the defect of character has overpowered us, before we even have had the opportunity to think.

But if we grab hold of a defect of character in its minimal form, such as a slight irritation and pray to our Higher Power to liberate us from its influence, our Seventh Step begins work for us, and much of our inner work becomes easier and more fun.

Today's contemplation

Today, I will use my Seventh Step to make my day easier and more fun.

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April 10: *Our thinking mind, our ego*

Before we came to Christs Anonymous, we had considered our thinking mind, our ego to be a moral deficiency that we needed to rid ourselves of.

Christs Anonymous - The Thirteenth Step, page 20

As long as we perceived our thinking mind, our ego to be a moral deficiency, we needed to get rid of, we struggled with the painful thoughts that were unloving, uncaring, hard-hearted and mercilessly inclined towards us and others, because we wanted to get rid of them, and the more we struggled with them, the more powerful they became.

When we came to Christs Anonymous and began to develop a different perspective on our thinking mind, our ego, we also stopped struggling with our unloving, uncaring, hard-hearted and merciless thoughts.

Instead we investigated what their message was, and it turned out that even if these thoughts and the associated emotions were painful, they had a loving, caring, compassionate and merciful intention.

When we discovered that, we used our Program to take the loving, caring, compassionate and merciful intention to heart, and we used our Program to find out how it could be possible for us to fulfill the loving, caring, compassionate and merciful intentions of these thoughts.

Today's contemplation

Today, I will use my ChrisAn Program to take the message the heart from the pain in my defects of character, so I can become able to transform the pain to joy by the help of the Sixth Step in my ChrisAn Program.

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April 11: *Follow your heart*

The principle of Step Three is unconditional Surrender.

Slogan: Follow your heart.

Christs Anonymous - The Thirteenth Step, page 108

The guidance from spiritual teachers to spiritual aspirants for the last five thousand years has been: Follow your heart, and when the spiritual aspirant contemplated what it meant, a lot of confusion could arise, but in Christs Anonymous it is simple.

To follow the heart we call unconditional surrender to our chosen Higher Power, which is unconditional surrender to ourselves and our life, and we do that by doing what would bring us joy, one hour at a time.

Many of us fear surrendering unconditionally to ourselves and our lives, because we are afraid that the result will not be satisfactory in the long run, but soon we discover that we do not have to fear the result of our surrender.

When we choose to use this NOW to do something that delights us, we reach the highest level of self-expression, one hour at a time, and that makes it possible for us to achieve the Joy of Being, which is our goal with carrying out our ChrisAn Program.

Today's contemplation

Today, I will do, what I believe, would bring me joy, one hour at a time.

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April 12: Faith, hope, love and truth

'The Big Ring of Joy is set into vibration by activating Faith through Step One, Hope through Step Two, Love through Step Three and Truth through Step Four, and when The Big Ring of Joy vibrates through our mind, at the same time, it sets all the Rings of Joy into vibration, and thus joy vibrates through our entire being.'

Christs Anonymous - The Thirteenth Step, page 90

To be able to begin the work on Step One, we need to have **faith** in that it will help us to do so, although we cannot foresee the consequences of the project, we have begun.

To carry out Step Two, we need to choose our personal understanding of a Power greater than ourselves that we **hope** can make it possible for us to get a better life.

In Step Three, we need to surrender unconditionally to our chosen Higher Power, and **love** for our chosen Higher Power, makes it possible for us to surrender.

In Step Four, we investigate the **truth** about our attributes as creaturesmanifestations, and we discover that we have something in common with any creaturemanifestation, because we are all limited, ignorant, powerless and mortal/changeable, and by applying faith, hope, love and truth we have activated The Big Ring of Joy and can step into it, whenever we want to.

Today's contemplation

Today, I will set The Big Ring of Joy into vibration in myself and my life by the help of Step One, Two, Three and Four.

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April 13: Manic-depression

We wanted to break free from our Self-centeredness and we wanted to be led to Joy of Being under all circumstances instead of being helplessly tossed around in the see-saw of depression and euphoria and feeling trapped in between these two.

Christs Anonymous - The Thirteenth Step, page 75

Many of us had various psychiatric diagnoses, when we came to Christs Anonymous, and among many other diagnoses some of us had been diagnosed as bipolar, also called manic-depression, where we sometimes felt very high, and at other times we felt very low.

Before we came to Christs Anonymous, it had not occurred to us to investigate in which energy field we found ourselves, when we suffered from these fluctuations, but after we came to ChrisAn, we discovered that these fluctuations belong in the Ring of Self-centeredness with its euphoria, depression, self-criticism and self-praise, and that our mood swings from euphoria to depression is the emotional consequences of self-praise and self-criticism, and thus our recovery from this condition began.

We learned to move into the Ring of God-centeredness with its joy, empowerment, open-mindedness and gratitude instead staying in the Ring of Self-centeredness, and we did this by opening our minds to new ways of handling our mistakes instead of criticizing ourselves for having made a mistake, and thus we became able to receive an empowerment from our Fellowship and our Program instead of becoming depressed.

Instead of praising ourselves because we had opened our minds to receive help, we chose to be grateful because our Fellowship and our Program had made it possible for us to recover from our manic-depression, and thus it also became possible for us to find joy in the Fellowship with others about, what our Fellowship and our Program have to give us.

Today's contemplation

Today, I will seek the help of my ChrisAn Fellowship and my Program to recover from my use of the Ring of Self-centeredness.

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April 14: Willingness to growth

After having finished our tasks in Step Ten, we chose to set aside thirty days to do a daily written Tenth Step inventory, and when we had rigorously applied our Tenth Step on a daily basis for these thirty days, we had experienced the benefits from daily application of a written Tenth Step, and therefore, we became willing to continue using our Tenth Step on a daily basis.

Christs Anonymous - The Thirteenth Step, page 93

The Tenth Step is the first Step where we begin the daily maintenance of our well-being by inventorying that situation from the last 24 hours, which gave rise to most pain materially, physically, energetically, emotionally, mentally, socially or spiritually so as to clean our wound and recover from it.

In the course of the first Nine Steps we have recovered from many of our existential pains, and therefore we often feel Joy of being, but there are still pains in our daily lives anyway, whether it is materially, physically, energetically, emotionally, mentally, socially or spiritually.

We have discovered that pain is an advantageous part of our life, because the pain shows us, where we need to change direction on one of our planes of existence.

This discovery helps us to let go of adding injury to pain, because we no longer get angry, because of our existential pains, but use them to growth in wisdom/Buddha consciousness and mercy/Christs consciousness capacity by the help of Step Ten.

Today's contemplation

Today, I will use my Tenth Step to grow in wisdom/Buddha consciousness and mercy/Christ consciousness.

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April 15: Group-readings

The group readings can be read in the following order:

The Thirteenth Step

Who is Christ?

What is Christs Anonymous?

Why are we here?

The Program of Christs Anonymous

Easy Does It!

The Twelve Traditions of Christs Anonymous

What Can I do?

Just For Today.

Christs Anonymous - The Thirteenth Step, page 156

When we have a meeting in Christs Anonymous, we can choose a meeting format that we think is attractive to us, or we can also follow the suggestion at the end of our Step book *Christs Anonymous - The Thirteenth Step*, if we find that meeting format attractive.

In this meeting format we both find a suggestion for a meeting format as well as what readings, we can use during our meeting.

These suggestions for group readings contains the essential information for newcomers about what Christs Anonymous stand for, what our goal is, how we achieve our goal, what we can do to achieve our goal and what can the Fellowship help us with.

By using these suggestion for group readings, we can also remind ourselves, as old-timers, of what the essential basics are for us as members of Christs Anonymous.

Today's contemplation

Today, I will listen attentively to the group readings during my meeting in Christs Anonymous.

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April 16: *The advantage of a written inventory*

When we were done describing the exact nature of our self-realizations, at the same time, we were done sharing our realizations with ourselves.

Christs Anonymous - The Thirteenth Step, page 61

In our Fourth Step, we describe our perception of our life as it appears to us to be at the point in time where we describe it in our Fourth Step.

In addition to admitting our understanding to ourselves, we also need to admit our realizations from Step One, Two, Three and Four to our chosen Higher Power, to minimum one other human being and to our ChrisAn Fellowship in Step Five.

If we would try to remember our realizations from our first four Steps without writing them down, much would be forgotten before we began on our Fifth Step, so we write our realizations down in a synopsis for each Step order to be able to use them in Step Five, Ten and Twelve.

We carry out many spot-wise inventories in our thoughts in the course of our day, and we have discovered that these inventories easily become forgotten by a new thought that comes to us, and thereby we understood that it is an advantage to write minimum one daily inventory down, because we can hold both the thought and the accompanying emotion steady long enough to make them subject to a deeper investigation, when we write them down.

Today's contemplation

Today, I will write minimum one Tenth Step inventory down, so I can use it to apply all the principles of the Program on the situation I inventory.

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April 17: *The Christ Consciousness in Christs Anonymous*

The Christ Consciousness described in the ChrisAn Fellowship is not related to any creed or religion although it may appear so to some due to the above reference to the person Jesus and his state of merciful consciousness called Christ.

Christs Anonymous - The Thirteenth Step, page 8

In Christs Anonymous, all members have achieved the Christ Consciousness we talk about in our Fellowship.

Therefore, we introduce ourselves in Christs Anonymous with our first name and then we add: I am Christ:

This expresses that we have a personal contact with our chosen Higher Power that we have surrendered our will and our life to our Higher Power's care and that we have achieved a spiritual awakening, which expresses itself in mercy to those, who still suffer under addiction to their thinking mind, their ego.

We call this the merciful consciousness or the Christ Consciousness, and we are members of Christs Anonymous so as to expand our Christ Consciousness by working with transforming those sides of our thinking mind, our ego, which are not able yet to express unconditional love, care, compassion and mercy in a functional way.

Today's contemplation

Today, I will use my ChrisAn Program to transform those sides of my thinking mind, my ego, that are not yet able to express unconditional love, care, compassion and mercy in a functional way.

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April 18: *The four basic attributes of creaturehoodmanifestationhood*

In Step Two, we also investigated our belief systems and convictions about the limitation, ignorance, powerless and mortality/changeability of our other bodies – our ethereal body/energy body/space and time body, our astral/emotional body, our causal body/mental body/thought body/ego, our Soul/Super ego/social body plus our rebellion against the destiny actions of our true Self, our Spirit.

Christs Anonymous - The Thirteenth Step, page 36

Many members of Christs Anonymous came from other 12 Step Fellowships, and those who came from AcAdAn had worked in depth with their chronic dissatisfaction with the four basic attributes of their humanity: their limitation, ignorance, powerlessness and mortality/changeability.

In Christs Anonymous we added the work with the limitation, ignorance, powerlessness and mortality/changeability of all createdmanifested forms, whether it is our physical form, our energy form, our emotional forms, our thought forms or the forms of our social interactions.

This lead us to acknowledge our Fellowship with all createdmanifested, whether it was a stone, a plant, an animal or other people, because we all have that in common that we are limited by our form, we are ignorant about most things that happens outside our forms, we are powerless over many things, and our form is changing all the time, until it finally dissolves.

This feeling of Fellowship with all other creaturemanifestation helped us to look at everything and everybody everywhere on all planes of existence as our brothers and sisters and thereby we began to feel good under all circumstances no matter what they are.

Today's contemplation

Today, I will accept that I have a Fellowship with everything createdmanifested in the Universe in the form of our limitation, ignorance, powerlessness and mortality/changeability.

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April 19: Pain and suffering

We found out that we did not have to suffer emotionally and mentally when we had physical pain; that our suffering only intensified when we opposed our pain and diminished when we accepted it.

Christs Anonymous - The Thirteenth Step, page 35

We had a different perception of our pains and sufferings depending on, on which of our planes of existence our pains and sufferings stemmed from.

When our physical body/Mother Earth body was injured, we experienced pain, and if we did not take care of our wound, the wound might become inflamed, and thus our pain became suffering.

We sometimes became irritated at our physical body/Mother Earth body, because he/she could not perform as usual, and the feeling of irritation added pain to our astral body/emotional body/inner child body.

The emotional pain came into being because we thought thoughts of annoyance about our physical pain and thus we used the pain from the Miniring of Hatred with its ill will, unkindness, irritation and impatience, and if we chose to defend our use of the Miniring of Hatred instead of transforming it by the help of the Miniring of Love with its good will, kindness, calmness and patience, our pain became suffering both mentally, emotionally and physically.

Today's contemplation

Today, I will take care of my pains before they become suffering, whether my pains occur in my physical body, my energy body, my emotional body, my thought body or my social body.

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April 20: Unconditional surrender

So, we opened our mind to question what we believed we must be able to control to be able to take to heart those thoughts and beliefs that made it possible for us to surrender our will and our life unconditionally to our Higher Power's care on all our levels of existence.

Christs Anonymous - The Thirteenth Step, page 40

Most of us had reservations at the thought of surrendering unconditionally to our Higher Power's will for us, because we imagined that we would become like zombies in our Higher Power's hand.

After having investigating our fears more closely, we realized that Spirit holds everything and everybody everywhere at all levels of existence, and this means that Spirit does not need anything from us, but can give us everything we desire.

We understood that our true Self, our Spirit was the creatormanifestor of all of our bodies, and that our true Self, our Spirit fulfilled all those desires that our bodies on our various planes of existence wanted, which also was what we ourselves wanted innermost.

This realization made it clear to us that when we surrendered unconditionally to ourselves and our lives, we surrendered unconditionally to our true Self, our Spirit and thus to God, *as we understand God*, and after this realization our unconditional surrender became easier.

Today's contemplation

Today, I will work on making my surrender to my true Self, my Spirit and thereby to God unconditional.

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April 21: Religiosity and spirituality

We have no membership fees, no pledges to sign, and no promises to make to anyone.

Christs Anonymous - The Thirteenth Step, page 9

The purpose of religion is to give the initial information about the Higher Worlds to people, who do not have experiences with the Higher Worlds themselves, and about how the Higher Worlds affect life on earth.

If those of us, who had a religious background, tried to fantasize about how the Higher Worlds might be instead of experiencing them, it could give rise to much confusion and fear in us, but in Christs Anonymous we learned to take a stand on the Higher Worlds by taking a stand on our own experience of life.

We learned to work with the Higher Worlds by learning to be conscious in our work with the dimensions – the third dimension by being conscious of our physical body, the fourth dimension by being conscious of our energy level, the fifth dimension by being conscious of our emotions, the sixth dimension by being consciousness of our thoughts, the seventh dimension by being conscious in social interactions and the Absolute by being one with our true Self, our Spirit.

Thereby we became able to take a stand on the Higher Worlds from our own direct experience of them, and thereby our earthly life was filled with interesting observations on our various planes of existence, and our work with them became a source of joy instead of the fear that many of us had suffered from, before we came to Christs Anonymous.

Today's contemplation

Today, I will work on expanding my awareness on all my planes of existence by investigating their influence on my daily life on Earth by the help of my ChrisAn Program.

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April 22: *Our inner angels and our inner demons*

Our inner Angels are the energy forms that lead our mind to connect to and align himself/herself with the Soul level that exclusively is inhabited by awliyah, angels, bodhisattvas, avatars or whatever term one may like to use for these Beings according to the terminology in various creeds or religions; so when our inner demons, our defects of character, get transformed to our inner angels, our virtues, they, at the same time, are lifted to a higher state of being, to be aligned with our Soul level, and thus to a higher energy level, even though they are still at the mental plane.

Christs Anonymous - The Thirteenth Step, page 28

Our mind can be found in five basic modes, which are our habitual consciousness, which lies below the threshold of our day consciousness, our destructive day consciousness that gives us the impulse to act destructively, our constructive day consciousness that gives us the impulse to act constructively, our neutral day consciousness that gives us the impulse to act neutrally and our total consciousness that is omniscient.

Depending on the different terminologies, the different thoughts forms living in the different areas of our consciousness are called by different names and our constructive thought impulses are often called our inner angels, and our destructive thought impulses are often called our inner demons.

In ChrisAn we call our inner angels for our virtues and our inner demons for our defects of character, and for many of us, the concept of our inner demons had seemed to us to be scary and overwhelming, before we came to Christs Anonymous.

After we came to Christs Anonymous and began our work with transforming our defects of character to virtues, we discovered that we no longer had to be afraid of inner demons, because as a result of our work with our defects of character the concept of demons got its right size, and thereby we not longer felt overwhelmed or scared of this use of words.

Today's contemplation

Today, I will take care of my inner demons in a loving, caring, compassionate and merciful way by fulfilling their desires with the help of my virtues.

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April 23: Accountability in service

Tradition Nine opens up the possibility that we may createmanifest service boards and committees if we want to undertake a bigger project like a convention, translating literature or public information programs, but those of us who take on this service are directly responsible to those we serve – the ChrisAn members, the groups and the Fellowship as a whole.

Christs Anonymous - The Thirteenth Step, page 126

In ChrisAn we consider it to be an honor to be chosen to be a trusted servant in our group, in a commission or a committee, because we know that we do not only serve ourselves by being a trusted servant, but we also serve the entire Christs Anonymous Fellowship and the suffering humankind.

This honor can seduce some of us to seek to take a position as a trusted servant without having our heart with us into the task, we seek to be trusted with.

We can also sometimes become focused on what we ourselves want for our group, the Fellowship and the suffering humankind, and that may make us forget that we have to be accountable to the ChrisAn members, the groups and the Fellowship as a whole to such an extent that we feel under suspicion if the members, the groups or the Fellowship as a whole ask us questions about how we perform our trusted task.

We use our Program to purify our mind from the defects of character that may arise in context with our task as a trusted servant, so we can be accountable in our service, and accountability in service of Christs Anonymous means that we have our heart with us in our task and willingly we answer all questions about how we perform our trusted task.

Today's contemplation

Today, I choose to be responsible in my service for Christs Anonymous.

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April 24: People pleasing and praise

When we investigated the energy pattern of Codependency, we discovered that it settled in us because of our self-criticism and depression, creating manifesting within us a need for others to praise us.

Christs Anonymous - The Thirteenth Step, page 51

Many of us perceived praise from others to be a reward until we began working with the Ring of Codependency.

In this work, we gradually became aware of that the state of mind in codependency is people-pleasing.

We wanted to please others to achieve their praise, and by investigating the many actions of people pleasing, we performed without wanting to, we realized that praise is the same for us as co-dependents, as heroin is to a heroin addict.

As a result of these realizations, we understood, that codependency is a disease and we wanted to recover from this disease by transforming the energies in the Ring of Codependency with its savior role seducer role, victim role and offender role to the energies in the Ring of Emotional Sobriety with its detachment, integrity, respect for self and respect for others by the help of our ChrisAn Program.

Today's contemplation

Today, I will use my ChrisAn Program to transform my codependency to emotional sobriety.

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April 25: Description of our psychological landscape

Our thinking mind, our ego, is full of thoughts that come to expression through words, and while doing this work, it gradually dawned on us that the Truth of our experiences could not be said or written, so we chose to approach this work in a light hearted manner, while we put words on our experiences as best as we could.

Christs Anonymous - The Thirteenth Step, page 45

When we begin to describe our psychological landscape by the help of our ChrisAn Program, many of us are afraid of not being precise enough in our choice of vocabulary, but although our choice of words is extremely important, anyway, we have to face the fact that we will not be able to give a precise description of our thoughts and emotions, no matter how accurate we are trying to be.

By making that discovery, we begin to relax in our efforts to put words to the phenomena of our psychological landscape

We use the properties of the Rings of Pain as a way to choose our words, when we experience unpleasant or painful feelings, just as we use the properties of the Rings of Joy as a way to choose our words, when we experience pleasant or joyful feelings, and thereby, we slowly achieve an expanded vocabulary that makes our descriptions of our mental-emotional experiences more precise.

This vocabulary we can use in our daily life to describe various mental-emotional states, knowing fully well that our words are not the mental-emotional energy field itself, but are merely pointers that we can use, when we need to share our mental-emotional experiences with others.

Today's contemplation

Today, I will use the Rings of my ChrisAn Program to become better at expressing with more precise words, what is going on in my psychological landscape.

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April 26: Acceptance of one's own thoughts and that of others

If we found ourselves criticizing our thinking mind, our ego, or that of others, we added to our list how we would make amends to ourselves or others by finding out how it could be possible for us to accept our thinking and that of others exactly the way it was.

Christs Anonymous - The Thirteenth Step, page 83

Our lack of acceptance of our own thoughts, when they lead to painful emotions, means that we can not accept other people's thoughts either, when they lead to painful emotions for them or for us, and this means that we fight with our thinking mind, our ego, and thus we are strengthening the sides of our thinking mind, our ego that we will not allow existence in the same way as a boxer is getting stronger by having a sparring partner.

It also means that we struggle with the thinking mind of others, with their ego, and thus we are also strengthening the sides of their thinking mind, their ego, which we will not give permission to exist, but in ChrisAn we change this pattern by letting go of our battles with our own thinking mind, our ego and that of others.

Instead, we use the Pain Rings from our Sixth Step to identify, where we are at in our psychological landscape, when we or others think thoughts that we do not want to allow, because they manifest painful emotional feelings.

Then we use our Sixth Step to move out of the Pain Ring by the help of the corresponding Joy Ring, and in this way we can allow our thoughts and those of others and the emotional pains, they have caused to become a source of wisdom/Buddha consciousness and mercy/Christs consciousness for us.

Today's contemplation

Today, I will use my ChrisAn Program to accept my own and others' painful thoughts and emotional feeling exactly the way they are by taking their message to heart and transform the pain to joy by the help of my Sixth Step, so I can further my Buddha consciousness and my Christ consciousness.

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April 27: *To give life-force to the principle we want to further*

We went to Christs Anonymous meetings and shared our experiences with the Program with the other members, thus passing on the message of Christs Anonymous.

Christs Anonymous - The Thirteenth Step, page 107

Gradually, by the help of the daily use of our ChrisAn Program, we become able to handle our life's pains and discomforts in such a way that we can recover from them and even turn them into joy and comfort.

Thus, when we apply our Program's principles, we achieve an increased joy of living, and we want that the principles, which we ourselves use to achieve joy under all circumstances, no matter what they are, should also benefit others.

We fulfill our desire that others could achieve the possibility of benefitting from the principles, we want to further by taking on the work as a sponsor.

We also give others the opportunity to get to know these principles, when we share in our ChrisAn group about how we recovered from a painful situation and turned it into joy by the help of the principles, we have come to know in our ChrisAn Program .

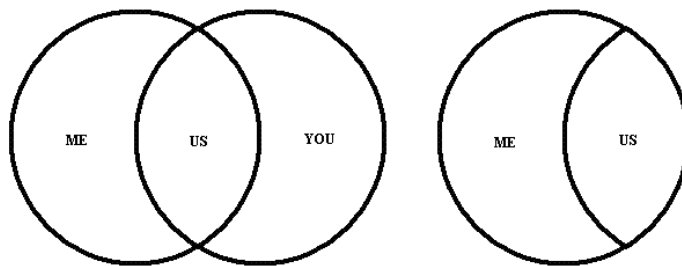
Today's contemplation

Today, I will share with a sponsee or in my ChrisAn group about my recovery from my existential pain by the help of my Christs Anonymous Program.

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April 28: The Rings of Social Interaction

Our work with the Rings of Social Interaction had shown us that it was not possible to hurt another without hurting ourselves, so we needed to make a list as to how we had hurt ourselves by hurting another and how we would make amends to both ourselves and others when we had hurt others in our social life.



Christs Anonymous - The Thirteenth Step, page 78

When we first came to Christs Anonymous and heard that we could not hurt others without hurting ourselves, it seemed to us to be in contradiction with our experience, because we could experience a certain satisfaction by telling others off.

When we became acquainted with the Rings of Social Interaction, however, it became clear to us that we ourselves would be hurt, when we hurt another, whether it was the person in the grocery store or our spouse.

In our social interactions, we can not avoid 'us', which is a part of any social interaction, and it means that the hurt of the other becomes part of 'us' in the interaction and as we ourselves are part of 'us', we thus hurt ourselves.

Gradually, as we worked with The Rings of Social Interaction, we became better and better at making amends to ourselves, when we had hurt another or others, and thereby it became easier for us to be lead to joy in our social interactions.

Today's contemplation

Today, I will use The Rings of Social Interaction to make amends both to

myself and others, when I have hurt others.

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April 29: Guilt and shame

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 were able to forgive ourselves and let go of our guilt and shame, which are the most lethal poisons to our spiritual life.

Christs Anonymous - The Thirteenth Step, page 85

Many of us had been weighed to the ground of shame about ourselves in a large part of our life, when we came to Christs Anonymous.

We felt guilty both because of the mistakes we had made in our own eyes, and the mistakes others thought, we had made.

We were not aware of guilt and shame are the deadliest poisons to our spiritual life, and that they cut us off from our possibility of returning to our true Self, our Spirit.

In our Eighth Step we brought all the areas out in the open that we felt guilty about, and that we felt ashamed of, and in Step Nine, we made amends to ourselves and others for the mistakes we had made both in our own eyes and that of others.

Today's contemplation

Today, I will use Step Eight and Nine from my ChrisAn Program to liberate myself from guilt and shame.

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April 30: Thoughts and emotions

By taking care of our thoughts and the associated emotions by the help of contemplation, we listened respectfully and attentively to them with loving, caring, compassionate and merciful detachment, and we discovered that what they had to reveal to us about our relationship with ourselves on all planes of our existence made it even easier for us to move effortlessly on the astral and causal plane.

Christs Anonymous - The Thirteenth Step, page 96

In Christs Anonymous, we call the thought plane for the causal plane and the Sixth dimension, and we call energy flow of our thoughts for the emotional, and the emotional we call the astral plane and the Fifth Dimension.

The causal plane holds our thoughts that give off a flow of energy, and this flow, we call our emotional feelings.

Our emotional feelings give life direction, because we act on emotions of pleasure by moving towards them and on unpleasant emotions by moving away from them.

However, by the help of our ChrisAn Program, we had learned to take advantage of our unpleasant emotions by listening to their message and turn their energies into pleasure by the help of the Constructive and the Destructive Rings.

Today's contemplation

Today, I will use contemplation to listen to an unpleasant emotion in the course of the day until I have heard its message, and then I will use my Program to transform it into pleasure by fulfilling that desire, which lies beneath the displeasure.

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May 01: Service in Christs Anonymous

Each member of the group serves the group by participating in our meeting.

Christs Anonymous - The Thirteenth Step, page 114

As a member of Christs Anonymous, we could support our Fellowship in many ways, and it was important for us to remember that we served our Christs Anonymous Fellowship by participating in a meeting.

If we had the surplus and desire to createmanifest a new group, w had the freedom to serve ChrisAn in that way, and in the meeting, we could take on being a chairperson, a treasurer, a coffee person or a literature person in our group.

We could also take on serving ChrisAn by participating in our Area Service Committee as an area service representative for our group, or we can take on one of the many posts that are to be found in our Area Service Committee.

When we took on one or more of these tasks, we served ChrisAn and made it possible for us and others to benefit from all what Christs Anonymous has to offer in our meetings, where we can listen to the other members experiences, and where we can find a person, who is willing to undertake the work as our sponsor and thus take us through the Program in ChrisAn.

Today's contemplation

Today, I will serve my Christs Anonymous Fellowship by participating in a meeting and share my experiences with the Program of Christs Anonymous.

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May 02: *The Twelfth Tradition*

The principle of the Twelfth Tradition is Freedom.

Slogan: I take to heart what I can use and leave the rest.

Christ's Anonymous - The Thirteenth Step, page 133

The Twelfth Tradition says that anonymity is the spiritual foundation of all our traditions, ever reminding us to let principles precede personalities, and thus our Twelfth Tradition gives us freedom to open our heart by the help of the Principle of Anonymity.

When we share our perception of existence, we can trust that our name will remain anonymous outside the meetings, although others might want to pass on the pearl that we shared at the meeting, because they will do so without mentioning of any name.

The Principle of Anonymity also means that we do not attach any importance to, who is the messenger, but receive the message regardless of who shares the pearl we need in order to gain a better understanding of existence.

So we listen attentively to all during our meetings, no matter what our personal opinion is about the person sharing, and this gives us the freedom to receive messages from other people that we might not have come into contact with if not for our meetings.

Today's contemplation

Today, I will listen attentively to what others have at heart during my ChrisAn meeting.

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May 03: Courage

The principle of Step Four is Courage.

Slogan: I accept both my virtues and my defects of character.

Christs Anonymous - The Thirteenth Step, page 108

In the past, courage was perceived to be fighting against the forces outside ourselves, which led to painful experiences for ourselves and/or others.

In Christs Anonymous we perceived courage to be facing ourselves by admitting and accepting that we both held virtues and defects of character, and our defects of character were the energies we took into use, when we inflicted mental and emotional pain on ourselves or others.

We always and without exception had a loving intention, when we inflicted pain on ourselves or others, and because we were focused on our loving intention, we could find it difficult to admit that our loving intention was not fulfilled, when we took our character defects into use.

In Step Four we mustered the courage it took to look into ourselves to learn to accept both our virtues, which bring ourselves and others joy, and our character defects that bring ourselves and others pain.

Today's contemplation

Today, I will muster the courage to stand by my virtues and my defects of character.

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May 04: Praise and criticism

Many of us had a tendency to praise ourselves when our causal body/mental body/thought body/ego was comfortable and criticize ourselves when he/she was uncomfortable, thus moving up and down between euphoria and depression and by so doing, we released the pain of the Ring of Self-centeredness into our life all over again.

Christs Anonymous - The Thirteenth Step, page 49

When we came to our Fourth Step in Christs Anonymous, we investigated the influence it had had on us and our lives, when we found ourselves in the Ring for Self-centeredness with its euphoria, depression, self-criticism and self-praise.

Until we investigated the effect of these energies on our perception of existence, we had believed that self-praise was the same as appreciating ourselves and that euphoria was a state of pure joy, but now we discovered, however, that self-praise and appreciation of ourselves is not the same thing.

By the help of the Ring of Godcenteredness with its joy, empowerment, open-mindedness and gratitude it became possible for us to discover pure joy, and at the same time we discovered that euphoria is felt in the head as a too high pitch, and joy felt in the solar plexus as a bubble of joy that actually could make us feel happy.

These discoveries showed us that the use of the praise and criticism of the Ring of Self-centeredness was not to our advantage, and therefore we began working on liberating ourselves from using this Ring by using the Ring of God-centeredness with its joy, empowerment, open-mindedness and gratitude instead.

Today's contemplation

Today, I will use my Step Work in Christs Anonymous to liberate myself from using the Ring of Self-centeredness, so I can come to use the Ring of Godcenteredness instead.

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May 05: *Self-respect and respect for others*

We also discovered that we had achieved a completely new respect for the right of others to be unique due to our work with the Fourth Tradition.

Christs Anonymous - The Thirteenth Step, page 113

Before we worked with the Ring of Emotional Sobriety with its detachment, integrity, respect for self and respect for others, many of us had a reluctant relationship with the word respect.

This was due to us having been told that we should show respect for our superiors, whether it was our parents, our bosses, the government of our country or the heads of religions, even if we felt that they had not made themselves deserving of our respect, but now, however, we reframed our perception of the word respect by using the Ring of Emotional sobriety.

We now considered respect for others to be respect of their right to be, who they were without us needing to think, feel, say or do what they thought we should think, feel, say or do, unless we felt like doing it.

If we did not want to do it, we used detachment to let go of their thoughts, feelings, words or actions, and instead we found out how we could respect, what we felt like thinking, feeling, saying or doing in the situation and in that way we maintained our integrity.

Today's contemplation

Today, I will respect my own right and that of others to be exactly as we are.

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May 06: The Ring of God-centeredness

We also chose to thank our Higher Power for giving us the power to carry out the task we had just completed as this kept our focus on gratitude instead of self-praise, and thus we remained in the Ring of God-centeredness instead of falling prey to the Ring of Self-centeredness and thus set all the Rings of Pain in vibration.

Christs Anonymous - The Thirteenth Step, page 93

Step Six gave us the possibility of using the Ring of God-centeredness with its joy, empowerment, open-mindedness and gratitude in context with our internal and external actions in the course of our day, and thus we got the opportunity to intensify our joy of living.

We could also use the Ring of Godcenteredness in context with our Eleventh Step, which says, that 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.

When we used the Ring of God-centeredness in that context, our emphasis was in particular on the part of the Eleventh Step, which says that we use prayer and meditation to get empowered to carry out our Higher Power's will for us.

In the course of our Eleventh Step, we had discovered that our Higher Power's will for us was what we wanted innermost ourselves, and therefore it was important for us to open our minds gratefully to our Higher Power's will for us by receiving the empowerment, which the contact with our Higher Power leads to, and in that way we used the Ring of God-centeredness in our Eleventh Step to increase our joy of living.

Today's contemplation

Today, I will to use the Ring of God-centeredness in my Eleventh Step to improve my joy of living by becoming better at doing, what I feel like doing.

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May 07: Immature and dysfunctional thinking

At times we needed conceptualized and analytical thinking to solve an issue - for example to work with our Steps or build a bridge - and to perform these tasks, we needed to give our thinking mind, our ego the freedom to think along many different avenues by allowing new ideas to come into being even if our thoughts might be immature and dysfunctional.

Christs Anonymous - The Thirteenth Step, page 46

In the course of our Step work, we had discovered that immature and dysfunctional thinking gave rise to existential pains, and therefore we had worked a lot on transforming our immature and dysfunctional thinking to mature and functional thinking.

Therefore, it came as a surprise to many of us that immature and dysfunctional thinking could be to our advantage.

When we began to think about a new area, whether it was an area in our inner or our outer World, we needed to allow our thinking mind, our ego to move in many different directions, some of which would later prove to be useful, and others would prove to be useless.

This however, we could not know until we had investigated the various options that we had thought of, and therefore we choose to open our thinking mind, our ego for all options of finding the best possible way in which to solve the task and in addition to seeking guidance from our chosen Higher Power, another human and our ChrisAn Fellowship being in this context.

Today's contemplation

Today, I will seek different solutions to the new task, I have decided to begin, with the help of my chosen Higher Power, my thinking mind, my ego, another human being and my Christs Anonymous Fellowship.

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May 08: Our daily Tenth Step

*When we had identified one such situation that had disturbed us **the most** in the course of our day, we inventoried what mistakes we had made in the situation that had led us to leave the NOW.*

Christs Anonymous - The Thirteenth Step, page 91

In the course of the first Nine Steps, we discovered that both our inner and our outer life had become much more nuanced than we had imagined when we came to Christs Anonymous, and we had many different options to choose from, when we acted in our inner or our outer World.

This gave us many possibilities to make mistakes, and our pains showed us, where we could advantageously improve our inner or outer World.

Therefore, we realized that our daily Tenth Step inventory could not be carried out on all our pains from the course of our day, but only on the pain that bothered us the most.

Little by little, we also discovered that it was beneficial for us to write down our inventory because a written inventory had a generalizing effect, which meant that what we discovered benefited us in a similar situation in the future.

Today's contemplation

Today, I will carry out a written Tenth Step inventory so as to achieve a generalizing effect of my work with my Tenth Step.

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May 09: To respect the Principle of Anonymity in the public

Also, as part of practising our Tenth Tradition, we take thoroughly care of holding ourselves back from expressing our opinion on outside issues while interacting with the public as a ChrisAn member, by only sharing about our Fellowship, the Program and how it helped us or could benefit humankind according to our personal perception.

Christs Anonymous - The Thirteenth Step, page 127

It could happen that we, as members of Christs Anonymous, was invited to talk about our Fellowship and our Program in a public setting.

This meant that the public would become familiar with our face and our membership of Christs Anonymous, and yet it was possible for us to respect the Principle of Anonymity.

It became possible if we did not express our personal opinion about Christs Anonymous or the Program but exclusively about what we had got the task of informing the public about, if we had got the task of talking on behalf of the Fellowship.

It also became possible, if we spoke on our own behalf in public contexts by taking care of letting others know that we spoke about our personal opinion of Christs Anonymous and of the Program, but that what we said was not an expression of Christs Anonymous as a whole.

Today's contemplation

Today, I will respect the Principle of Anonymity in all the contexts, I am part of.

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May 10: Virtues and defects of character

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

Christs Anonymous - The Thirteenth Step, page 52

In our Fourth Step in Christs Anonymous, we investigated the pain The Big Ring of Pain with its avarice, envy, hatred and arrogance had brought us in the course of our life, and we also investigated the joy The Big Ring of Joy with its faith, hope, love and truth had brought us in the course of our life.

In our Sixth Step, we investigated how we could move out of The Big Ring of Pain and then createmanifest a path that could enable us to move into The Big Ring of Joy instead.

The work with the two Rings made it easy for us to understand, why our defects of character were called immature virtues, and why our virtues were perceived to be fully enlightened and mature defects of character.

We also realized that any new thought was immature until we had investigated it and tested the consequence of taking it to heart in practice, and that we had to continue this process until it eventually had become fully enlightened, if we wanted to become able to use it to increase our joy of being under all circumstances, no matter what they are.

Today's contemplation

Today, I will accept that I need to use time, energy and interest on a defect of character to become able to illuminate it from so many different angles in theory and practice that I can use it to increase my joy of being.

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May 11: *Convictions and belief systems*

When we came to Christs Anonymous, we had many convictions and belief systems about ourselves as human beings, and we also had many convictions and belief systems about ourselves as Spirit.

Christs Anonymous - The Thirteenth Step, page 33

Before we came to Christs Anonymous, we had built a network of convictions and belief systems that we perceived to be in complete conformity with Reality, because many in our family and our society had the same convictions and belief systems.

In ChrisAn we began to investigate our convictions and belief systems in Step Two, and we were surprised to discover that many of our convictions and belief systems were not true for us personally.

This gave us the opportunity to let go of convictions and belief systems that were not true for us and take those convictions and belief systems to heart that were true for us personally.

Furthermore, our work with Step Two gave us the opportunity to open our mind to new convictions and belief systems that lead to joy instead of pain.

Today's contemplation

Today, I will work on taking convictions and belief systems to heart, which are true for me personally and which leads to Joy of Being.

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May 12: Step Three

In Step Three, we wanted to unconditionally surrender our will and our life to our Higher Power's care.

Christs Anonymous - The Thirteenth Step, page 41

We had been criticized in many areas since childhood and that had given us the impression that we were not as we ought to be, and furthermore we had internalized this criticism, so we continued this criticism of ourselves as adults.

Therefore, it was difficult for us to surrender to ourselves, and thus it became difficult for us to surrender to a Higher Power's care, not to mention to surrender unconditionally to anything at all like Step Three suggests.

Gradually, however, we realize that unconditional surrender to our chosen Higher Power's care meant that we surrendered unconditionally to ourselves and our lives exactly as we are, and as our lives are without condemning our life or even a single of our actions or perceive even one single of our desires as being unworthy of being fulfilled.

By working with our ChrisAn Program in this way, we understood that we needed to treat ourselves with unconditional love, care, compassion and mercy and in that way stop our perception of our lives and ourselves that makes us believe that we are not as we ought to be, and that our desires are not the way they ought to be.

Today's contemplation

Today, I will use my ChrisAn Program to work on surrendering unconditionally to my chosen Higher Power's care by surrendering unconditionally to the desires of my innermost heart in the course of my day.

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May 13: *Our thinking mind, our ego*

When thus we liberated our ego from being considered the villain in our spiritual adventure, we became able to see him/her for what he/she is in Reality – our devoted helper.

Christs Anonymous - The Thirteenth Step, page 63

Little by little, as our work with our ChrisAn Program developed, we came to know both our thinking mind, our ego, our Soul, and our true Self, our Spirit.

Thereby our thinking mind, our ego got his/her rightful place in our understanding of our multidimensional existence.

We understood that we, as a free-flowing Spirit, first created/manifested our Soul by the help of a nuclear fission of our Spirit's oneness, so our Soul could come into being as a duality in the form of two Soul Mates, a 'he' and a 'she'.

Spirit fulfilled the desire of the Soul Mates about separating the four basic emotions – love, fear, joy and pain – so it could become possible for us to choose among them, and as a result our causal body, our thinking mind, our ego came into being.

Today's contemplation

Today, I will use the help from my thinking mind, my ego to focus on what brings me joy in every situation instead of focusing on the pain in the situation.

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May 14: To make amends to ourselves

We wrote down in our list of amends how we wanted to make amends to ourselves for the harm done to ourselves because of our Self-centeredness, by finding out how we would replace our pattern of Self-centeredness with the pattern of God-centeredness.

Christs Anonymous - The Thirteenth Step, page 68

Before we came to Christs Anonymous, it did not occur to us that we might have a need to make amends to ourselves for wrongs we had done to ourselves, until we began the work with moving from the Rings of Pain to the Rings of Joy.

When we began to work on moving from the pain in the Ring of Self-centeredness with its euphoria, depression, self-criticism and self-praise to the joy in the Ring of God-centeredness with its joy, empowerment, open-mindedness and gratitude in Step Six, we discovered that we had harmed ourselves on many different ways.

When we investigated how our use of self-criticism had harmed our spiritual life, our social life, our thought life, our emotional life, our energy life, our physical life and our material life, we were surprised at how much harm we had done to ourselves.

After having faced that, we became willing to make amends to ourselves by learning to use the Ring of God-centeredness instead, and thus most of our existential pains began to diminish.

Today's contemplation

Today, I will use my ChrisAn Program to make amends to myself for criticism of either my material life, my energy life, my emotional life, my thought life, my social life or my spiritual life.

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May 15: *The Seventh Step*

Now, we needed to show ourselves and our Higher Power that we were indeed ready for our Seventh Step by beginning to cooperate with our Higher Power on a daily basis as many times in a day as we observed that a defect of character began to surface.

Christs Anonymous - The Thirteenth Step, page 68

Before we worked with transforming our mental and emotional pains in Step Six, we had a tendency to deny our emotional pain because we did not know how we should handle it.

When we had finished Step Six, we had learned what our use of our painful emotions, our defects of character had to tell us, so we did not fear them anymore, but acknowledged that they are part of our psychological landscape, which we advantageously can take to heart.

In the Seventh Step, we learned to acknowledge immediately, when an emotional pain was beginning to rise to the surface, and we prayed that very moment to our chosen Higher Power to liberate us from it.

By turning our focus away from the pain to our Higher Power, the ascending defect of character lost its power over us and did not become active in the situation, which thus became pain free both for ourselves and others, because we did not project our pain onto them.

Today's contemplation

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

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May 16: Abstinence in ChrisAn

This is a Program of complete abstinence from our addiction to our thinking mind, our ego.

Christs Anonymous - The Thirteenth Step, page 9

When we came to Christs Anonymous, many of us thought that we were spiritual, because we had been spiritual aspirants for a very long time, but in ChrisAn however, we first perceived a human being as spiritual when he/she was able to enter the energy field of his/her true Self, his/her Spirit as an act of will.

Our thinking mind, our ego is filled with thoughts that are based on fear, such as fear of the unknown, fear of the new, fear of other people, fear of life, fear of death, fear of being judged by others, fear of one's own thoughts and emotions, fear of fear and so on.

These fearful thoughts were the obstacle for us to becoming able to get in touch with the unconditional love, care, compassion and mercy in our true Self, our Spirit, and therefore we had a need to put our fears behind us to be able to become spiritual, which was our goal with our membership of ChrisAn.

In other words, abstinence in ChrisAn means that we abstain from identifying ourselves with our thinking mind, our ego to instead let ourselves be led to identification with our true Self, our Spirit and thus to Joy of Being under all circumstances no matter, what they are.

Today's contemplation

Today, I will refrain from identifying myself with my thinking mind, my ego, and instead I will identify myself with my true Self, my Spirit.

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May 17: *The point of the meeting with our true Self, our Spirit*

When we were in The Blissful Flow of the Present Moment, our omnipresent, omniscient, omnipotent and immortal Sprit came into play, and from moment to moment, Reality revealed itself to us without us having to figure out anything by the help of thinking.

Christs Anonymous - The Thirteenth Step, page 94

When we came to ChrisAn, we had been spiritual seekers for a long time and with this expression, we meant to say that we were seeking a way in which we could become one with our true Self, our Spirit as an act of will.

In the course of our work with our Program in Christs Anonymous, we realized that the glimpses we had experienced of this oneness could be expanded by giving up our addiction to our thinking mind, our ego.

When we stopped the flow of thoughts, so there was not one single thought we could identify with we found out that at the very moment we stopped the flow of thoughts, we became present in The Blissful Flow of the Present Moment, and at the same time we became one with our true Self, our Spirit, because the NOW is that point, where we meet our true Self, our Spirit.

When we discovered that, we realized that the wording of our Second Step was very precise, when it said that in oneness with our true Self, our Spirit, we would at the same time experience the Joy of Being under all circumstances, no matter what they are.

Today's contemplation

Today, I will use my Christs Anonymous Program to work on staying in The Blissful Flow of the Present Moment and thereby in my oneness with my true Self, my Spirit and that Joy of Being under all circumstances, no matter what they are, which this gives me.

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May 18: *The undergrowth of the defects of character*

In Step Six, we gradually unraveled our personal way of using these denials, defenses, justifications and rationalizations in our daily life and in Step Seven, we wanted to make use of this knowledge to let go of them immediately, when they surfaced so it could become possible for us to begin our cooperation with our Higher Power on a daily basis with the purpose of being liberated from all our defects of character and thus from our pains.

Christs Anonymous - The Thirteenth Step, page 70

Most of us imagined that when the consequences of using the Rings of Pain and the Rings of Joy in our work with Step Six had become familiar to us, we would soon be entirely ready to be liberated from our use of the Rings of Pain, so we could move on to Step Seven and pray to our chosen Higher Power to liberate us from the pain in all our defects of character.

We became confused, when we discovered time and time again that we were not entirely ready, and when we investigated the matter further, we realized that we used denial of the painful consequences of our use of our character defects, and even when we acknowledged the painful consequences of using them, we defended it with that we had a loving intention.

We thought that our loving intention alone justified our use of our defects of character even if the pain of using them shows exactly that our loving intention was not fulfilled and furthermore, we rationalized the use of pain by thinking that pain led to wisdom and compassion, and that is also true, but we discovered that it only happened, when we put the pain behind us by transforming a pain energy to a joy energy.

In the end, it became evident to us that the ultimate undergrowth of our defects of character was our use of denials, defenses, justifications and rationalizations, because our use of them gave our defects of character an immense power that even our transformation of them into virtues in Step Six could not heal, and that helped us eventually to let go of both virtues and defects of character and surrender to the knowing mind of our true Self, our Spirit.

Today's contemplation

Today, I will take the power away from my defects of character by letting go of my use of denials, defenses, justifications and rationalizations of my use of them by the help of Step Seven.

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May 19: Our hurt inner child

At that point in time in our day, which we had set aside to do our written Tenth Step inventory, we chose that situation from the past 24 hours, which had been the hardest for our hurt inner child to recover from, despite the fact that we had applied our Seventh Step in the situation.

Christs Anonymous - The Thirteenth Step, page 88

Before we came to Christs Anonymous, we often added injury to pain when we experienced mental-emotional pain by criticizing ourselves for our painful thoughts and emotions, but after we came to Christs Anonymous, we discovered that we could transform our painful thoughts and emotions by the help of the Rings of Pain and Joy in Step Six.

As a result of this transformation, we became able to grow in Buddha consciousness/wisdom and Christ consciousness/mercy while realizing so much about our reasons to use our defects of character in the situation that we became able to use Step Seven next time we experienced a similar situation.

Many of us chose to look at our painful thoughts and emotions, our defects of character as our hurt inner child to make it easier for us to listen to our painful thoughts and emotions and take their message to heart so we could assess what we needed to do for our hurt inner child to heal the pain instead of denying it.

It also became easier for us to become one with the unconditional love, care, compassion and mercy of our Higher Power, and that Joy of Being this brought forth, when we looked at our defects of character as a hurt child, who should be treated with unconditional love, care, compassion and mercy.

Today's contemplation

Today, I will take care of my hurt inner child with unconditional love, care, compassion and mercy way by the help of my ChrisAn Program.

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May 20: *The energy field of our true Self, our Spirit*

Only when our thinking mind, our ego is in a silent state without thoughts, can we perceive our knowing mind, our God Mind and thereby our oneness with our true Self, our Spirit, for in a silent state our thinking mind, our ego is no longer a hindrance for us to become able to hear our true Self, our Spirit and feel hisher presence within us and all around us.

Christs Anonymous - The Thirteenth Step, page 24

In ChrisAn we perceive the energy field of our true Self, our Spirit as an energy field consisting solely of unconditional love, care, compassion and mercy, and that these energies are unconditional means that they cannot be anything else regardless of the circumstances.

The energy field of our Soul, we perceive to be an energy field consisting of conditional love, care, compassion and mercy, because our Soul consists of free-flowing Spirit in the inner, but is limited by crystallized Spirit in the outer and the limitation createsmanifists a conditioning in the createdmanifested form that our Soul is.

All our desires from beginning of time till today are stored in our Soul and our Soul uses the energy from the unconditional love, care, compassion and mercy of our Spirit to fulfill all of our desires, no matter what they are.

As spiritual aspirants and participants in Christs Anonymous the only thing we really wanted now was to give and receive the unconditional love, care, compassion and mercy, and this meant that now we wanted to return to our true Self, our Spirit and experience life from this field of energy.

Today's contemplation

Today, I will use my Christs Anonymous Program to fulfill my desire to return home to my true Self, my Spirit, and thus to give and to receive the unconditional love, care, compassion and mercy.

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May 21: *The struggle with our thinking mind, our ego*

When we discovered to our dismay that our ego just grew stronger because we were struggling with it and that it was still there, no matter how much we tried to get rid of it, we became even more angry and so we tried denying, defending, justifying, rationalizing, ignoring, or suppressing our angry, worried, anxious, stressed, depressed, or frightened thoughts.

Christs Anonymous - The Thirteenth Step, page 19

As spiritual aspirants we had heard from many spiritual teachers, that our thinking mind, our ego was a problem for our possibility of growing spiritually.

We understood that spiritual growth meant that we developed a greater and greater capacity to be one with our true Self, our Spirit, but if instead of working on this goal, we were preoccupied with what was going on in our thinking mind, our ego, we prevented ourselves from achieving our goal.

Most of us had spent much time struggling with our thinking mind, our ego in our attempts to stop the flow of thoughts, but by struggling with the flow of thoughts we strengthened it in the same way as a boxer gets stronger by having a sparring partner.

When that became evident to us, we found out that we could choose to let go of our focus on our flow of thoughts instead of struggling with it, and in that way we discovered that this was the solution that brought us in touch with the NOW and thereby with our true Self, our Spirit in The Blissful Flow of the Present Moment.

Today's contemplation

Today, I will remove my focus from those thoughts that stream through my thinking mind, my ego and instead I will open my senses to be able to become present in The Blissful Flow of the Present Moment.

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May 22: The dimensions

The circle in the center of the graph is called the Absolute, the Neutral Plane, the Plane of Silence, the plane of Spirit and the plane of unconditional love, care, compassion and mercy.

This plane is also referred to as zero-dimension, as it consists of pure and unmanifested Spirit, and therefore does not have any extension in time and space, even if Spirit Himself-Herself is omnipresent and all pervasive.

Christs Anonymous - The Thirteenth Step, page 21

Crystallized Spirit has a material existence, and pure Spirit has no material existence.

Everything that has a material existence, has a number of dimensions.

A line has one dimension, an square two dimensions, physical beings three dimensions, time and space four dimensions, emotional feelings five dimensions, thinking six dimensions and social interactions seven dimensions.

Because pure Spirit has no material existence, pure Spirit has no extension in time and space, and therefore pure Spirit is said to have zero dimensions.

Today's contemplation

Today, I will work with my understanding of the dimensions by the help of Step One of my ChrisAn Program.

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May 23: *The hidden blessings*

No matter when we were able to see the hidden blessings behind our unpleasant experiences, by the help of our work in Step Two we began to trust that there WAS and IS an unconditionally loving, caring, compassionate and merciful intention from our Higher Power's side for us behind all of our experiences, always!

Christs Anonymous - The Thirteenth Step, page 41

When we experienced something unpleasant or painful, we often felt angry or sad about what we were experiencing, but during our work with Step Two in our Program of Christs Anonymous, we got the opportunity to go deeper into our thoughts and emotions connected with events that pains us.

In that way, we discovered that even the most unpleasant and painful event can be seen in the light of a Higher Power's unconditionally loving, caring, compassionate and merciful intention, rather than exclusively seeing the event as unpleasant and painful.

The more we worked with finding the unconditionally loving, caring, compassionate and merciful intention, the clearer it became to us that there were a gift lying in the event that we could find if we took out the time to investigate the event more closely.

When we worked on spotting the hidden blessings in uncomfortable and painful situations it brought us even closer to fulfilling our desire of finding Joy of Being under all circumstances no matter, what they are.

Today's contemplation

Today, I will use my Second Step to find the hidden blessing in an unpleasant or painful situation that I have experienced today.

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May 24: The organization of our Fellowship

Our Steps and Traditions are organized in a specific sequence and order, and when we talk about that Christs Anonymous ought to never be organized, we mean to say that it should never be organized in such a way that it gives single individuals control over Christs Anonymous in ways that could empower them to steer ChrisAn in a specific direction.

Christs Anonymous - The Thirteenth Step, page 119

Our Fellowship is organized in such a way that no single individual can gain control of it, and even if there are to be found a few members of Christs Anonymous, who have still not let go of their perception that might is right instead of right is right, most of us are now at a point in our existential understanding, where we believe right is right.

Therefore we refrained from trying to overpower others with our perception of how our Fellowship should be run, and instead, we took delight in that our Fellowship is being organized in such a way that it is our Group Conscience that decides this.

In that way we gave space for that all convictions and belief systems could have their voice heard without any specific perceptions getting a possibility to dominate our Fellowship, and by organizing our Fellowship in this way, we also avoided that our goal came out of course, because members became preoccupied with personalities rather than principles.

Additionally, it became easier for both old-timers and newcomers in Christs Anonymous to feel that their individuality was respected in such a way that their thoughts and feelings about how they wanted their Fellowship to be governed were taken into account in decision making processes.

Today's contemplation

Today, I will maintain my focus on the principles of Christs Anonymous rather than the personalities.

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May 25: Self-suppression

We also realized that we forced ourselves in many ways not called for in our daily life, saying yes when we meant no and saying no when we meant yes in many different contexts.

Christs Anonymous - The Thirteenth Step, page 81

Our fear of other people's reaction to what we felt like doing, which expressed itself in a no, yes or maybe, could make us become co-dependent, before we came to Christs Anonymous and began working on moving from the Ring of Codependency with its savior role, seducer role, victim role and offender role to the Ring of Emotional Sobriety with its detachment, integrity, respect for self and respect for others.

When we become codependent, we sent a feeler into other people to evaluate, whether they might think that we were too greedy, if we said yes to what they offered us, because we had learned that we must be modest and say no if we trouble others by saying yes, so we often said no even if we meant yes.

We also sent a feeler into others in order to evaluate whether they might get angry if we said no, and if we got the impression that they would get very angry or disappointed because we said no, we often said yes, even though we meant no, and we also tried to find out if others might lose patience with us, if we said maybe.

If we got the impression that this would happen, we said yes or no in accordance with what we thought the others wanted to hinder them from becoming angry or disappointed, and as the result of this practice, we forced ourselves to do things we did not want to do, and we refrained from doing things that we wanted to do, but in ChrisAn we walk the path of the heart, and that means that we say yes when we mean yes, no when we mean no and maybe, if we are in doubt about whether we want to answer yes or no.

Today's contemplation

Today, I will use my ChrisAn Program to inventory situations, where I said yes, no or maybe, but thought the opposite, to find out how I can learn to

give myself permission to say no, yes and maybe in accordance with what is true for me.

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May 26: The Small Ring of Arrogance

When The Small Ring of Arrogance got 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 less than others, we stayed by ourselves to hide our vulnerability and our feelings of worthlessness (Isolation), and when we felt more than others, we filled up our time and space with people to see and activities to do to show off our superiority by the help of the number of people present in our lives and the numerous activities we undertook together with them (Over-crowding).

Christs Anonymous - The Thirteenth Step, page 57

Most of us have perceived arrogance to be an idea of being superior to others in a way that makes us to look down on them.

It comes as a surprise to us that it is also arrogance to feel less than others, and that our feeling of inferiority in Reality is an expression of arrogance.

We can often be alone without feeling isolated, because the feeling of isolation only comes to the foreground, when we try to hide our feeling of inferiority from others.

Our feeling of inferiority can make us want to show off, when we feel on top so we try to show off by pretending that we always have more energy than others by taking on interactions with too many people or by filling up our day with too many activities that we can show off with in front of others.

Today's contemplation

Today, I will use the Small Ring of Arrogance to identify areas in which I have used this Ring in my social life, so I can begin to recover from the pain that I experience in this Ring by using the Small Ring of Truth instead.

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May 27: *The freedom from freedom*

*HOW DID I SHOW CONFIDENCE IN THAT FREEDOM FROM
FREEDOM IS MY TRUE FREEDOM?*

Christs Anonymous - The Thirteenth Step, page 133

What created manifested the most stress for most of us were our decision making processes, which began as soon as we opened our eyes in the morning, because we had to decide immediately if we should get up or stay in bed, if we should eat breakfast first or take a bath first, and like this we continued to have to make decisions throughout the day.

This could lead to much stress for many of us, like for example fear of regretting it if we chose one thing, and fear of regretting it if we chose the other thing, and our stress released cortisol in our system, which could lead to an addiction to cortisol, so we actually became addicted to stress in the same way that a drug addict is addicted to his/her preferred chemicals and the states of mind that they bring about.

To free ourselves from the stress associated with our decision-making processes and the cortisol it triggers, we chose to give up our freedom to choose every moment of our day what to do now by starting to live a life of surrender to our true Self, our Spirit instead of living a life in the energy of the fear of our thinking mind, our ego.

That meant surrendering to our Programs suggestion to spend the necessary time to complete Step Ten to purify our minds of what prevented us from listening to the suggestions of our true Self, our Spirit in Step Eleven, Step Twelve to keep what we have received by passing it on, and Step Thirteen to use our realization in the context of our relationship with our outer life.

Today's contemplation

Today, I will use Step Ten, Eleven, Twelve and Thirteen in my ChrisAn

Program to surrender unconditionally to my Higher Power's unconditionally loving, caring, compassionate and merciful will for me.

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May 28: *The physical death*

When our Mother Earth body/physical body is said to have died, we have left him/her and he/she is dormant for a while, before he/she actually continues his/her life without us through transformation into new forms.

Christs Anonymous - The Thirteenth Step, page 30

Before we began on our spiritual path, we had heard many different view points on what it entailed that a human being died, and many thought that when we left our physical body/Mother Earth body, it meant that we slept forever, and therefore it was the end of everything.

This misunderstanding is connected with that we did not study the so-called dead body more closely, but when we came to Christs Anonymous and had to look into that we, as human beings, are limited, ignorant, powerless and mortal/changeable, we began to look at what happened to our physical body/Mother Earth body, when he/she was said to be dead.

We discovered that he/she was by no means dead, but continued his/her life without us through a change of form, which happened by Mother Earth sending some of her other creatures/manifestations to our physical body/Mother Earth body in the form of maggots and insects, who transformed our physical body/Mother Earth body to soil from which nutrients were sucked up and eaten by plants, who were eaten by human beings and animals, and thus our physical body/Mother Earth body continued his/her life without us in new forms.

Due to this realization it began to seem likely to us that death also were merely shapeshifting for us in all areas of our multidimensional existence whether it was our physical body, our ethereal body, our emotional body, our thought body or our social body, and thus our fear of the separation from our physical body/Mother Earth body diminished.

Today's contemplation

Today, I will study shape shifting in all the many ways in which it takes

place and in that way I will reduce my fear of the separation from my physical body/Mother Earth body.

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May 29: The freedom in Christs Anonymous

Anyone may join us, regardless of age, profession, race, sexual identity or preference, political conviction, creed, religion or lack of religion.

Christs Anonymous - The Thirteenth Step, page 9

In Christs Anonymous, we had the freedom to be completely and totally, exactly the way we were, because our sole purpose was to let go of our addiction to our thinking mind, our ego to be lead to oneness with our true Self, our Spirit and thereby to joy of being.

This goal had got nothing to do with a member's age, profession, race, sexual identity or preference, political conviction, creed, religion or lack of religion, and only the individual member himself/herself knew, if he/she had this desire, which is the only requirement for membership of Christs Anonymous.

We trust that a member had this desire, if he/she said that he/she was member of Christs Anonymous, and that he/she no longer had this desire or did not want to fulfil this desire by the help of Christs Anonymous, if he/she said that he/she was no longer member of our Fellowship.

There was no pressure on us that we must be members and there were no attempts to make us continue our membership, if we had found out that presently Christs Anonymous was not for us anyway, whether we stopped our membership for a short period or for the rest of our life.

Today's contemplation

Today, I will rejoice in the freedom I have to be completely and totally exactly the way I am as a member of Christs Anonymous.

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May 30: One day at a time

*JUST FOR TODAY, I will apply my Christs Anonymous Program.
I will follow it to the best of my ability.*

Christs Anonymous - The Thirteenth Step, page 17

It could seem overwhelming for us to think that the Christs Anonymous Program is a lifestyle, because it meant that we would never be done with it.

When formally, we had done the Twelve Steps and the Twelve Traditions we had Thirteen Tools we could use to handle our life's pains with.

We did it by using Step Ten to investigate the pains of the day and Step Eleven to listen to the unconditionally loving, caring, compassionate and merciful intention being the pains.

We used Step Twelve to share our recovery from the day's existential pains with others to cement our new realizations about the nature of Reality, and we used Step Thirteen to understand, how we could use our newly acquired understanding in our relationship with the World around us.

Today's contemplation

Today, I will use Step Ten, Eleven, Twelve and Thirteen to achieve Joy of Being under all circumstances, no matter what they are.

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May 31: *The transformation of our thinking mind, our ego*

By working with our ChrisAn Program, we gradually learned how to create manifest and maintain peaceful thinking and thus a serene ego.

Christs Anonymous - The Thirteenth Step, page 28

As spiritual aspirants we have lived through struggles with our thinking mind, our ego, every time we observed that unloving, uncaring, hard-hearted and merciless thoughts were passing through.

We were not aware that thus we became sparring partners for our unloving, uncaring, hard-hearted and merciless thoughts, because every time we tried to fight one of these thoughts, more and more reasons appeared for why this thought was important, so when we came to Christs Anonymous our thinking mind, our ego was filled to the rim with painful and unpleasant thoughts.

We were tired of pain, so we wanted to transform our thinking mind, our ego to be filled with joyful thoughts instead, and we did that by investigating the Reality of each of the thoughts that we wanted to get rid of and simultaneously we investigated if the opposite could be just as true or even truer.

We discovered that the opposite always and without exception could be just as true or even truer and thus we began to transform the content of our thinking mind, our ego from being filled with painful and unpleasant thoughts to be filled with joyful and pleasant thoughts.

Today's contemplation

Today, I will use my ChrisAn Program to transform the energy of a painful and unpleasant thought to the energy of the corresponding joyful and pleasant thought.

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June 01: *Humility*

The principle of Step Five is Humility.

Slogan: I'm neither more nor less than any other creaturemanifestation.

Christs Anonymous – The Thirteenth Step, page 108

When we came to Christs Anonymous, many of us had a perception of that humility meant that we had to pretend that we were smaller than we are, because others would get angry at us, if they got the feeling that we thought that we were more than them, and then they might want to humiliate us.

Humiliation was a painful emotions, we experiences, when we found ourselves in the Small Ring of Arrogance with its superiority, inferiority, overcrowding and isolation, because we could feel humiliated if someone did not accept our feeling of superiority or point out our feeling of inferiority.

However, when we worked with the Small Ring of Arrogance with its superiority, inferiority, overcrowding and isolation in Christs Anonymous, we discovered that it is both arrogance to make ourselves bigger than others and to make ourselves smaller than others.

Small Ring of Truth with its humility, honesty, individuality and fellowship we became aware that humility means that we are neither more or less than any other creaturemanifestation, whether the creaturemanifestation belongs to the mineral kingdom, the plant kingdom, the animal kingdom or the human kingdom.

In our work with moving from the pain of the Small Ring of Arrogance to the joy of the Small Ring of Truth with its humility, honesty, individuality and fellowship, we became better and better at letting go of the pain we experienced by being in the Small Ring.

Today's contemplation

Today, I will use the joy in the Small Ring of Truth with its humility, honesty, individuality and fellowship in my social interactions.

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June 02: To let our opinion be known

We also chose to trust that it was important that our voice was heard, and that by expressing our individual conscience we contributed to create a foundation that made it possible for our group conscience to be expressed fully, whether the outcome was in conformity with our wishes or not; so we spoke our mind when it is our turn at our group's service meetings.

Christs Anonymous – The Thirteenth Step, page 114

Many of us thought that it was not worth our while to express our opinion about what was happening in various contexts that we were a part of, unless it meant that other participants took our opinion to heart and used it in practice.

In the course of our participation in ChrisAn meetings and meetings with our sponsor or recovery buddy we discovered however, that it was important that we did not express our opinion to make an impression or to convince others about its excellence, but for our own sake.

When we merely thought about our perception of a particular topic, our perception could easily fade again, when the next thought cropped up, but when we expressed our view point in various contexts, it became easier for us to remember it and thus make our opinion clear to ourselves in all details.

Most of us found it even better to write down our opinion about those areas, we wanted to exchange view point with others about, and thereby these meetings became a gift, which gave us the opportunity to build up our psychological landscape on a thought through foundation.

Today's contemplation

Today, I will exclusively express my opinion about the contexts I am part of, because I want to expand my perspective by giving an expression to it without trying to overpower others with my perspective.

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June 03: To share our progress

The main purpose of each of us in Christs Anonymous is to become one with our true Self, our Spirit, and thereby achieve Joy of Being, and in ChrisAn groups, each of us share in our recovery meetings how far we each have come with this work by working the ChrisAn Program.

Christs Anonymous - The Thirteenth Step, page 120

Although we all needed to share the problems we had with our thinking mind, our ego, it could be difficult for us to use Step One and admit to ourselves that we had a problem that made our life unmanageable.

Once we had taken Step One on what bothered us, our recovery began in Step Two, where we chose to open ourselves for the loving intention behind the problem, and in Step Three we surrendered to the loving intention, we found in Step Two.

In Step Four, we investigated what prevented us from surrendering wholeheartedly in Step Three, and we also investigated what made it easier for us to surrender wholeheartedly in Step Three like we wanted to do.

In Step Five we shared what we had discovered with our Higher Power, our sponsor or recovery buddy, in a ChrisAn meeting, and thereby we were ready to meet the World with our newly gained wisdom.

Today's contemplation

Today, I will share in a ChrisAn meeting about what I have recovered from today by the help of my Christs Anonymous Program.

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June 04: *Our Soul*

In our existence, our Soul/Super ego/social body is attached to and operates through our social life, and in our Mother Earth body/physical body, he/she is attached to and acts through our bloodstream.

Christs Anonymous - The Thirteenth Step, page 23

Many people perceive our Soul and our Spirit to be the same energy field, but in ChrisAn we perceive our Soul to be the first manifested form of our Spirit, and our perception of the Soul as a creaturemanifestation means that the Soul is limited, ignorant, powerless and mortal/changeable like any other creaturemanifestation, and therefore we speak about a young Soul and an old Soul.

The difference between the two is that a young Soul has very limited experiences with multiplicity and therefore a young Soul makes many mistakes in his/her social life, whereas an old Soul has many experiences with multiplicity, and therefore an old Soul makes fewer mistakes in his/her social life.

The mistake a young Soul makes is due to his/her lack of capacity to fulfill his/her loving, caring, compassionate and merciful intention both towards himself/herself and others, whether it concerns his/her Mother Earth body, ethereal body, astral body, causal body or social body or that of others, and for that reason the way of being in the World by a young Soul very easily is perceived to be unloving, uncaring, hard-hearted and merciless.

It is easier for an old Soul to fulfil his/her loving, caring, compassionate and merciful intention both to himself/herself and others, whether it concerns his/her Mother Earth body, ethereal body, astral body, causal body or social body or that of others, and therefore the way of being in the World of an old Soul very easily is perceived as loving, caring, compassionate and merciful, even though both a young and an old Soul has the same intention.

Today's contemplation

Today, I choose to treat all of my own and others' bodies with unconditional love, care, compassion and mercy in my social life, my Soul life.

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June 05: Observation of our thinking mind, our ego

From this observation, it became clear to us that if we wanted to be liberated from the attributes of the Miniring of Hatred for example, with its our irritation, impatience, ill will and unkindness for example, and prayed to our Higher Power to liberate us from it in our Seventh Step when we spotted it, our defect of character was arrested while it was still growing.

Christs Anonymous - The Thirteenth Step, page 71

Before we came to Christs Anonymous and began observing our thinking mind, our ego many of us had the impression that irritation or impatience were trifles, we did not need to take care of.

When we began to observe our thinking mind, our ego by the help of the Rings in ChrisAn, we discovered that irritation and impatience belong in the Miniring of Hatred with its ill will, unkindness, irritation and impatience.

This was a big discovery for us, because we could use our observations to learn to handle our mental-emotional pains by observing, which Painring we found ourselves in and that we could learn to use the corresponding Joyring to transform our existential pains to joy in Step Six.

We also discovered that when we used the energies in merely one Painring, all the Painrings began to vibrate and thus we experienced one mental-emotional pain after another in the situation we found ourselves in, but that we could stop most emotional-mental pains in their beginning by using Step Seven.

Today's contemplation

Today, I will observe my thinking mind, my ego, so I can take care of what is going on in my thoughts, before they develop into painful emotions or physical illnesses.

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June 06: To speak on behalf of others

In our individual work with the Tenth Tradition, we investigated if we could speak on behalf of any of the groups that we were a part of, whether it be our coupleship, family, workplace, Fellowship or society at large, and we realized that it was not possible for us to do so unless such responsibility was entrusted on us by the group.

Christs Anonymous - The Thirteenth Step, page 127

Many of us had imagine that we knew what others thought and felt in various situations, and therefore we believe that we could speak on their behalf, but by making a Reality-check on our perception, we discovered that sometimes we were right, but most of the time we were not.

We made a Reality-check by asking the person we imagined that we knew so well that we knew what he/she thought and felt, what he/she actually think and feel in the situation right now and right here.

Thereby we did not only discover that we were often wrong, but at the same time we discovered that others felt it was an overstepping of their personal boundaries that we were not able to leave to themselves to speak on their own behalf, whether it concerned our spouse, our children, our family, our friends, our colleagues or others we came into contact with.

Sometimes, it could happen that we were trusted to speak on behalf of others, and under such circumstances we are carefully listening to what the Group Conscience wanted us to say and when we spoke from the wishes of the Group Conscience, we made sure to be careful to pass that on, which we had been given the task to pass on whether it was in conformity with our personal opinion or not.

Today's contemplation

Today, I will choose to express myself only about my own thoughts and emotions, but if I have been assigned to speak on behalf of one of my groups, I will choose to first contact the Group Conscience to find out what I must say on behalf of the group.

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June 07: Slaves of our ego

We are not interested in how or why we became enslaved by our ego, what we have done in the past or how much or how little we own, but only in what we want to do about those of our sufferings that springs from our addiction to our thinking mind, our ego, and how we can help each other to identify with our true Self, our Spirit instead.

Christs Anonymous - The Thirteenth Step, page 9

Large parts of humankind perceive all the thoughts that pass through their minds as the only true view point on Reality, and therefore they act in accordance with their thoughts, and in that way they become slaves of their thinking mind, their ego.

As members of Christs Anonymous, however, we had discovered that the thoughts that pass through our thinking mind, our ego was an expression of what energy field we found ourselves in, when we moved around in our psychological landscape.

This discovery made it possible for us to move out of one energy field and into another, and when we did that we discovered that our thoughts about Reality changed and thereby our emotions about Reality changed too.

Thereby it became clear to us that Reality is as it is, no matter what we think about it, but that it was to our advantage to think thoughts, which gave us joy rather than thinking thoughts that gave us pain, and thereby we became better and better at refraining from being slaves to our thinking mind, our ego.

Today's contemplation

Today, I will use my ChrisAn Program to liberate myself from being a slave of my thinking mind, my ego.

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June 08: *Our first vehicle*

Our Soul/Super ego/social body expands gradually from being a small, young and naked Soul/Super ego/social body, who is ignorant about multiplicity, because he/she is newly born and therefore resting in unity, into being a big, old, fulfilled and knowing Soul/Super ego/social body gradually as we experience more and more in our life as a creature manifestation and gather these experiences in the consciousness of our Soul/Super ego/social body.

Christs Anonymous - The Thirteenth Step, page 38

In our first Step in Christs Anonymous we became familiar with our Soul/Super ego/social body, who was the first body we created manifested as our true Self, our Spirit, and it was from the Soul Plane, which is also called the Divine Plane, that divine intervention took place, when we had gotten out of alignment with our true Self, our Spirit.

The first signal we received from our Soul/Super ego/social body, when we had gotten out of alignment with our true Self, our Spirit was a vibration that came to expressions as mental-emotional pain, and the pain told us that we had taken a Painring into use and needed to find a way in which we could use a Joyring in the situation instead.

The more sensitive we became, the faster we became at changing direction when we had separated ourselves from the joy of our true Self, our Spirit, and the better we became at moving out of a Painring and into a Joyring, and thereby it became easier for us to be in oneness with our true Self, our Spirit and the joy of being.

When we chose not to change direction, our mental emotional pain could become more and more intense until our physical body/Mother Earth body became so affected by it that she also began to pain, and when the pain in our physical body/Mother Earths body grew, the pain became that type of suffering we call physical illnesses.

Today's contemplation

Today, I will use my ChrisAn Program to learn to become better and better at being in oneness with my true Self, my Spirit and thus with joy of being.

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June 09: *The movements of life on all levels of existence*

The principle of the Fourth Tradition is Serenity.

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

Christs Anonymous - The Thirteenth Step, page 133

Most of us in Christs Anonymous had an earnest desire to be one with the Light of Love within our true Self, our Spirit, and we had a deep inner knowing that the Light of Love burned clearly and effortlessly, when we were interacting with our Spirit Mate.

Therefore, many of us had imagined that the meeting with our Spirit Mate would solve all our existential problems, so it came as a complete surprise to us that the meeting with our Spirit Mate elicited incredible pain, because the pain in the fear of losing contact with him/her activated all our defects of character more than ever before.

However, we discovered that in Reality it was a life condition for all creaturesmanifestations to set the emotions into vibration by us meeting and separating and meeting again, like we did in the Act of Lovemaking, but if instead we feared the separation, it came to expression in painful movements on all our planes of existence.

Therefore it was important for us that we had our ChrisAn Program to take care of all of our defects of character, because in that way, we could maintain our serenity instead of being seized by fear, when we believed that we were about to loose contact with our Soul Mate or in other ways believed that we were about to loose something that was dear to us.

Today's contemplation

Today, I will surrender to my Christs Anonymous Program by carrying out a Tenth Step, when I become dysfunctional because of the fear of losing something that is dear to me, so that I can return to my true Self, my Spirit.

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June 10: *The maelstrom of the ego*

For many of us, it was a life-long task to work with our thinking mind, our ego, to be able to make amends to ourselves for our sufferings, through learning to stay in The Blissful Flow of the Present Moment instead of leaving ourselves and our life by being sucked into our thinking mind, our ego.

Christs Anonymous - The Thirteenth Step, page 79

Before we came to Christs Anonymous our thinking mind, our ego had been lacking conscious guidance, because we had not been able to step back from the addiction to our thinking mind, our ego, so the maelstrom of thoughts that were passing through our mind carried us with it, whether it was to our advantage or not.

After we came to Christs Anonymous and began to liberate ourselves from getting carried away by the maelstrom of thoughts that were passing through our thinking mind, our ego, we became able to come into contact with our next Higher Plane of Existence, our Soul plane.

Our Soul is loving, caring, compassionate and merciful, and from this plane in our consciousness, we took a stand on our thoughts and selected with care those thoughts that brought us joy, when we were thinking them, whenever it was possible for us to do so.

From our Soul we also took care of those thoughts that brought us pain with love, care, compassion and mercy by transforming them to wisdom/Buddha consciousness and mercy/Christ consciousness by the help of our ChrisAn Program, and thus we became able to experience joy under all circumstances, no matter what they are.

Today's contemplation

Today, I will use my Tenth Step to transform my mental-emotional pains to wisdom/Buddha consciousness and mercy/Christ Consciousness instead of letting myself be carried away by the maelstrom of thoughts in my thinking mind, my ego.

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June 11: To createmanifest new pathways

In the beginning of our work in Step Six, we had to createmanifest unknown pathways so as to be able to move from our defects of character in the Rings of Pain to our virtues in the Rings of Joy, but the more we travelled our pathways the easier it became for us to call both our defects of character and their corresponding virtues by name, and the easier it was to travel from our pain to our joy through these pathways.

Christs Anonymous - The Thirteenth Step, page 63

In Step Six, we became entirely ready to let our Higher Power liberate us from all our defects of character by investigating their impact on our lives by the help of the Rings of Pain.

At the same time, we also investigated how we **believed** that the situation we described would have unfolded if instead we had used one of the Rings of Joy.

By the help of these investigations of our psychological landscape, gradually, we became entirely ready to let our Higher Power liberate us from all our defects of character in Step Seven.

We could begin to co-operate with our Higher Power about being liberated from our defects of character in Step Seven by using The Short Seventh Step Prayer, when we experienced that one of our defects of character had taken over our thoughts and emotions.

Today's contemplation

Today, I will use my Sixth Step to createmanifest new pathways in my experience of my psychological landscape and my Seventh Step to move safely on these pathways.

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June 12: Taking stock

Besides this, we described how Step Three had changed our perspectives on ourselves, others and the World at large, and in which ways we acted differently today as compared to the point in time where we began our work with Step Three.

Christs Anonymous - The Thirteenth Step, page 60

When we reached to our work with Step Five in Christs Anonymous we took stock of what we had achieved by working with our ChrisAn Program so far.

In Step Five we investigated how we looked at Step One to Four today compared to how we looked at these four Steps at the time, when we did our formal work with picking up the principles of these Steps.

It came as a surprise to many of us that we have made great progress in our existential understanding and that this progress was much more than we had expected when we began our Step Work.

This progress had fallen into place in our lives so naturally that we almost felt that we had always known what we now know, and therefore, it was important for our motivation to move on with our Step Work to take stock of all what we had achieved by the help of our Step Work.

Today's contemplation

Today, I will choose to take stock of minimum four areas in my existential understanding that I have achieved by the help of my Step Work.

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June 13: *To liberate our inner child from pain*

In our Seventh Step, we had investigated our denials, defenses, justifications and rationalizations of our use of our defects of character, and now our inner father/mother helped our hurt inner child to free himself/herself from his/her mask of being 'good and well-behaved' by helping him/her to let go of his/her denials, defenses, justifications and rationalizations.

Christs Anonymous - The Thirteenth Step, page 90

During our upbringing most of us got a clear picture of our parents and other important people in our surroundings believing that it was the right action for us to follow their instructions on how we should think and feel.

Sometimes, what we thought and felt was in conformity with how our parents and other important people in our life thought that we should think and feel, but often our thoughts and emotions were contrary to their perception of the right thing, and this could make us deny the thoughts and emotions they did not think, we should have.

When someone saw through our denials, we defended them, or we justified them or rationalized them, but this reinforced our feeling of our thoughts and emotions not being as they ought to be, and that could make us ashamed of them.

When we reached Step Seven, however, we became able to be our own loving, caring, compassionate and merciful parents by taking lovingly care of our painful thoughts and emotions in the NOW in cooperation with our Higher Power and thereby to support our inner child's right to have both the joyful and the painful thoughts and emotions.

Today's contemplation

Today, will use my Seventh Step to pray to my Higher Power liberate my

inner child from his/her painful thoughts and emotions through transformation, so that he/she no longer needs to hide, deny, defend, justify or rationalize them.

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June 14: *Movements in solar plexus*

A slight contraction of discomfort or heat in our Solar Plexus alerted us of that a defect of character was sprouting to the surface.

Christs Anonymous - The Thirteenth Step, page 72

In our Seventh Step in ChrisAn we further developed our awareness of the finer nuances of our psychological landscape to become able to make use of this Step.

We further developed our awareness by paying attention to movements in our solar plexus center to find out, if it felt a little heavy or lightly uncomfortable in that area of our Mother Earth body.

If that was the case, we used the Short Seventh Step Prayer or the Long Seventh Step Prayer to identify which defect of character that was about to rise to the surface, and then we prayed to our Higher to liberate us from it.

When we had done that, we had done our part and used the Seventh Step slogan to let go and let our chosen Higher Power take care of the rest.

Today's contemplation

Today, I will use my Seventh Step to be liberated from the influence of my defects of character on my day by co-operating with my chosen Higher Power about being liberated from them, one situation at a time.

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June 15: *The Small Homecoming*

When we came to Christs Anonymous, we realized that our long search was over.

We had come home at long last – to our true Self, our Spirit, from where Joy of Being emerges under all circumstances that life presents us.

Christs Anonymous - The Thirteenth Step, page 10

Many of us came to Christs Anonymous from other Twelve Step Fellowships, and every time we began our participation in a new Twelve Step Fellowship, we felt that we had come home.

This experience sprang from the fact that we had now achieved a Fellowship with kindred Spirits about helping each other finding a solution to an existential problem that we had a need to recover from, and we felt at home among our kindred Spirits.

The homecoming, we experienced in Christs Anonymous, was a homecoming to our true Self, our Spirit, that makes us feel that we had finally reached the very origin of all of our planes of existence, and that our true Self, our Spirit is our true home.

When anyway, we chose to call this homecoming for The Small Homecoming, it is because we call our return to unmanifested Spirit, where we have withdrawn all of our projections from creationmanifestation, for the Big Homecoming.

Today's contemplation

Today, I will use my ChrisAn Fellowship to achieve returning to my true Self, my Spirit and thus to find joy under all circumstances, no matter what they are.

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June 16: *The struggle against Reality*

We also investigated our thoughts and emotions about our Reality and how we acted when we saw our Reality unfolding and being as it IS when at the same time we believed it was essential for us to oppose it, because we thought that it ought not be as it IS.

Christs Anonymous - The Thirteenth Step, page 36

Our goal in ChrisAn was to replace our addiction to our thinking mind, our ego with identification with our true Self, our Spirit and thus to be led to joy under all circumstances, no matter what they are.

If we were at war with Reality, it was not possible for us to simultaneously be in oneness with our true Self, our Spirit, and therefore we gave up our battle with Reality by sorting our thoughts and discard those that were opposing our Reality as it IS.

Instead, we chose to cultivate thoughts that were an expression of appreciation of Reality as it IS while at the same time, we let go of circumstances, which made it hard for us to appreciate what is happening in the NOW.

When we found reasons to appreciate and be joyful about Reality as it IS, the path to the unconditional joy that is the characteristic of our true Self, our Spirit was shortened.

Today's contemplation

Today, I will find reasons to appreciate and to be joyful under all circumstances, no matter what they are make it easier for me to be in oneness with my true Self, my Spirit and thereby with joy of being.

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June 17: *The right action*

When we surrendered unconditionally to The Blissful Flow of the Present Moment with a mind empty of thoughts, we found out that our wish to carry out the right action for the right reason at the right moment in the right way with the right attitude sprang from HERE and NOW without us even having to think any thoughts about it.

Christs Anonymous - The Thirteenth Step, page 44

In Christs Anonymous we discovered that the right action is the sweet fruit itself, and therefore we did not expect to achieve other benefits than the joy of our action, when we carried out the right action.

Before we came to Christs Anonymous we had tried to find out what the right action could be by listening to many perspectives from others' perceptions of the right action.

We had tried to follow suggestions both from family, friends and acquaintances, and sometimes we discovered that it was to our advantage to follow their suggestions, and sometimes we discovered that it was not.

Slowly, it dawned on us that no action can be found that is always the right one under all circumstances, so we began to surrender to The Blissful Flow of the Present Moment by choosing as the next right action that action, which it would give us the most joy to carry out right NOW right HERE, and thereby we took responsibility for finding joy under all circumstances, no matter what they are.

Today's contemplation

Today, I will choose that action as my next right action, which would

delight me the most to carry out in The Blissful Flow of the Present Moment.

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June 18: *The rightful place of our ego*

Instead of being addicted to our ego through constantly being consumed with thinking, we want our thinking mind, our ego, to take its rightful place by serving us at such times alone where thinking is required to resolve an issue.

Christs Anonymous - The Thirteenth Step, page 13

When we at long last came to Christs Anonymous, the path opened up to our true Self, our Spirit, and we became able to let go of our addiction to our thinking mind, our ego, and thereby we discovered that most of the existential problems we had sprang from our addiction to our ego.

Because we had confused our thinking mind, our ego with our true Self, our Spirit we expected our thinking mind, our ego to be omniscient, and therefore we tried to think our way to experience, which only could be achieved by trial and error, until we achieved the wisdom, which was required to fulfill our desires in practicality.

As a result of our attempts to think our way to experience our thinking mind, our ego became inflated with an exaggerated amount of fruitless and therefore painful trains of thoughts, which all sprang from our fear of making mistakes in practice with new learning.

Our work with the Rings of Pain and the Rings of Joy in Christs Anonymous brought our thinking mind, our ego out of his/her sick and inflated condition, and thus our thinking mind, our ego came to take his/her rightful place in our existence as our faithful helper.

Today's contemplation

Today, I will work with the Rings of Pain and the Rings of Joy in my ChrisAn Program to help my thinking mind, my ego to take his/her rightful place in my existence as my faithful helper.

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June 19: Illumination of our daily life

With this awareness we wanted to investigate how our virtues and defects of character played out in our lives on a daily basis, so we could learn how to throw light on and transform our defects of character when they showed up in our daily life, and with this purpose in mind, we moved on to Step Six.

Christs Anonymous - The Thirteenth Step, page 61

When we had finished Step Five, we had thrown light on our virtues and our defects of character from within by writing our Fourth Step inventory and furthermore, we had shed light on them by sharing them with our Higher Power.

We did this by reading our synopsis from Step One to Four to our Higher Power and add the inspirations that came to us while doing so, and thereby we expanded our perspectives on our virtues and our defects of character with the help of our Higher Power.

Furthermore, we threw light on the impact of our virtues and our defects of character on our life from childhood until now by sharing our synopsis plus the added inspirations with another human being, and thereby we expanded our perspectives even more, when we listened to the other persons perspectives on our synopsis.

In the end, we shared our self-realization with our ChrisAn Fellowship, and thereby we had become ready to take a look at how our virtues and our character defects affected us in our everyday life by the help of Step Six and thus we became even better at finding Joy of Being in our daily life.

Today's contemplation

Today, I will sharpen my attention on how my virtues and defects of character express themselves in my daily life by the help of the knowledge I have gained about the Rings of Joy and the Rings of Pain in Step Four and Six.

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June 20: Fairy tales

If we chose to use the metaphor from the Fairytale of Cinderella here, we had tried to 'cut off a toe and chop off a heel to fit the glass slipper' that only fits the true noble person, whose human limitation, ignorance, powerlessness and mortality has become so transparent that it allows the person to walk on the Earth with a slipper that is so transparent that the true Self, the Spirit of the person shines through.

Christs Anonymous - The Thirteenth Step, page 76

As children, we heard Fairytales that held spiritual guidance so simple written that they were evident to us as children.

Fairytales are archetypes that describe the interplay of energies under various circumstances in the meeting with the great love, and these descriptions had made many of us make some decisions as children about how we would handle our life in such a way that the prince or the princess chose us.

We had got the impression that we needed to win the prince or the princess, so at the same time, we could win half the kingdom, which belonged to our partner, and thereby win him/her completely, so we could live happily ever after.

Before we came to ChrisAn, we had rejected our childhood faith in Fairytales, but by the help of our ChrisAn Program, we uncovered our childhood's belief in Fairytales, and we took that Fairytale to the heart,

which was essential to our big decisions in childhood, to investigate, how far we had come with the realization of our personal Fairytale.

Today's contemplation

Today, I will admit to myself, my Higher Power, my sponsor/recovery buddy and my ChrisAn Fellowship, how far I have come in realizing my personal Fairytale.

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June 21: Suffering and pain

By investigating our suffering in context with our human existence, we discovered that the suffering we experienced HERE and NOW was always a lack of acceptance in some form, springing from conscious or subconscious resistance to HERE and NOW.

Christs Anonymous - The Thirteenth Step, page 36

In our work with our ChrisAn Program, we discovered that pain was a short lived action-signal from our material situation, from our physical body/Mother Earth body, our ethereal body/energy body/time and space body, our astral body/emotional body, our causal body/mental body/thought body/ego or our Soul/Super ego/Social body.

This action-signal, we could think about in different ways, and if we thought thoughts that made us oppose performing the action the pain prescribed, the pain developed into suffering, which was a gnawing sense of dissatisfaction with ourselves, our life, other creaturesmanifestations or our Higher Power.

If we thought thoughts that made us to accept our pain and do the required to stop the pain, it gave us a sense of joy and contentment with ourselves, our lives, other creaturesmanifestations and our Higher Power.

Thus we took yet another step towards finding joy under all circumstances, no matter what they are, and when we had developed the capacity to find joy, even when we pained materially, physically, energetically, emotionally, mentally, socially or spiritually, we had become able to bring our entire ChrisAn Program into play.

Today's contemplation

Today, I will bring my entire ChrisAn Program into play throughout my day by finding joy under all circumstances, no matter what they are.

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June 22: *The right attitude to our pain*

We needed to take a step back into the Silence, the point of our Spirit, so as to be able to identify our immature and dysfunctional mental-emotional energy patterns with unconditional love, care, compassion and mercy.

Christs Anonymous - The Thirteenth Step, page 45

Gradually, as we worked with the Rings of Pain and the Rings of Joy in our ChrisAn Program, we discovered that although our pains on any of our planes of existence are not our favorite state of being, we needed to face the pain with unconditional love, care, compassion and mercy.

If our love, care, compassion and mercy was depending on the circumstances it meant that we mostly met our pain with an attitude that was unloving, uncaring, hardhearted and merciless towards our pain, when we most needed love, care, compassion and mercy.

Before we came to Christs Anonymous our habitual attitude was to be unloving, uncaring, hardhearted and merciless in relation to pain on our various planes of existence, because we believed that such an attitude was to our advantage.

Therefore, in ChrisAn we learned that our love, care, compassion and mercy had to be unconditional for us to become able to take care of our mental-emotional use of energy in a way that brought us joy.

Today's contemplation

Today, I will use my ChrisAn Program to take care of my material, physical, energetic, emotional, mental, social or spiritual pains with unconditional love, care, compassion and mercy.

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June 23: Our powerlessness over our thinking mind, our ego

It was a big relief for us to come face to face with the fact that we were both powerless over our addiction to our thinking mind, our ego, and that we were also powerless over the stream of thoughts that passed through our thinking mind, our ego but that we were not powerless over the focus we chose, and that we could always choose to focus on states of mind that delighted us rather than on states of mind that pained us.

Christs Anonymous - The Thirteenth Step, page 21

When we came to Christs Anonymous and realized that we were powerless over our thinking mind, our ego, we felt relieved, because for so long we had believed that we ought to be able to achieve control over the thoughts that passed through our thinking mind, our ego.

We discovered that it became possible for us to accept our powerlessness over our thinking mind, our ego, when we let go of identifying ourselves with our thinking mind, our ego, and at the same time we discovered that it required a big effort from us to let go of this identification that we had lived with all of our life.

Little by little, as we stopped believing that our thoughts were our personal thoughts, we realized that thoughts are forms of energy that pass through our thinking mind, our ego without us necessarily having chosen to think the thoughts in question, because the thought forms belong to all of

humankind, and they come and go in our thinking mind, our ego depending on, which field of energy we find ourselves in.

When we had discovered that, it became easier for us to accept that we were powerless over those thoughts, which passed through, but we could choose to let those thoughts pass by us that we did not want to interact with and thus begin to cultivate them or transform them, so we could achieve joy of being under all circumstances, no matter what they are.

Today's contemplation

Today, I will use the Rings of Pain to identify those habits of thoughts I want to transform and the Rings of Joy to identify those thoughts I want to cultivate, so I can experience joy under all circumstances, no matter what they are.

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June 24: The Thirteenth Step

We worked the Traditions because we believed that we could use them both at the group level as well as at an individual level, to connect our group's life with Christs Anonymous as a whole and the World at large and to connect our individual life with our group, Christs Anonymous as a whole and the World at large.

Christs Anonymous - The Thirteenth Step, page 110

After, we had learned to listen to our Higher Power's guidance by the help of our Step Work in Christs Anonymous, we needed to learn to listen to a Higher Power's guidance in group contexts.

We used our work with The Thirteenth Step, which consists of our personal work with the 12 Traditions, for this purpose.

When we became part of a group, whether the group consisted of ourselves and one other or ourselves and a bigger number of people inside ChrisAn or outside ChrisAn, we began to look at the Group Conscience, as the Higher Power of the group.

This meant that we listened respectfully and attentively to each member of the group we were a part of in the NOW, and we expressed our own conscience on the issues that cropped up while at the same time we looked at the Group Conscience as a Higher power, that we wanted to surrender to in the same way that we surrendered to our personal Higher Power.

Today's contemplation

Today, I will train my capacity to surrender to the Group Conscience of those groups I am a part of in the course of my day to achieve serenity in my interaction with other people.

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June 25: *Spiritual awakening*

When we reached Step Twelve, we had achieved a Spiritual awakening as a result of our Step work, and we considered how we could pass on the message of our recovery to others suffering from addiction to their thinking mind, their ego.

Christs Anonymous - The Thirteenth Step, page 107

When we had finished Step Twelve, we had acquired a toolbox with twelve tools inside, and we were now ready to begin living our Program on a daily basis.

We had achieved a spiritual awakening, and that meant that our capacity for compassion had developed, and this made us willing to pass on the message about recovery from ego-centeredness to those, who still suffered under being slave of their ego.

Our spiritual awakening also meant that we were in oneness with our true Self, our Spirit many times in the course of our day, and thereby we became able to meet the existential pains of others with unconditional love, care, compassion and mercy, when we guided them through the Steps in the

Christs Anonymous Program.

We also discovered that we radiated a Joy of Being under all circumstances, no matter what they are, which helps those, who still suffered from being a slave of their thinking mind, their ego to believe that it IS possible to achieve what our Christs Anonymous Program promises.

Today's contemplation

Today, I will use my spiritual awakening to rejoice in life on Earth and to help others, who suffer from addiction to their thinking mind, their ego to also achieve a spiritual awakening, which can lead them to Joy of Being under all circumstances, no matter what they are.

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June 26: *Respect for the life and actions of others*

We achieved this respect for the life and actions of others, even if some of them are still in the midst of their hardships and haven't come to the end of their investigations, and therefore they are not ready to share the fruits of their discoveries about life with others as yet.

Christs Anonymous - The Thirteenth Step, page 125

In our desire to help and contribute to the joy of life of others, we sometimes felt eager to such an extent that we did more harm than good when we tried to help our fellow human beings.

Gradually, as our work with our ChrisAn Program developed, we understood that it was not our job to solve the life tasks of our fellow human beings, but their own, so we were no longer ready to jump to help others.

When we felt an urge to interfere in other people's life from a desire to help or to show off that, which we had found a solution to that worked, we chose to respect other people's lives and actions instead, because we now knew that uninvited help was an expression of the mental imbalance, called

codependency.

Therefore, we let go of our desire to help until our fellow human being asked for help, and even then, we chose to not help, until we had asked ourselves the questions, whether we had the resources to help and if it would give us joy to help, and if the answer was yes to both questions, we chose to help without expecting any other reward than the joy of helping.

Today's contemplation

Today, I will inventory if it would bring me joy to contribute to another person's life, when I am asked to give a contribution to his/her life in form of my time, my energy, my interest or my money, and if I have a surplus of resources and it would give me joy to help, I will help.

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June 27: *Blinded by our loving intention*

We also wanted to stop using our loving, caring, compassionate and merciful intention to justify the pains we inflicted on ourselves and others, so we let go of justifying the pains and instead we used our energy to cooperate with our Higher Power about transforming the pains to joys so our loving, caring, compassionate and merciful intention could be achieved.

Christs Anonymous - The Thirteenth Step, page 69

Until we came to Christs Anonymous, we were not aware that we had a loving, caring, compassionate and merciful intention innermost behind everything we did, even when we used our defects of character and thereby inflicted mental-emotional pain on ourselves and others.

It was difficult for us to imagine that we had a loving, caring, compassionate and merciful intention, when we intended to hurt ourselves or others by using our defects of character consciously, no matter how

loving our intention was with inflicting pain on ourselves or others by using a specific defect of character.

We gave ourselves permission to be unloving, uncaring, hardhearted and merciless every time, we chose to consciously use a defect of character, and it was when we used our Sixth Step to investigate we investigated the issue that we discovered that our loving, caring, compassionate and merciful intention was not served by using a defect of character.

This discovery made us willing to use our virtues from the Rings of Joy instead of using our defects of character from the Rings of Pain to fulfill our loving, caring, compassionate and merciful intention, and this transformation made us realize, why the Sixth Step is called the Step of Transformation.

Today's contemplation

Today, I will not let myself be blinded by my loving, caring, compassionate and merciful intention with my thoughts, emotions and actions, and I will use my ChrisAn Program to make sure that my loving intention will be fulfilled in the future under those circumstances, where I discover that my intention was not fulfilled.

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June 28: Praise and criticism

Then, we investigated how we criticized or praised our social life and that of others, and we added to our list how we would make amends to ourselves and others by finding out how it could become possible for us to accept our social life and that of others exactly the way it was.

Christ's Anonymous - The Thirteenth Step, page 83

In the course of our Step Work in Christ's Anonymous we discovered that when we criticized or praised ourselves for the social life, we had, we found ourselves in the Ring of Self-centeredness with its euphoria, depression, self-criticism and self-praise.

When we investigated, why we chose to use this Ring, we discovered that we hoped that we could make our social life blossom, if we inflicted pain and discomfort on ourselves, when we thought about our social life as it was without being aware that it did not work.

We also discovered that our pain over our social life being exactly the way it was, could be transformed to joy if instead we chose to move our thinking mind, our ego into the Ring of God-centeredness with its joy, empowerment, openmindedness and gratitude.

At the same time that we found joy over our social life exactly the way it was, when we moved our thinking mind, our ego into the Ring of Godcenteredness, we also discovered that we became able to surrender the unfolding of our social life, our Soul life to our true Self, our Spirit instead of trying to control it with our thinking mind, our ego.

Today's contemplation

Today, I will use the joy from Ring of God-centeredness to handle my social life instead of trying to control it with the pain from praise and criticism from the Ring of Self-centeredness.

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June 29: Contemplation

When we give ourselves time and space for contemplation, whether our contemplation is about a worldly or a spiritual issue, we give our thinking mind, our ego, time and space to come up with all the information that he/she possesses about the issue at hand and thus to find the best possible approach that we can use as a solution to our issue.

Christs Anonymous - The Thirteenth Step, page 96

Before we came to Christs Anonymous, many of us considered contemplation and meditation to be the same, but there is a big difference between the two states of mind.

Meditation is a state of mind, empty of thoughts, which makes it possible for us to step into oneness with our true Self, our Spirit and contemplation

consists in various rows of thoughts about a topic.

Sometimes we used contemplation as an entrance to meditation by choosing thoughts, which made it easier for us to become one with our true Self, our Spirit, and this type of thoughts we called prayer.

Thoughts, that made it easier for us to maintain our oneness with our true Self, our Spirit, we could also use throughout the day by contemplating various prayers we created manifested ourselves or chose from Step Seven or Step Eleven.

Today's contemplation

Today, I will use prayer and meditation to achieve oneness with my true Self, my Spirit and thus joy of being throughout my day.

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June 30: *Our own faults and those of others*

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.

Christs Anonymous - The Thirteenth Step, page 85

Before we came to ChrisAn, many of us had used our perception of the faults we thought others had done to us as a reason to not to look at our own faults.

After we came to ChrisAn we realized however, that we cannot hurt ourselves or others and still feel joyful and be content with life.

Therefore, we stopped dealing with the faults of others and instead we

began to take care of our own, so we could become able to liberate ourselves from the shame the feeling of guilt brought in its wake.

Thus we strengthened those sides of our thinking mind, our ego that gave us joy, and thereby it became easier for us to achieve that joy without opposites, which we came to Christs Anonymous to achieve.

Today's contemplation

Today, I will use my ChrisAn Program to develop my capacity to find joy under all circumstances, no matter what they are, by liberating myself from my feelings of guilt, whether I think that others are guilty too in the situation, I am inventorying.

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July 01: *Our ethereal body/energy-body/space-time-body*

In our existence, our ethereal body/energybody/space and time body is attached to and operates through time and space and in our Mother Earth body/physical body it is attached to and acts through our actions.

Christs Anonymous – The Thirteenth Step, page 28

In our work with all our bodies in our Christs Anonymous Program, we discovered that our ethereal body/energy body/space-time body also needed to be well rested, well groomed, well nourished and well exercised just like our Mother Earth body/physical body needed to be well rested, well groomed, well nourished and well exercised.

We made sure that our ethereal body/energy body/space-time body was well rested by sleeping the number of hours we needed and that our thoughts and emotions were free of stress, as much as we were able to, because that made it possible for us to achieve a free flow of ethereal energy/movement energy, so that we could easily move through space over time.

We also made that our ethereal body/energy body/space-time body was well-exercised by loosening blockages in the meridians of our movement

energy, which we did by the help of the tapping we had learned to use in Step One and Six.

Furthermore, we made sure that our ethereal body/energy body/space-time body was well-nourished by spending some time in nature, so our ethereal body/energy body/time-space body could absorb ethereal energy from nature, and we made sure that our ethereal body/energy body/space-time body was well-groomed by carrying out these tasks as often as we were able to.

Today's contemplation

Today, I will take care of my ethereal body/energy body/space-time body in a loving, caring, compassionate and merciful way by making sure that he/she is well rested, well groomed, well nourished and well exercised, so I can achieve greater vitality and joy of living.

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July 02: The symbol 2 ♥ 2

The symbol 2 ♥ 2 designates our Divine Father and our Divine Mother as two, and our significant other and our self as the other two.

Christs Anonymous – The Thirteenth Step, page 97

Most of us knew the two thousand years old Christian prayer, which addressed the masculine principle in the form of the Universal Divine Father, and in Step Eleven we discovered that this prayer had been changed in such a way that we also addressed the universal feminine principle in the form of the universal Divine Mother, the Holy Spirit.

Before we came to Christs Anonymous, many of us had felt that time was ripe to put the masculine and the feminine principle side by side on an equal footing even if they were different, and therefore we experienced joy about the reformulating of the old Christian prayer.

We practiced the new prayer that we call The Soul Prayer by addressing both the masculine and the feminine principle in the form of our Divine

Father and our Divine Mother, the Holy Spirit.

The new prayer contains the symbol 2♥2 that is the symbol of a man's/woman's Soul and his/her Soul Mate's Soul as two and his/her human self and her life companion's human self as two, and thereby love again came to take its rightful place as the high personal love a human being can experience in the form of his/her interaction with his/her Soul Mate.

Today's contemplation

Today, I will use Step Eleven of my ChrisAn Program to develop my understanding of the Soul Prayer by the help of the symbol 2♥2.

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July 03: To share with another human being

We also sought inspiration and help from another human being by sharing our inventory with our chosen person, and we listened respectfully and attentively to what our chosen person had to say about our issue, adding these inspirations to our inventory too.

Christs Anonymous - The Thirteenth Step, page 92

When we reached to Step Five we had already shared with ourselves by writing down our pains and joys in Step One to Four as well as a synopsis about what we found out, and we have shared with our Higher Power by reading our synopsis to our chosen Higher Power.

When we were done with that, we needed to share our synopsis with another human being, and it might seem daunting to many of us that we must share both our pains and our joys with another human being, but our admissions to ourselves and our Higher Power have prepared us to take this courageous step in our Step Work.

When we had shared our synopsis with another human being, we discovered that the person we had chosen as our confidant had experienced the same emotions as us, although he/she might have other reasons to feel those emotions, and thus our fear of something being wrong with our

thoughts and emotions disappeared.

In the end, we are ready to share our synopsis with the added inspirations from our reading for our Higher Power and another human being with our ChrisAn Fellowship, and thereby we discovered that not only our chosen person but our Fellowship as such know what we were sharing and thereby, we were ready to go into the World with a new confidence in us being exactly the way we should be, so we could safely express ourselves both when we were paining and when we were joyful.

Today's contemplation

Today, I will use my Fifth Step to share my inventory with myself by writing my understanding of myself down, with my Higher Power by reading my synopsis to my Higher Power, another human being and my ChrisAn Fellowship to expand my perspectives on myself by receiving inspirations from my Higher Power, another person and my ChrisAn Fellowship.

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July 04: 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 ourselves, whether materially, physically, energetically/space-time-wise, emotionally, mentally, socially or spiritually (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 (Insanity), and if others did not fulfil our needs, we continued to deny them until we felt so bad physically, energetically/space-time-wise, emotionally, mentally, socially or spiritually that we got ill from it (Illness).

Christs Anonymous - The Thirteenth Step, page 56

Many of us were ‘the black sheep’ in the family because we were spiritual aspirants from birth, and we were often born into a family of earth bound people as we needed our parents to not be able to fulfill our needs, because we wanted to enter the spiritual path, when we had grown up.

Our unhappy childhood called forth a heartfelt desire in us of becoming happy, and as a consequence of this desire, we entered into the spiritual path, when we had grown up, because it seemed to us to be the place, where

our desire to become happy could be fulfilled.

Those neglects we felt exposed to as children, we continued ourselves as adults, because it felt homely to be neglected without us understanding that because of our denial of our needs, we activated the Small Ring of Hatred with its denial, manipulation, illness and madness.

However, after we came to Christs Anonymous, we learned to identify this pattern, and we also learned how to replace it with the Small Ring of Love with its admitting, self-acceptance, health and sanity by admitting our needs and by doing our best to fulfil them, so we could become happy in our life.

Today's contemplation

Today, I will identify in which ways I use the Small Ring of Hatred, and how I can use the Small Ring of Love instead.

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July 05: Public mentioning of our Program

When we talk about Christs Anonymous in context with public relations, we do not promote our Program.

Christs Anonymous - The Thirteenth Step, page 129

When we agitate for something, we try to persuade others to participate in something specific, and our Tradition Work called our attention to that it was important that we did not try to persuade others to participate in Christs Anonymous, because our Program requires that a new member is ready to do the needful to liberate himself/herself from his/her addiction to his/her thinking mind, his/her ego.

It is a big job that lies ahead of the new member, no matter how much support he/she receives from oldtimers, and if we tried to persuade others to become members of Christs Anonymous without them being ready, we could do more harm than good.

By becoming a member to soon the person in question may not find ChrisAn attractive and at a later date, when he/she has actually become ready to let go of his/her addiction to his/her thinking mind his/her ego, we

might thus have given him/her the impression that Christs Anonymous is not for him/her and thus we have cut him/her off from the getting the help we have to offer.

When we talk about our Program, we do not agitate for it, but instead we talk about what we have gained from working with the Program ourselves without giving the impression that it is the Program itself, we are talking about, because only experience with Program can show a person, who is interested in it, if he/she can achieve what we have achieved.

Today's contemplation

Today, I will only speak about Christs Anonymous with people outside the Fellowship, who are interested in hearing about my personal experiences with the Christs Anonymous Program.

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July 06: Our inner child

Gradually, we discovered that an effective Tenth Step implied that we were willing to take care of our hurt inner child whenever he/she emerged in the course of the day, and that we were also willing to make a written Tenth Step on one of the situations our hurt inner child had not yet recovered from when we were ready to write our Tenth Step for the past 24 hours.

Christs Anonymous - The Thirteenth Step, page 88

Most of us had done some inner child work, before we came to Christs Anonymous, so we imagined that we could skip that part of our Tenth Step, but we discovered that our perception of what our inner child is, could be very different from the perception of our inner child that prevailed in Christs Anonymous.

Many of us perceived our inner child to be those emotions we experienced in our childhood, but in Christs Anonymous, we perceive our inner child to be our emotional feelings, whether they belong to our past or our present.

If the thoughts are painful, the resulting emotions will express themselves by the help of pain, and that we call our paining inner child, and if the

thoughts are joyful, the resultant emotions will be joyful, and that we call our joyful inner child.

By listening to our inner child's message, whether it was painful or joyful, we could begin to use our inner child's messages to our advantage by using the pain to grow in wisdom and mercy and by transforming the pain to joy with the help of the Rings of Pain and Joy in that part of our Tenth Step, which is about Step Six, so we could fulfill our goal with our membership of ChrisAn as described in Step Two.

Today's contemplation

Today, I will listen to my inner child by listening to the emotional pains and joys, which take place in THE NOW, and then I will use my Chrisan Program to harvest the growth in wisdom and mercy from the pain and to harvest energy and presence of life from the joy.

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July 07: Compassion with and mercy towards ourselves

We were compassionate and merciful to ourselves when we began the process of transforming those thoughts and belief-systems that stood in the way of our whole-hearted surrender, and we were loving and caring to ourselves when we chose to hold on to thoughts and beliefs that helped us to surrender unconditionally.

Christs Anonymous - The Thirteenth Step, page 41

In the course of our Step Work we had discovered that the one we had the hardest time with showing compassion and mercy were ourselves.

Before we came to ChrisAn we believed that we were very compassionate and merciful, because we were able to be compassionate and merciful to others in brief glimpses now and then.

Therefore, it came as a shock for us to discover, when we came to Christs Anonymous how hard-hearted and merciless we were towards ourselves and others.

We realized that this blocked our oneness with our true Self, our Spirit, so we needed our ChrisAn Program to learn to be compassionate and merciful to ourselves and others.

Today's contemplation

Today. I will show myself and others compassion and mercy on all my and their planes of existence.

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July 08: The Ring of God-centeredness

If instead, we chose to use the Ring of God-centeredness by opening our mind to new thoughts and ideas about caring for him/her, when he/she was uncomfortable, we could attain an empowerment that could help us to createmanifest comfort in our Soul/Super ego/social body and thus we could be grateful for and find joy in him/her being comfortable.

Christs Anonymous - The Thirteenth Step, page 48

Gradually, as we became better and better at using the Archetypical Rings, we realized that we could use the Ring of God-centeredness in many different contexts.

We could use the Ring of God-centeredness on all our planes of existence and thus also on our Soul level, the seventh dimension.

We used the Ring of God-centeredness by being open-minded to others in our social life, our Soul life, so we could receive an empowerment by the help of the inspiration from that, which others had to share with us.

This empowerment we could not have achieved on our own, and therefore

we received that with gratitude and joy, which others had to share with us.

Today's contemplation

Today, I will use the Ring of God-centeredness in my social life by opening my mind to receive what others have to share with me with gratitude and joy about the empowerment this gives me.

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July 09: The Big Ring of Joy

As a natural consequence of investigating our Emotional Sobriety, we came in touch with the Truth that any creaturemanifestation is equally valuable to creationmanifestation, exactly the way they are, and The Big Ring of Joy opened up to us.

Christs Anonymous - The Thirteenth Step, page 52

For most of us it was easiest to begin our work with moving from The Big Ring of Pain with its avarice, envy, hatred and arrogance to The Big Ring of Joy with its faith, hope, love and truth by first working with moving from The Four Small Rings of Pain to the Four Small Rings of Joy in our work with our ChrisAn Program.

By first working with these Rings, we got to apply more exact words on the properties The Big Ring of Pain and The Big Ring of Joy contains, and thereby it became easier for us to begin to use these properties, when we used The Big Ring of Joy in our daily life.

When we used faith from The Big Ring of Joy, we looked at the Small Ring of Faith with its generosity, trust, prosperity and accountability and formed a picture of how we wanted to practice these properties by

the help The Big Ring of joy, and in the same way we used the Small Ring of Hope with its credence, information, discernment and serenity to look at how we could use hope.

Furthermore, we used the Small Ring of Love with its admission, self-acceptance, health and sanity and the Small Ring of Truth with its humility, honesty, individuality and fellowship to look at, how we could use love and truth, and in that way we got to set all of The Big Ring of Joy in vibration in our daily life.

Today's contemplation

Today, I will use the Four Small Rings of Joy to put more exact words on how I want to use The Big Ring of Joy in a specific situation in my daily life.

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July 10: *The Paradox of Existence*

We began our inventories of this paradox by first examining our belief systems and convictions about our human limitation, ignorance, powerlessness and mortality/changeability.

Christs Anonymous - The Thirteenth Step, page 34

In our Christs Anonymous symbol we find the ultimate paradox of existence, which is the coexistence of our omnipresent, omniscient, omnipotent and immortal/unchangeable true Self, our Spirit and our limited, ignorant, powerless and mortal/changeable human self.

On the heart side to the left in our ChrisAn symbol, we find the four basic characteristics of our true Self, our Spirit, and on the action side to the right we find the four basic characteristics of our human self.

Our goal in Christs Anonymous is to be in oneness with our true Self, our Spirit as much as possible, so all of our human actions can spring from the unconditional love, care, compassion, and mercy of our true Self, our Spirit.

To achieve this, we want to let go of our identification with the limitation,

ignorance, powerlessness and mortality/changeability of all our created/manifested forms, and with this purpose in mind, we work on letting go of our identification with all forms, inclusive of our identification with our thinking mind, our ego.

Today's contemplation

Today, I will work on remaining in oneness with my true Self, my Spirit, so the drive in all my human actions springs from the unconditional love, care, compassion and mercy of my true Self, my Spirit.

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July 11: I own my hurts

The principle of Step Six is Transformation.

Slogan: I own my hurts.

Christs Anonymous - The Thirteenth Step, page 108

When we came to Step Six, we became surprised by our Sixth Step slogan that says, I own my hurts, because most of us thought that others were the cause of our pains, and that could make us to think that others must change, so we did not have to pain about their way of being in the World.

As long as we thought that it was other's task to change, what they said or did, which gave us emotional pains, we become dependent on others' will and capacity to change while at the same time we relinquish beginning our recovery, because we did not take responsibility for our emotional pains.

If we took responsibility for our emotional pains ourselves by admitting them in Step One and by admitting, how they made our life unmanageable, our recovery could begin in Step Two by us investigating the loving, caring, compassionate and merciful intention, which lay at the root of the pain.

When we furthermore surrendered to the loving, caring, compassionate and merciful intention in Step Three and had looked into, which of our defects

of character that blocked our recovery and which virtues that help our recovery in Step Four, had shared our discoveries with ourselves, our Higher Power, another human being and our ChrisAn Fellowship in Step Five, we achieved the capacity to transform our emotional pains to joy by the help of Step Six.

Today's contemplation

Today, I will use my ChrisAn Program to transform an emotional pain to joy by the help of my Sixth Step.

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July 12: Tradition Two

We discovered that we could also use these experiences, when we were part of other groups outside Christs Anonymous, and in our personal work with our Second Tradition, we inventoried all the groups we were part of, and how it could become possible for us to make our voice heard without having a need to dominate and without letting ourselves be dominated by others in the group.

Christs Anonymous - The Thirteenth Step, page 115

When we worked with Tradition Two, we began to make clear to ourselves that, when we were part of a group, whether it was a group of two in our marriage, or a larger group in our family or at work, we could learn to surrender to the Higher Power of the group.

We chose to perceive the Higher Power of the group to be the Group-conscience as it came to expression, when everyone in the group had expressed their desire for an action plan for the group on a specific topic, like the meeting format and others.

We expressed our conscience on the topic, which was up for debate in the group, and we listened attentively and respectfully to the other members' consciences before we made a mutual decision about what our action plan should be.

In the end, we surrendered to the Group-conscience in the same way as we

surrendered our individual Higher Power, whether the Group-conscience chose our suggestion as an action plan or not, trusting that it was the right decision for us as a group here and now.

Today's contemplation

Today, I will surrender to the Group-conscience's choice of an action plan in an area, which we have had a debate about today.

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July 13: Mutual wisdom

As a group, we possess a great wealth of collective wisdom about becoming one with our true Self, our Spirit, and we consider it to be the group's primary purpose to make this source of knowledge available to ourselves and to others who have the same purpose as us.

Christs Anonymous - The Thirteenth Step, page 120

Most of us had been on the spiritual path for a long time, when we came to Christs Anonymous, and we had gotten glimpses of how it felt to be in oneness with our true Self, our Spirit.

That had led us to crave for achieving this state of mind as much as at all possible, because we had experienced that it was in oneness with our true Self, our Spirit that we could find that happiness, which is called the joy without reason and therefore without opposites.

We had wanted to be happy under all circumstances, no matter what they were, for a very long time, and our glimpses of the happiness we felt in oneness with our true Self, our Spirit had shown us that it was in our spiritual life we could achieve this goal.

When we came to Christs Anonymous, we became able to admit in all simplicity that we wanted to be happy, and when we participated in meetings of Christs Anonymous, we got access to our mutual wisdom about how it could become possible for us to be happy under all circumstances, no matter what they are.

Today's contemplation

Today, I will make use of meetings in Christs Anonymous to get access to the source of mutual wisdom that is found in the Fellowship about being happy under all circumstances, no matter what they are.

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July 14: Desire to use our defects of character

Many of us imagined that there was nothing we wanted more than to be liberated from our defects of character, but when we investigated our thinking mind, our ego, and the emotional feelings springing from our thoughts in our day-to-day situations, we discovered that it was not so.

Christs Anonymous - The Thirteenth Step, page 62

When we came to Step Seven in our ChrisAn Program, we began working with our denial of the pain, which the use of our defects of character caused, as well as those defenses of the pain that we had built up since our childhood.

Furthermore, we worked with those justifications of the pain we also had built up since childhood plus those rationalizations we used, when the pain from our use of our defects of character hit us.

Thereby we discovered that we actually wanted to use our defects of character in various situations, because we had built up many reasons to use them, which we thought were real good reasons.

Gradually, as we grew spiritually by using the Rings of Joy instead of the Rings of Pain and thus brought our thinking mind, our ego in conformity

with our true Self, our Spirit, we became more and more sensitive to the pain of our defects of character, and we used Step Seven to cooperate with our Higher Power about being liberated from the pain.

Today's contemplation

Today, I will use my Seventh Step throughout the day to co-operate with my Higher Power about being liberated from my use of my defects of character in situations, where they come to the surface.

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July 15: *The Fourth Dimension*

The plane of existence our ethereal body/energy-body/space and time body lives his/her life on is called the ethereal plane, the plane of movement, the plane of time and space or the fourth dimension.

Christs Anonymous - The Thirteenth Step, page 29

We move our three-dimensional Mother Earth body/physical body through space over time by the help of energy, and this extra quality of our Mother Earth body/physical body is an extra dimension, the fourth dimension.

We were so accustomed to using our fourth dimensional energy that we normally did not think about it before we came to Christs Anonymous and began to work with our bodies.

Gradually, as this work developed, we understood that the fourth dimension is a plane of existence in itself, also called the ethereal plane, and that one of our bodies consists of the ethereal energy, which holds our movement-energy.

In our work with the fourth dimension in Step One in our ChrisAn Program, we worked with our attitude to our energy, our space and time, and by the help of this work we liberated ourselves from much stress concerning our usage of our energy/space-time.

Today's contemplation

Today, I will work on liberating myself from stress in context with my ethereal body by the help of the Program in Christs Anonymous.

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July 16: *The Step of Mercy*

Step Twelve is called the Step of Mercy, and this Step gives us the capacity to practice love, care, compassion and mercy by passing on information to those who suffer, both inside and outside our Fellowship.

Christs Anonymous - The Thirteenth Step, page 8

When we had come to the Twelfth Step in our Christs Anonymous Program, we had investigated our life's sufferings, and we had discovered that pain is a short-lived action signal, and suffering is to not carry out the action that the pain ordains.

Refraining from performing the action that a mental-emotional pain demanded was connected with that we did not know how we could take care of our mental-emotional pains, and therefore many of them developed into year long sufferings and ended up expressing themselves in physical illness.

However, by the help of our work with the Joyrings and the Painrings in ChrisAn, we could learn how we could take care of our mental-emotional pains and transform them to joys, and we could also learn to be in oneness with our true Self, our Spirit, and thereby we came under the influence of the joy without opposites that is the characteristic vibration of our true Self, our Spirit.

When thus we learned to take care of our existential pains by the help of our Step Work in Christs Anonymous, our mercy grew to ourselves and others, and in particular with others, who still suffered in areas that we had recovered from, and thereby we became willing to use our personal resources on contributing to their recovery, if they wanted that information we possessed about our recovery.

Today's contemplation

Today, I will use my personal resources on helping another human being, who wants me to help him/her to recover from his/her existential pains in an area that I have recovered from.

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July 17: Solar plexus

In our existence, our emotional feelings are attached to and operate through our relationship with ourselves, and in our Mother Earth body/physical body they are attached to and act through the solar plexus center, also called our lower heart by some, our third brain by others and more generally as our deepest gut-level feelings, the pit of our stomach or our courage.

Christs Anonymous - The Thirteenth Step, page 28

Before we came to Christs Anonymous, most of us were not aware of that our solar plexus center lets us know by the help of an uncomfortable feeling in solar plexus, that our way of thinking now and here is not to our advantage, and in the same way our solar plexus center lets us know by the help of a pleasant feeling in solar plexus that our way of thinking right now and here is to our advantage.

For many of us, it required a considerable amount of Step Work to develop our power of discernment to a point, where we became able to separate our feelings in our solar plexus center from our feelings in our stomach, so we could become able to liberate ourselves from various addictions like addiction to food, nicotine, alcohol, drugs plus our addiction to our defects of character, which give us access to an addictive shot of cortisol.

We let go of our addictions by learning to use an unpleasant feeling in our solar plexus center as guidance, which tells us that we need to find out, which thoughts that lies behind the unpleasant feel, and in ChrisAn we use the Painrings and the Superstrings of Pain to identify which thought pattern the thought in question belongs to.

When we have identified, what field of energy the thought in question belongs to, we can begin to change that mindset that lies behind this thought by the help of the Joyrings and the Superstrings of Joy, instead of covering our solar plexus sensations up with food, nicotine, alcohol, drugs plus our that cortisol our use our defects of character releases.

Today's contemplation

Today, I will use my ChrisAn Program to transform the underlying thoughts, when unpleasant sensations in my solar plexus center lets me know that transformation is needed.

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July 18: Important and unimportant

We neither judged our desires nor The Blissful Flow of the Present Moment on the basis of how important or unimportant we considered our impulse in the HERE and NOW to be but gave ourselves up wholeheartedly to the HERE and NOW, whatever it held.

Christs Anonymous - The Thirteenth Step, page 94

Before we came to Christs Anonymous, most of us perceived our thinking mind, our ego as the one we were, and therefore we listened to what our thinking mind, our ego perceived to be important and took it to heart, and what our thinking mind, our ego perceived to be unimportant, we pushed away from us.

Gradually, as our Step Work developed, we began however to let go of perceiving our thinking mind, our ego as the one we were, and instead we began to perceive ourselves as the observer of our thinking mind, our ego, and thus we had elevated ourselves above identifying ourselves with our thinking mind, our ego, and instead we now identified ourselves with our Soul.

Gradually, as we got used to that condition we found ourselves in, when we identified ourselves with our Soul as the observer of our thinking mind, our ego, we discovered that behind the observer an observer was found, who observed the observer, and that this observer is our true Self, our Spirit, and thereby we had reached to identifying ourselves with the one we truly are.

Furthermore, we discovered that when we found ourselves in oneness with our true Self, our Spirit, nothing was too big and nothing was too small to be of significance, and thereby we let go of thinking that something is more important than something else, and instead we surrendered to our impulse in The Blissful Flow of the Present Moment without judging the content of our impulse on the basis of, what our thinking mind, our ego thinks is important or unimportant.

Today's contemplation

Today, I will surrender wholeheartedly to the impulses that come to me in The Blissful Flow of the Present Moment without listening to the perception of my thinking mind, my ego of how important the impulse is or is not.

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July 19: The consciousness of time and space

We thought we should be able to get more out of the twenty-four hours in our day, and we thought that our personal space should look neater and cleaner when somebody came to see us as compared to how it otherwise appeared.

Christs Anonymous - The Thirteenth Step, page 82

In the course of our lives we had gathered much information and many experiences on how we could take care of our different bodies, including how best we could take care of our ethereal body, our space-time-energy body.

Our ethereal body holds two of our life's four basic building blocks as human beings, our time and our energy, and many people have come up with many suggestions on how we could make the most of these resources.

The more information we received about how we could get the most out of our personal space-time-energy resource, the more overwhelming it could appear to us to find a satisfactory way of taking care of our ethereal body.

Therefore we use our ChrisAn Program to experiment with how best we can take care of our ethereal body by using our personal space, our time and our energy in a way that would give us joy right here and now.

Today's contemplation

Today, I will take care of my personal space, my time and my energy in a way that gives me joy right now and here.

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July 20: Defence of our use of our defects of character

Often, we defended the pain we inflicted on ourselves by thinking that we just had to try harder in spite of all evidence to the contrary.

Christs Anonymous - The Thirteenth Step, page 69

When we read our ChrisAn literature the name 'defects of character ' was used in many context and that could make us believe that it was a flaw in our character that we used these mental-emotional energy patterns, also because their use led to pain for ourselves and others.

Little by little as our understanding of our defects of character grew, we realized that a new idea is necessarily vitiated by flaws, and the pain that arose when we tried to put our new idea into practice was guidance telling us that we were moving away from our goal, and if we used this guidance, we grew in wisdom, which is knowledge coupled with experience.

In the course of our life we had also received much flawed information on how we could advantageously handle a situation, but if our action led to pain for us and others, we knew that we had applied a defect of character and needed to change behavior, so we could achieve our loving, caring, compassionate and merciful intention.

If we defended our mistake, when we tried to bring a new idea to fruition,

or if we defended our emotional pain because of us using a particular behavior in a situation, it meant that we were not ready to correct our mistake, and therefore it led to greater and greater suffering for ourselves and others, until we surrendered and corrected the mistake.

Today's contemplation

Today, I will take the guidance of the pain of my defects of character to heart by correcting my mistakes instead of defending them.

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July 21: *Our causal body*

Like any other creature manifestation or crystallized form of Spirit, our causal body/mental body/thought body/ego is limited, ignorant, powerless and mortal/changeable.

Christs Anonymous - The Thirteenth Step, page 24

As we worked with our various bodies by the help of our Christs Anonymous Program, we discovered that our causal body/mental body/thought body/ego both gave and received vibration, and when our causal body/mental body/thought body/ego received the vibrations from the Soul plane, translated our thinking mind, our ego translated the four basic feelings of our Soul to thoughts.

By the help of the information we received from our ChrisAn literature, we realized that the four basic emotions of our Soul are love and fear, joy and pain, and that the love, care, compassion and mercy of our Soul is conditional, depending on the circumstances, and that our Soul's love causes joyful thoughts and emotions, and that our Soul's fear causes painful thoughts and emotions in our thinking mind, our ego.

As we got used to being one with our true self, our Spirit, we discovered that when our causal body/mental body/thought body/ego received

vibrations from our true self, our Spirit, our causal body/mental body/thought body/ego translated those impulses to thoughts that consisted of unconditional love, care, compassion and mercy, and furthermore, our causal body/mental body/thought body/ego received impulses from our Mother Earth body/physical body, our ethereal body/space-time emery body and our astral body/emotional body/inner child body.

Before we came to ChrisAn, it had misled many of us to believe that our causal body/mental body/thought body/ego knew everything about everything, but our causal body/mental body/thought body/ego is a creaturemanifestation and as such limited, ignorant, powerless and mortal, and therefore it was important for us to work on giving our causal body/mental body/thought body/ego new inspiration and new knowledge by the help of our Program.

Today's contemplation

Today, I will use my Christs Anonymous Program to work on getting to know my psychological landscape by the help of my causal body/mental body/thought body/ego, also called my thinking mind, my ego.

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July 22: To feel like a victim

When we felt victimized, we got angry and felt that others ought to be more understanding, loving, caring, compassionate and merciful, and as a result, we began lecturing others openly or in our mind's eye as to how they should or should not be, think, feel and act, at the same, seducing ourselves and others into thinking that we knew better how things should be.

Christs Anonymous - The Thirteenth Step, page 76

When we worked with the Ring of Codependency with its savior-role seducer-role, victim-role and offender-role in our ChrisAn Program, we discovered in which ways we took the victim role into use, and we also discovered that when we took the Ring of Codependency into use we inflicted pain both on ourselves and on others in our social life.

We also discovered that the feeling of being a victim of a Higher Power, of our own bodies, of other creaturesmanifestations or of circumstances always and without exception was a misconception of the contexts of Reality and was exclusively about our use of pain energies in the situation, in which we felt like a victim.

If we instead chose to use The Ring of Emotional Sobriety with its detachment, integrity, respect for self and respect for others on the same situation, we discovered that our perspective on Reality changed in such a way that we experienced joy, and that others in our social life became infected by our joy.

Furthermore our move from the Ring of Codependency to the Ring of Emotional Sobriety led us to grow in wisdom/Buddha consciousness and mercy/Christs consciousness, and that made us realize that both pain and joy had theirs to give, so all was well and that the Rings of Joy helped us to get access to our knowing mind, our Godmind.

Today's contemplation

Today, I will use my ChrisAn Program to recover from an existential pain, so I can grow in wisdom/Buddha consciousness and mercy/Christs consciousness instead of feeling like a victim and at the same time get easier access to my knowing mind, my Godmind.

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July 23: To connect our inner life with our outer life

We also believed that the Traditions could connect our inner life with our outer life and that, at the same time, they could hold together the many individual areas of our personal life in the outer World, without us having to 'chop off a toe and cut out a heel' to be able to fit in it.

Christs Anonymous - The Thirteenth Step, page 110

When we had finished our Step Work in Christs Anonymous, we continued our work with the Program by working with the Twelve Traditions in the same way we had worked with the Twelve Steps.

The Twelfth Step we call the Step of mercy, because our work with all the Twelve Steps had given us a spiritual awakening to mercy/Christs consciousness with those, who still suffer from addiction to their thinking mind, their ego both inside and outside our ChrisAn Fellowship.

We had thus become ready to work on connecting our inner life with our outer life by working with the Traditions, which we call the Thirteenth Step, to thus become able to put our spiritual clarity into our relationship with the World around us.

Gradually, as our work with the Thirteenth Step developed, our Soul life, our social life became more and more harmonious, and thereby we became able to develop our social skills.

Today's contemplation

Today, I will use the Thirteenth Step to connect my inner life with my outer life, so I can develop my social skills.

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July 24: Appreciation

We all have a need to be appreciated by others, particularly by those who are close to us, and so we also investigated what appreciation can be used for and what it cannot be used for.

Christs Anonymous - The Thirteenth Step, page 124

Many of us, who came to Christs Anonymous, felt that we were just tolerated by the adults around us when we were children, and so we were used to not being appreciated by others, and that had also made us think diminishing and critical thoughts about ourselves so that we almost constantly found ourselves in the pain from the Ring of Self-centeredness with its euphoria, depression, self-criticism and self-praise.

We heard other members share about that are studies are to be found, showing that if a newborn child does not receive appreciation of her existence, the child withers, in worst case scenarios the child dies after some time and in extreme cases it may lead to sudden infant death, where a child choose to return to the Higher Worlds immediately after birth.

Therefore, we understood that it is vital that we all learn to appreciate each other in as many ways as we are able to and that we learn to appreciate all our bodies in as many ways as possible, whether the individual person or the individual body looks in a way or acts in a way that satisfies us or not.

If one of our bodies looks in a way we want to be different, we use our Program to make the necessary changes, either in the body or in our attitude towards it, and if it is about another we use the Ring Emotional of Emotional Sobriety with its detachment, integrity, respect for self and respect for others to change our attitude towards the other.

Today's contemplation

Today, I will express my appreciation of all my bodies and of the contributions from other members in those group contexts I am part of, whether it is one of two in my marriage, or it is one of many in my ChrisAn Fellowship.

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July 25: *The first and the last*

Our Soul/Super ego/social body is the first mortal body of our Spirit and is the last mortal body we give up once we, as free Spirit have withdrawn all our projections from creationmanifestation to again become one Being, when we merge with our Spirit Mate, and evolution thus has come to an end for us.

Christs Anonymous - The Thirteenth Step, page 38

Before we came to Christs Anonymous, many of us perceived our Soul and our Spirit to be two names for the same part of our total being.

In Step One of our Christs Anonymous Program however, we discovered that there is a difference between the two parts of our total being.

Our true Self, our Spirit is free flowing without form, and our Soul is surrounded by a gauzy layer of crystallized Spirit and is the first creaturemanifestation that was createdmanifested by our true Self, our Spirit.

When we begin to withdraw our projections from all forms inclusive of our identification with our Soul form to identify with our true Self, our Spirit, we have left all our bodies behind us, also the first and the last.

Today's contemplation

Today, I will work on liberating myself from my identification with my body forms inclusive of the first and the last by the help of my ChrisAn Program so as to become able to identify myself with my true Self, my Spirit.

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July 26: Tradition One to Four

Tradition One to Four

Christs Anonymous - The Thirteenth Step, page 14

ChrisAn's Traditions contains the principles, which do not only hold together our Global Fellowship of great individualists, but also all the different individual areas of our inner and outer life.

Our First Tradition ensured that we took every member's well-being into consideration in all the Fellowships we were a member of, whether it was one of two in our coupleship, or it was one of many in our Christs Anonymous Fellowship.

Our Second Tradition reminded us that our Group Conscience, which consists of all members' equal desires for the unfolding of Fellowship, is the Higher Power of our Fellowships that we surrendered to in group contexts in the same way as we surrendered to our personal Higher Power on individual basis.

Our Third and Fourth Tradition ensured each of us the right to decide to

join our Fellowships and leave them again without problems and to organize our group in any way that does not interfere with the desires of others.

Today's contemplation

Today, I will use the Traditions from my Christs Anonymous Program as a guideline for how I can enter different Fellowships in a harmonious way.

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July 27: To remain in the Point of Stillness

JUST FOR TODAY my thoughts will be on staying in my Point of Stillness and experiencing Joy of Being under all circumstances no matter what they are.

Christs Anonymous - The Thirteenth Step, page 18

In ChrisAn we learned that it was by being in The Blissful Flow of the Present Moment that our thinking mind, our ego became still beyond those points in time, where we used our Eleventh Step to into meditation, but for many of us it could be difficult to remain in the Point of Stillness, when we did not sit down to enter into meditation.

Often we became consumed by thinking of the future and in that context many of us thought that it was about tomorrow, about a day next week, next month or next year, but in ChrisAn we also perceive it as getting our focus pulled into the future, if we are busy thinking about what we want to do, when we have finished the task we are in the process of solving in the NOW.

Our fear of landing in the Ring of Emptiness with its emptiness, boredom,

meaninglessness and loneliness was often the reason why we left the NOW thought wise, because we wanted to make sure we had something interesting and meaningful to fill in our empty time with, when the task we were into had been completed.

In Step Eleven, we learned, however, to stop when we had finished a task so as to thank our Higher Power for having received the power to carry that out and to seek guidance about what task could be our next right action and to seek the power to carry that out.

Today's contemplation

Today, I will use my ChrisAn Program to get that empowerment, I need to be able to remain in the Point of Silence, in The Blissful Flow of the Present Moment.

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July 28: Misuse of our thinking mind, our ego

Gradually, we became so consumed with our thinking, with trying to figure out what only experience could tell us, that our ego got inflated as a consequence, taking up most of our time, energy, interest and attention. Thus, we lost ourselves in a fantasy about Reality instead of connecting with and surrendering unconditionally to Reality as it transpired in the HERE and NOW!

Christs Anonymous - The Thirteenth Step, page 25

Before we came to Christs Anonymous most of us were so identified with our thinking mind, our ego that we perceived our thoughts as the one we were and therefor to be a true picture of Reality.

After we came to Christs Anonymous we discovered that our thoughts about our physical Reality was not the Reality, but a pointer pointing to Reality, for no matter how many times we said the word 'chair' however, the word would never become the chair.

When we perceived our thinking mind, our ego to be in possession of The Truth with capital T, it led to the misuse of our thinking mind, our ego, and this misuse made us quarrel with others about, who possessed the right words to describe Reality.

To 'win' this mental war against other people, we built up more and more defenses and created/manifested more and more ammunition that we wanted to on other people, and thus our life became more and more belligerent and painful until instead we surrendered to our true Self, our Spirit and thus stopped the war.

Today's contemplation

Today, I let go of my addiction to my thinking mind, my ego and instead identify myself with my true Self, my Spirit so I can become able to use unconditional love, care, compassion in my social life.

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July 29: *The limitation of our ethereal body*

Our ethereal body/energybody/space and time body is limited, ignorant, powerless and mortal/changeable like any other creature/manifestation that is limited by a crystallized form of Spirit, whether the form is subtle or dense.

Christs Anonymous - The Thirteenth Step, page 28

Before we came to Christs Anonymous many of us imagined that it was only our physical body, who was limited in many different ways.

After we came to Christs Anonymous we discovered that we had many different bodies, all of which were limited in many different ways.

The one of our bodies that comes closest to our physical body is our ethereal body, who is also called our energy body, because it is him/her, who supplies our physical body with energy to move through space over time.

After further reflection, we realized that we had a limited energy available to us each day, we had a limited time available each day, and we had a limited personal space, in which our life unfolded, and thus it became clear to us that also our ethereal body was limited in many different ways.

Today's contemplation

Today, I will use my ChrisAn Program to accept the limitations of my ethereal body.

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July 30: To give our ego correct pointers

In Step Four of the ChrisAn Program we needed to straighten out our thinking mind, our ego, and we did this by giving our thinking mind, our ego, correct pointers as to how it would be possible to createmanifest peace and joy in our mind.

Christs Anonymous - The Thirteenth Step, page 46

By the help of the Rings of Pain and Joy, we began to investigate our psychological landscape in Step Four in our Christs Anonymous Program.

Thereby we discovered that we had taken many things for granted about our Reality, that now turned out to merely be a mindset that could bring forth emotional feelings of pain or joy in us.

Thereby we discovered that with the same truth value, we could think something about our Reality that gave us emotional pain or emotional joy, and thereby we realized that it was to our advantage to start choosing those mindsets that gave us joy.

Therefore, we used Step Six to find out how we could choose to transform our existential pains to joys by giving our thinking mind, our ego correct pointers about which trains of thoughts we wanted to move in.

Today's contemplation

Today, I will use my Christs Anonymous Program to give my thinking mind, my ego pointers about what trains of thoughts, I want to move in.

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July 31: Non-professionalism

By choosing to keep our profession or status in the outside World anonymous in ChrisAn and by not viewing our role in ChrisAn in a professional way we make sure that we remain non-professional, when we work with our Program.

Christs Anonymous - The Thirteenth Step, page 124

If we used our profession to earn money in connection with Christs Anonymous, our recovery from our addiction to our thinking mind, our ego came out of course, for it was difficult for us to not become absorbed by our thinking mind, our ego, when it was about money.

This meant that we were easily sucked into our thinking mind, our ego, if we mixed money into our membership of Christs Anonymous, because our thinking mind, our ego has the task of taking care of how we get the most out of our money.

The same applies if we used our property as a meeting place for our Fellowship, because the Fellowship, because those rooms that are used for

meetings are meant to ensure that the Fellowship does not become dependent on external forces, but is governed solely by the Group Conscience, which is the mutual voice of all members.

When we made sure that we remained non-professional in ChrisAn, it became easier for us to put all earthly considerations behind us to meet as like-minded people, helping each other to recover from our addiction to our thinking mind, our ego for instead to be led to identification with our true Self, our Spirit.

Today's contemplation

Today, I will put all earthly considerations behind me, when I meet with other likeminded people in my ChrisAn Fellowship.

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August 01: *Superficial perceptions*

In Tradition Three, we opened up both as individuals and as a group to the fact that we could not judge other peoples' lives and motivations by looking at them from the outside.

Christs Anonymous – The Thirteenth Step, page 116

When we began our Thirteenth Step by working with the Traditions, the Third Tradition helped us to become aware that we could not know another person's life and motivations, unless they told us about their life and their motivations.

Before we worked with the Third Tradition, we had often felt convinced that we knew, what others thought or felt and why they acted like they did, without being aware that this is not possible.

We discovered that we could know, how we ourselves would think and feel, if we acted like the other person did, but we also knew that we are all unique, and therefore we could not know, if the other person's thoughts and emotions would lead to the same actions that our thoughts and emotions would lead to under the same circumstances.

These realizations made us let go of our superficial perceptions of other people and instead we became interested in hearing, what they had to tell about their thoughts, emotions and motivations.

Today's contemplation

Today, I will let go of my superficial perceptions of other people and instead listen to what they have to share about their thoughts, emotions and motivations.

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August 02: Freedom of choice

In the end, we decided to which extent the commitment and involvement we put in was worth our effort, or if we would rather fulfill our purpose in other ways, and then we acted accordingly.

Christ's Anonymous – The Thirteenth Step, page 120

From our earliest childhood, most of us learned that it was more important to take into consideration what others wanted us to do than what we wanted to do ourselves and this meant that we gradually directed our focus to, what others wanted from us instead of focusing on what we wanted ourselves.

Not only did our parents teach us that we should do what they wanted but also that we should do what our siblings, our family and our playmates wanted, and if we wanted something else we were often exposed to withdrawal of love from our near and dear ones, and instead we were exposed to overt or covert anger.

This had led to that we, as young adults, no longer had a direct access to what we wanted ourselves, but felt forced to go through many deliberations about if our choices maybe could be experienced by others as hurtful or downright offensive.

When we came to Christs Anonymous, we wanted to be able to choose freely, and therefore we became grateful about working with Tradition Five, which helped us investigate if we did get our personal purpose with being a member of a group fulfilled, and how we could let go of a group, if we no longer had our desires fulfilled by the group.

Today's contemplation

Today, I will use my work with Tradition Five to give myself permission to relate to others in a way that serves my personal purposes.

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August 03: Self-sufficiency

During the course of our Spiritual work, we have discovered that self-sufficiency is an illusion. We need everything and everybody around us, and we need to have a sense of fellowship with everyone.

Christs Anonymous - The Thirteenth Step, page 111

Before we came to Christs Anonymous, many of us thought that we did not need others, because we were able to meet most of our needs, and our need for a social life was met by one of the Twelve Step Fellowships we participated in, before we came to Christs Anonymous.

When we began to investigate our cohesion with others, we discovered that we needed the plants to be able breathe, we needed the Earth to be able to have something walk on, the water to drink, the food to eat, and it was usually not ourselves, who had grown the plants we wanted to eat.

We discovered that we needed the farmer, the grocery store, the supermarket, the shops selling our shoes, our clothes, our other consumables and appliances and everything else, we could think of, and we needed the people in the groups we participated in from our workplace and our family, and we needed our Higher Power.

When we realized how valuable everything and everyone everywhere at all levels of consciousness are for us and our life experience, we realized that self-sufficiency is an illusion, and so our stay in the joy from the Ring of God-centeredness with its gratitude, joy, open-mindedness and empowerment began to become longer and longer.

Today's contemplation

Today, I will remember that self-sufficiency is an illusion by using the Ring of God-centeredness to open my mind in gratitude for the empowerment, which everything and everybody everywhere on all planes of consciousness contribute with to my life, so thereby I can intensify my joy of being alive.

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August 04: Society's offender role

For many of us, it was a crucial point in our Step Work to work on making amends to ourselves and others for the wrongs we thought we had done, because we had done many things in the past that had given rise to the codependency of others, for example, the codependency of our society that came to expression through society's disapproval of our destiny, and such disapproval by the society had made us criticize ourselves and thus made us destroy our Joy of Being.

Christs Anonymous - The Thirteenth Step, page 76

When we began looking at our society by the help of our understanding of our own codependency, we discovered that our society tried to steer and control us by means of legislation, which rewarded or punished behavior that society found desirable or undesirable.

This meant that society used the pain of the Ring of Codependency with its savior role, seducer role, victim role and offender role against us, and thereby the society opened up itself for misuse of legislation by enabling a few to legislate on how we all must interact with others, and thus they took the offender role of the Ring of Codependency into use.

When society used its codependent offender role against a person, we knew from personal experience that the use of the Ring of Codependency in dealing with a situation would lead to pain both for society and for the person, who is exposed to society's codependent offender role.

Instead, we wanted society to face that if a person wanted to harm himself/herself or others, this person was not healthy mentally and emotionally, and as a sick person, he/she needed society to use the joy of the Ring of Emotional Sobriety with its detachment, integrity, respect for self and respect for others to make it possible for the person in question to recover from his/her sick behaviour.

Today's contemplation

Today will contribute to that my society uses the Ring of Emotional Sobriety in its interaction with me and others no matter how ill we might be.

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August 05: To liberate oneself from energy-drains.

The principle of the Sixth Tradition is Life-force.

Slogan: I liberate myself from that, which doesn't serve my purposes.

Christs Anonymous - The Thirteenth Step, page 133

In Christs Anonymous we worked with our inner child in our Fourth Step to take a stand on, how we could take responsibility for our painful emotions from childhood instead of holding our parents responsible for them, and we discovered that in our childhood we had got the impression that the right way to be social was to set aside our own desires to adjust to what others wanted.

We discovered that this meant that we became mentally ill at a very early age, because we learned to use the Ring of Codependency with its savior role, seducer role, victim role and offender role and that this disease drained us of energy to such an extent that often we no longer knew what we wanted, but instead we had our emotional antennas out all the time to pick up on what we thought others wanted us to want.

In the course of our Step Work, we learned to uncover more and more of our desires and to work on fulfilling them by the help of the Small Ring of Love with its admitting, self-acceptance, health and sanity, and when we worked with the Sixth Tradition, we learned to liberate ourselves from what does not serve our purposes instead of staying in a situation out of consideration for those emotions that we believed that others would have, if we left the interaction.

We also learned to liberate ourselves from the interaction with others in a respectful and straightforward manner, while expressing appreciation of what we had achieved in our interaction with the others and of the togetherness we have felt in the course of our interaction with them, even though now we had to move on with something else in order to fulfill our purposes.

Today's contemplation

Today, I will liberate myself from a social interaction that no longer serves my purposes in a way that is respectful, straightforward and appreciative.

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August 06: Dysfunction

The slight onset of a contractionary movement in the solar plexus center calls our attention to the fact that our thinking has become dysfunctional.

Christs Anonymous - The Thirteenth Step, page 71

Our solar plexus center helped us to feel our emotional feelings very clearly, because our solar plexus center contracted in discomfort, when the flow of our emotional energy was dysfunctional.

This discomfort was due to our dysfunctional thinking, and when we experienced our emotional flow of energy from our functional thinking, we experienced emotional well-being and could even experience a bubbling sense of joy in our solar plexus.

We wanted to experience pleasure and joy in our solar plexus center, so when we felt the beginning of a contractionary movement in this center, we knew that our thinking had become dysfunctional.

We chose to be aware of movements in our solar plexus center, because thereby we could use our Seventh Step in ChrisAn effectively by praying to our Higher Power to liberate us from the dysfunction that was beginning to rise to the surface as an unpleasant feeling in solar plexus.

Today's contemplation

Today, I will use my Seventh Step to liberate myself from my dysfunctional

thoughts and emotions while they are still in their becoming.

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August 07: To let go of friendships

The principle of Step Seven is Letting Go.

Slogan: Let go and let God.

Christs Anonymous - The Thirteenth Step, page 108

When we worked with the Seventh Tradition in our Thirteenth Step in Christs Anonymous, we learned to let go of what did not serve our purposes any longer, and at times it could be difficult for us to let go of something we had benefited from until now.

Therefore, it was a great help for us to work with the Thirteenth Step in Christs Anonymous, because we learned how to give ourselves permission to let go of what no longer served us, whether it was a friend, a thought, an emotion or an action.

An important reason for why it could be difficult for many of us to let go of a friendship that no longer served our purposes was that the other person might still think he/she benefitted from being with us, and therefore he/she might feel hurt that now we had to walk a different path.

In such situations we remembered the slogan of the Seventh Step, which says: Let go and let God, so we let go and let God take care of the other person, and thus we spared ourselves from feelings of guilt, because we no longer needed the other person, because we now had a different path to tread than he/she had.

Today's contemplation

Today, I will let go of what no longer serves my purposes by passing over to God what has going to happen to me and the other.

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August 08: *Taking stock in Step Five*

Besides this, we described how Step Two had changed our perspectives on ourselves, others and the World at large, and in which ways we acted differently today as compared to the point in time where we began our work with Step Two.

Christs Anonymous - The Thirteenth Step, page 60

When we reached to Step Five, we had to share what we thought we had gained from our Step Work with ourselves, our Higher Power, another human being, and our Christs Anonymous Fellowship.

Therefore, we needed to investigate how we looked at our Step at the time we completed the formal work with it and how we looked at it now after using the knowledge that we had achieved in each Step for some time.

We read our conclusions about our Step Work, which we wrote down when we had finished the formal work with the Step, and we added the experiences we now had with the Step in question, when we had read our synopses to ourselves, our Higher Power, another human being and our ChrisAn Fellowship.

Thereby a synopsis for Step Five arose that clearly showed us what we have achieved from doing our Step Work, and thereby we were ready to share our experiences with everything and everybody everywhere at all levels of existence.

Today's contemplation

Today, I will use my Fifth Step to take stock of what I have achieved by

doing my Step Work.

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August 09: *The fear of fear*

In the NOW it became easy for us to see clearly, what our Higher Power's will was for us right HERE right NOW, and we surrendered unconditionally to our Higher Power's will for us as best as we could by surrendering to ourselves and our life.

Christs Anonymous - The Thirteenth Step, page 94

Before we came to Step Eleven, we had many ideas about how we could become able to carry out the right action in the right way, at the right time and in the right state of mind.

When we were not able to live up to what we believed was the right action in the right way, at the right time and in the right state of mind, we became afraid of what the lack of fulfilling our desire to be able to do this could lead to.

We imagined that it would lead to results that created manifested fear in us, and we became even more fearful at the thought of the fear we might experience as a result of our inability to carry out the right action in the right way, at the right time and in the right state of mind.

As we carried out Step Eleven on a daily basis, we discovered little by little that we could carry out the right action in the right way, at the right time and in the right state of mind, when we used our Eleventh Step to remain in The Blissful Flow of the Present Moment, and thus our fear of fear left us.

Today's contemplation

Today, I will use my Eleventh Step to let go of the fear of fear by remaining in The Blissful Flow of the Present Moment.

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August 10: Right and wrong

If you are like us, you know that when we judge just one situation or personal experience on the basis of right and wrong or good and evil, it creates/manifests a multitude of consequences for ourselves, others around us and our lives.

Christs Anonymous - The Thirteenth Step, page 12

In our work with our ChrisAn Program, we discovered that our thinking mind, our ego has the task of assessing if what we experienced right here, right now was advantageous or disadvantageous for us as compared to, what we had experienced and thought through in our life until now.

Sometimes, we lacked information about the area we were currently experiencing either because we had no previous experience with this area, or because we had received incorrect information about it.

That could make us judge a situation that in fact was to our advantage as if it were not, and it could also lead to that we judged a situation, which in Reality on to our advantage as if it were to our advantage.

By investigating different situations that we believed were to our advantage and others, which we believed were not in our Thirteenth Step, we discover that we no longer needed to judge something as right, if it is to our advantage or as wrong, if it is not to our advantage.

Today's contemplation

Today, I will open my mind towards what is in front of me in the NOW without judging it on the basis of right and wrong, knowing very well that I can take what I can use and leave the rest to others, who can use what I do not find use for myself.

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August 11: Repulsion and attraction

Our astral body/emotional body consists of the energy flow from our thinking, and we wanted to feel good all the time in spite of our hostile thinking patterns that were directed towards ourselves, others and the World at large, and which thereby created manifested unpleasant streams of energy in our astral body/emotional body.

Christs Anonymous - The Thirteenth Step, page 36

When we worked with liberating ourselves from our addiction to our thinking mind, our ego, we mapped out our psychological landscape, and we discovered that our emotional feelings were our guide about what thoughts we thought that were painful and which that were joyful.

The intention of our painful emotions was to pull us back from that, which pained us in the same way as we pulled our hand back from a hot stove, and the intention of our joyful emotions was to pull us towards that, which was joyful for us.

This meant that we created manifested confusion and chaos both in ourselves and others, if we did not pull back from what repulsed us emotionally, because it was painful, and if we did not move towards that, which attracted us emotionally, because it was joyful for us.

Sometimes it could be difficult for others to accept that we experienced emotions that were painful in our interaction with them, because they

perceived it to be a criticism, whereas it was merely our emotions that told us that we needed to leave this interaction for a spell to maintain our emotional health.

Today's contemplation

Today, I will surrender to the NOW by acting on my guidance from the energetic repulsion and attraction of my emotional feelings without holding others responsible for my feelings of repulsion and attraction.

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August 12: *The veil of grace*

Our denial is the veil of grace that prevents us from seeing how much pain our use of our defects of character inflicts on ourselves and others, until we are ready to face them.

Christs Anonymous - The Thirteenth Step, page 68

Before we came to Christs Anonymous, many of us were often angry at ourselves because we had not previously discovered that the existential pains we experienced were due to our use of our defects of character.

We also sometimes got angry at others because they were not aware that they used a defect of character and that this was why they were paining, and if they used it towards us, we became even more angry, because they inflicted their pain on us.

But when we came to Step Seven in our ChrisAn Program, we became aware that even our denial of what hurts us is an important part of our life experience, because in the pain we had an opportunity to achieve personal growth, if we used our Program on it.

If we confronted all of our defects of character all at once, we would probably go mad of pain or even die of shock so we were grateful for our denial of our use of various defects of character until we were ready to face them and their transformation.

Today's contemplation

Today, I will accept that denial of my use of my defects of character is the veil of grace that veils them until I am ready to come face to face with them.

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August 13: To let go of the undergrowth of the defects of character

As we worked Step Six diligently day after day, we gradually discovered the undergrowth of reasons we had to take our defects of character into use, and we also discovered that we could find just as many reasons to take our virtues into use if we worked on it.

Furthermore, we discovered that when we actually chose to take our virtues into use, we felt our anger, indignation, worry, anxiety, stress, depression and fear dissolve as we stepped into our virtues and thereby into Joy of Being.

Christs Anonymous - The Thirteenth Step, page 67

Gradually, as we discovered our reasons for taking our defects of character into use in our Sixth Step in our Christs Anonymous Program, we discovered that we had many reasons to take our defects of character into use, and at the same time we learned how instead we could take our virtues into use in the situation we described.

When we had finished our Sixth Step this knowledge benefitted us in our Seventh Step, so when we worked with our desire of letting go of a defect of character immediately in cooperation with our Higher Power, we discover that our defects of character have an undergrowth, which consists in denial, defense, justification and rationalization.

When we denied that we pained emotionally, we cut ourselves off from learning to stop the pain, and when we often habitually chose to defend the

pain, we did not respect it by listening to what we needed to do to stop the pain, and as a result we had built up a host of justifications of our pain and furthermore, we rationalized our use of pain with that all those we knew did the same, so it was probably not unhealthy for us.

Little by little, as our work with our Seventh Step developed, we became better and better at letting go of using denial, defense, justification and rationalization of our pain, and thus we achieved a powerful fully developed Seventh Step, which made it possible for us to make a quantum leap from one level of energy to a higher level.

Today's contemplation

Today, I will use my Seventh Step to learn to let go of my denials, defenses, justifications and rationalizations of my use of my defects of character.

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August 14: *Our live Vehicles*

Through this realization, it became clear to us that all crystallized forms of Spirit that our unmanifested Spirit takes up as residence for a while are vehicles that our unmanifested Spirit uses to travel through the various dimensions to experience and rejoice in life as a creaturemanifestation on the various planes of existence.

Christs Anonymous - The Thirteenth Step, page 29

In Step One in our Christs Anonymous Program, we discovered that we are a multidimensional creaturemanifestation that our true Self, our Spirit decided to manifest, so we could use these living createdmanifested forms of crystallized Spirit as vehicles, when we wanted to move around on different planes of existence.

Our first manifested form is our Soul, who is our live vehicle in the seventh dimension, and who comes to expression in our social life that gives us pain when we are unloving, uncaring, hardhearted and merciless in our interactions with others, and that gives us joy when we are loving, caring, compassionate and merciful in our interactions with others.

Our live vehicle in the sixth dimension is our causal body, who comes to expression as our thinking mind, our ego, who gives us pain when we think thoughts that are unloving, uncaring, hardhearted and merciless, and who

gives us joy when we think thoughts that are loving, caring, compassionate and merciful.

The energy flow of our thoughts come to expression as our painful or joyful emotional feelings in our astral body, who is our live vehicle in the fifth dimension, and the energy flow of our emotional feelings is expressed as the energy in our ethereal body, who is our live vehicle in the fourth dimension, and this energy flow gives us the driving force to move our physical body, who is our live vehicle in the third dimension, through space over time.

Today's contemplation

Today, I will take care of all my live vehicles with unconditional love, care, compassion and mercy.

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August 15: Our Higher Power's loving intention behind everything

In Steps One and Two, we discovered that there is an unconditionally loving, caring, compassionate and merciful intention from our Higher Power behind everything that transpires at all levels of our existence.

Christs Anonymous - The Thirteenth Step, page 41

When everything in our day unfolded to our satisfaction, it was easy for us to spot the unconditionally loving, caring, compassionate and merciful intention behind what was happening.

When something in our day unfolded in a way we were not satisfied with, many of us had perceived what happened to be our Higher Power's way of punishing us, because we had done something that we should not have done, although we were not aware of what it was.

Gradually, as we worked with our Tenth Step, we became better and better at spotting the unconditionally loving, caring, compassionate and merciful intention from our Higher Power, behind what did not happen to our satisfaction.

As a result of these insights, it became easier and easier for us to achieve our goal with being members of Christs Anonymous, because it became easier and easier for us to find joy under all circumstances, no matter what they were.

Today's contemplation

Today, I will use my Tenth Step on a situation that I experience as unsatisfactory, so I can become better and better at finding my Higher Power's unconditionally loving, caring, compassionate and merciful intention behind everything.

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August 16: To come home

When we came to Christs Anonymous, we realized that our long search was over.

We had come home at long last – to our true Self, our Spirit, from where Joy of Being emerges under all the circumstances that life as a human being presents to us.

Christs Anonymous - The Thirteenth Step, page 10

Every time we come to our first meeting in one of the Fellowships Anonymous, there is invariably a member, who says to us: Welcome home.

It may make us wonder that we are welcomed home so many places, and however lovely it may be, we do not necessarily have a feeling of having come home.

Even when we return home to our biological parents and meet them in our childhood home, we can easily feel that we do not have a home there anymore, and the same applies to our temporary homes in different places throughout our life.

Only when we return to our true Self, our Spirit, we achieve a feeling of being at home again and this feeling does not disappear no matter where we move about or stay for a shorter or longer period of time, and thereby it become possible for us to feel at home everywhere.

Today's contemplation

Today, I will use my Eleventh Step to begin the day by returning home to my true Self, my Spirit, and I will maintain my Eleventh Step state of being as much as possible throughout the day, so I can feel at home wherever I go today.

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August 17: Praise and criticism as reward and punishment

In the end, we investigated how we criticized or praised our spiritual life and that of others, and we added to our list how we could make amends to ourselves and others by finding out how it could be possible for us to accept our spiritual life and that of others exactly the way it was.

Christ's Anonymous - The Thirteenth Step, page 82

When we grew up, we got the impression that our parents thought that we should be praised when we had done something they liked and that we should be criticized, when we had done something that they did not like.

Knowing innermost that our parents' love for us made them want the best for us, we came to perceive praise and criticism as a guide we could use to find out what was right or wrong for us in the eyes of others.

As we examined this perception by the help of our Christ's Anonymous Program, it dawned on us that we had come to perceive praise as a reward

and criticism as a punishment, and that gave other people power over our thoughts and emotions.

We did much, which was contrary to our true desires in an attempt to achieve praise or avoid criticism, and when we came to Step Eight, we became willing to make amends to ourselves for the harm we had inflicted on ourselves by seeking praise and flee from criticism.

Today's contemplation

Today, I will make amends to myself for having perceived praise as a reward and criticism as a punishment by learning to use the Ring of Emotional Sobriety with its detachment, integrity, respect for self and respect for others.

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August 18: *The undergrowth of the Rings of Joy*

In our Tenth Step, we also wanted to use the undergrowth of the Rings of Joy to be able to use this knowledge to find out where we wanted to move to in our psychological landscape, as compared to finding ourselves in the undergrowth of the Rings of Pain, so we learned to use acknowledgement instead of denial, admission instead of defense, recognition instead of justification and responsibility in stead of rationalization.

Christs Anonymous - The Thirteenth Step, page 91

In our Seventh Step, we got to know the undergrowth of our defects of character, and we discovered that this undergrowth consisted of denials, defenses, justifications and rationalizations, which gave us reasons to take our defects of character into use and thus we were prevented from achieving a working Seventh Step.

In Step Ten, we needed to find the antidote to our denials, defenses, justifications and rationalizations of our use of the pain of our defects of

character so we could begin using the joy in the undergrowth of our virtues by using acknowledgment instead of denying that we had used a pain energy instead of a joy energy in the situation.

Once, we had acknowledged that we had used a defect of character in a situation, we became able to admit our mistake instead of defending it by using Step One to admit the pain we had inflicted on ourselves and others by using a defect of character and how this made our lives unmanageably, so our recovery from the pain could begin.

Thus, when we took responsibility instead of rationalizing our flawed use of energies as compared to our goal in Christs Anonymous, which is to find joy under all circumstances, no matter what they are, we could use our daily Tenth Step to make those transformations of pain to joy.

Today's contemplation

Today, I will choose to use acknowledgement instead of denial, admission instead of defense, recognition instead of justification and responsibility instead of rationalization, when I have made a mistake in relation to my goal in ChrisAn.

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August 19: Dispute about words

We understood that no matter how many times we said or wrote the word chair the word would never become the chair, which is the Truth the word points to.

Christs Anonymous - The Thirteenth Step, page 45

Before we came to Christs Anonymous, many of us had suffered from addiction to our thinking mind, our ego and this disease prevented us from being one with our true Self, our Spirit, and that had led to many disputes in our social life, our Soul life.

As long as we identified ourselves with our thinking mind, our ego, it was important for us to be right in everything we thought, because we were afraid of losing our foothold if we were not right, and that lead us into many

disputes about words with other people.

After we came to Christs Anonymous and began to let go of our addiction to our thinking mind, our ego, it became easier for us to achieve a harmonious social life, and our work with moving from the Rings of Pain to the Rings of Joy made it even easier.

As we became good at transforming the unloving, uncaring, hardhearted and merciless in our thinking mind, our ego to the loving, caring, compassionate and merciful and thereby it became easier for us to take the leap to oneness with our true Self, our Spirit and thereby with the joy without opposites that we call happiness.

Today's contemplation

Today, I will use my Christs Anonymous Program to bring myself in line with the joy without opposites in my true Self, my Spirit.

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August 20: Perfectionism

When we chose to enter the Stillness, we became one with our all-inclusive intelligence, our Spirit that – without thinking – knows exactly how HeShe must behave in the right way for the right reason at the right moment to perform the right action in any situation.

Christs Anonymous - The Thirteenth Step, page 44

Many of us had attempted to achieve serenity by performing the right action in the right way at the right time in the right state of mind in the hope that our thinking mind, our ego would stop criticizing us from within and that other people would stop criticizing us from the outside.

In spite of all of our efforts, however, we did not succeed in figuring out what the right action, done in the right way at the right time, with the right attitude could be, so we were still exposed to criticism from our thinking mind, our ego from within and from other people from the outside.

As our oneness with our true Self, our Spirit became more and more prominent, we discovered that we could easily carry out the right action in the right way at the right time with the right attitude, and both the inner and outer criticism of our actions disappeared.

Finally, we realized that our perfectionism had been a prayer to our Higher Power about achieving the capacity to act from our true Self, our Spirit, and that our prayer had now been fulfilled by the help of our Christs Anonymous Program.

Today's contemplation

Today, I will let go of my perfectionism by bringing myself into oneness with my true Self, my Spirit.

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August 21: Information to the public

Our Public Relations policy is based on bringing to awareness the presence of the ChrisAn Fellowship in our society and the World at large.

We want others to know that we exist, and how the ChrisAn Program can help anyone wanting to try it.

Christs Anonymous - The Thirteenth Step, page 129

The principle of anonymity encourages us to leave no doubt that we are speaking on our own behalf, when we talk about Christs Anonymous in public contexts, and that has made many of us believe that we could not reach out to the public on behalf of Christs Anonymous.

However, this is a misunderstanding, because we could do this, when we had been given the task of doing it by the Fellowship, because it was

important for our Fellowship as a whole that the public became aware of our existence so our kindred spirits could find us.

When we addressed the public as representatives of Christs Anonymous, we could address various public bodies, which were seeking a spiritual solution to the problems that existed in that public body.

We could also address doctors, nurses and others in the healthcare sector to inform them about how they could possibly use Christs Anonymous to help those people they worked with.

Today's contemplation

When I talk about Christs Anonymous in public contexts, I will express that it is my personal perception of ChrisAn that I express, but if I have been given the task of speaking on behalf of the Fellowship, I will clearly express that I have been entrusted with this task.

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August 22: Chronic dissatisfaction

During this work, we came face to face with the fact that many of our sufferings sprang from our lack of acceptance of our humanness, and that this had led us to be chronically dissatisfied with ourselves and thereby with others and our life.

Christs Anonymous - The Thirteenth Step, page 34

When we worked with the ChrisAn symbol in Step Two, we worked with accepting our omnipresent, omniscient, omnipotent and immortal true Self, our Spirit on one hand and with our limited, ignorant, powerless and mortal human self on the other hand.

Many of us discovered that we had difficulties accepting that our true Self, our Spirit has those attributes, which are normally attributed to God, and we

had exactly the same difficulties in accepting that our human self had those attributes, which usually were attributed to weak and helpless people.

Our lack of capacity to accept both our Highest Self, our Spirit and our lowest self, our human self, made us become chronically dissatisfied, and in Step Two, we opened ourselves to accept both our Highest Self, our Spirit, and our lowest self, our human self.

Only when we let go of being dissatisfied with our true Self, our Spirit, and with our human self, it became possible for us to achieve our goal as Christs Anonymous members, and this goal it to identify ourselves with our true Self, our Spirit.

Today's contemplation

Today, I will use my Second Step in Christs Anonymous to learn to let go of my chronic dissatisfaction with myself, whether it concerns my dissatisfaction with my true Self, my Spirit or my dissatisfaction with my human self.

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August 23: *The Serenity Prayer*

The 'I' Version	The 'Group' Version
<p style="text-align: center;">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.</p>	<p style="text-align: center;">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.</p>

Christs Anonymous - The Thirteenth Step, page 104

We used the Serenity Prayer in Christs Anonymous to decide for ourselves whether we needed to let go of something that made us lose balance mentally and emotionally, or if we needed to work on changing that, which made us lose balance mentally and emotionally.

If we lost balance because of something we were powerless over, we used Step One to admit our powerlessness over that, which made us lose our balance and we also investigated how it made our life unmanageable if we tried to gain control over it.

If we lost balance because of something we could change, we used Tenth Step to find out, how we could change that, which made us to lose balance and we used our Eleventh Step to seek guidance about, how we could further develop the solution, we found in Step Ten.

Then, we use our Twelfth Step to seek guidance and inspiration from another human being by sharing our recovery with him/her and from our Christs Anonymous Fellowship by sharing our recovery with our ChrisAn Fellowship.

Today's contemplation

Today, I want to use the Serenity Prayer to let go of what I cannot change and to change what I can.

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August 24: Tradition Five to Eight

The principle of the Fifth Tradition is Gratitude.

Slogan: Mutual appreciation pleases the heart.

The principle of the Sixth Tradition is Life Force.

Slogan: I liberate myself from that which doesn't serve my purposes.

The principle of the Seventh Tradition is Simplicity.

Slogan: A place for every thing and every thing in its place.

The principle of the Eighth Tradition is Respect.

Slogan: Live and let live.

Christs Anonymous - The Thirteenth Step, page 133

In Christs Anonymous, we carried out the Traditions as a Thirteenth Step, where we investigated how we could use that insight into ourselves, which we achieved in the Twelve Steps, to interact with others, and the Fifth Tradition we used to focus on what we could appreciate in a situation or in a fellow human being.

If we could not find anything in the situation or the person we could appreciate, we chose to use the Sixth Tradition to liberate ourselves from the situation or the person by ceasing to spend our money, our time, our energy and our interest on the situation or the person, and in this way we maintained our joy of living and our vitality.

We used the Seventh Tradition to decide on which purposes we wanted to use our resources, and once we had defined how we wanted to spend our money, our time, our energy and our interest, we created/manifested a space for each of our purposes in such a way that we moved towards the fulfillment of our desires on a daily basis.

By doing this, we achieved the simplicity we needed to use Tradition Eight to respect that others might not have anything to offer us, but they were anyway just as valuable for the totality as we were, so we moved on with our life and allowed them to move on with their life without thinking that anything should be different.

Today's contemplation

Today, I will use principles and slogans from Tradition Five to Eight to set up my personal guidelines for how I want to prioritize my resources, my money, my time, my energy and my interest both when I am alone and when I interact with others.

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August 25: To be slave of one's ego

The more we identified our true Self as being our thinking mind, our ego the more we edged out the experience of our true Self, our Spirit and the more we got dependent on our thinking mind, our ego the more we became slaves of our ego, and the more we suffered from anger, worry, anxiety, stress,

depression and fear whenever what we thought as being right and wrong was in contradiction with Reality.

Christs Anonymous - The Thirteenth Step, page 25

Before we came to Christs Anonymous, many of us perceived our thinking mind, our ego to be our Higher Power, which we had to obey, especially if the thoughts that our thinking mind, our ego held originated from that religion or spiritual creed that we had joined, and which told us how we should think, feel and act.

That could make us do our best to think, feel and act like our thinking mind, our ego commanded us to do and if we were unable to do that, we felt anxious, stressed, scared, worried or angry, however, without it being clear to us that we had become slaves of our thinking mind, our ego.

After, we came to Christs Anonymous and let go of being slaves of our thinking mind, our ego, we became better and better to question what thoughts with the resulting emotional feelings our thinking mind, our ego held, and our thinking became more and more free, more and more simple, more and more powerful.

In that process, we came closer and closer to our true Self, our Spirit, and we discovered to our joy that when we found ourselves in oneness with our true Self, our Spirit our stress, anxiety, worry, depression, anger and fear bid us goodbye to give space to the joy of being, which was our goal with being members of Christs Anonymous.

Today's contemplation

Today, I will use my Christs Anonymous Program to question those painful thoughts that my thinking mind, my ego presents to me.

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August 26: Freedom from self-important seriousness

When our thinking mind, our ego, surrendered unconditionally to our true Self, our Spirit, it became possible for us as limited, ignorant, powerless and mortal human beings to stop taking our thinking so seriously.

Christs Anonymous - The Thirteenth Step, page

Before we came to Christs Anonymous, we took our thoughts very seriously, because they were the only guideline we had about right and wrong, good and evil, and it was a scary thought for many of us that we should let go of identifying ourselves with our thinking mind, our ego as members of Christs Anonymous.

We took our thinking mind, our ego very seriously, because our thinking mind, our ego, held many thoughts that were sacred to us, and we had a tendency to overlook that our thinking mind, our ego, also held many thoughts that were harmful to us, because they were unloving, uncaring, hardhearted and merciless towards ourselves and others.

However, as we worked with the Rings of Pain and Joy in Steps Four to Ten, it became clearer and clearer to us that there was no reason to take our thoughts so seriously, because we actually had the freedom to choose the sets of thoughts that we wanted to make use of, and thus our thinking mind, our ego lost its power over us.

As a result, it became easier and easier for us to use our Seventh Step to pray to our Higher Power to liberate us from our self-important seriousness, when we discovered that we were about to surrender to our thoughts as if they were an expression of the Truth because we now knew that our thoughts could also be contrary to the Truth.

Today's contemplation

Today, I will pray to my Higher Power to liberate me from my self-important seriousness, when I discover that my thoughts has become unloving, uncaring, hardhearted and merciless and thus in contradiction with the Reality.

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August 27: Our sufferings

We also realized that we had come to Christs Anonymous to find answers to our own sufferings; so first we needed to find answers to and meaning in

our own sufferings before it would be possible for us to find meaning in the suffering of others.

Christs Anonymous - The Thirteenth Step, page 46

Before we came to Christs Anonymous, most of us had difficulties imaging that there could be a higher purpose with our sufferings and that no suffering could come to us, which we had not chosen ourselves.

Little by little, as we worked with our Christs Anonymous Program, we realized that there WAS a higher purpose with our sufferings and that we ourselves had chosen what sufferings we wanted to suffer through, before we chose to take on a life as a human being.

We discovered that pain is a short lived action signal and suffering is a result of rejecting the action that the pain prescribes, so when we nevertheless chose to reject the necessary action to stop the pain, it is due our desire to expand our consciousness.

We developed two areas by the help of suffering: Our Christ Consciousness/mercy-capacity and our Buddha Consciousness/wisdom, which both consists in personal experience with various existential sufferings and their solution.

Today's contemplation

Today, I will accept my sufferings as my personal choice for the development of my Christ Consciousness/mercy-capacity and my Buddha Consciousness/wisdom.

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August 28: *The Veil of Maya*

By stepping back from our thinking mind, our ego, and beginning to question the thoughts that take place on the basis of good and evil or right and wrong, it gradually dawned on us that right and wrong is an illusion.

Christs Anonymous - The Thirteenth Step, page

The energy in the Absolute is the pure and unconditional love, care, compassion and mercy of Spirit, and this energy is the only vibration found in the Eighth Dimension - The Absolute, as it is described in our First Step.

The Text in Step One made us understand that contrast was needed for creationmanifestation to come into being, and this contrast consisted in the unconditionally unloving, uncaring, hardhearted and merciless energy, which is form.

This contrast is called the Veil of Maya in Hinduism, because it is due to the identification of the creaturesmanifestations with form, which is an illusion, because the Truth by the root is that all forms are Spirit, although form is crystalized and therefor in bondage.

Right and wrong, good and evil are thus an illusion arising from the illusion of being identified with a form, whether this form is a material form, physical form, an ethereal form, an emotional form, a mental form or a social form.

Today's contemplation

Today, I will use my Christs Anonymous Program to liberate myself from identification with form and instead identify myself with my true Self, my Spirit, who is the free flowing Spirit inside the form.

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August 29: To love our physical body

In other words, our Mother Earth body/physical body gives all of our bodies and our unmanifested Spirit a vehicle that our bodies and our true Self, our Spirit, can use to experience life as a creaturemanifestation on Earth.

Christs Anonymous - The Thirteenth Step, page 29

When we came to Christs Anonymous, we learned to stop identifying with any form to instead identify with our true Self, our Spirit and thus we stopped identifying with our Mother Earth body/physical body.

We became able to look at our physical body as a creaturemanifestation, who needed our unconditional love, care, compassion and mercy and thus it became easier for us to do what our Mother Earth body/physical body needed.

The basic needs for our Mother Earth body/physical body are to be well-rested, well-groomed, well-nourished and well-exercised, and in addition he/she may have special needs for care in connection with those diseases that may occur during our physical life.

Furthermore, we took care of that our thoughts and the resultant emotional feelings about our Mother Earth body/physical body were loving, caring, compassionate and merciful, because this helped our Mother Earth body/physical body to be healthy, strong, comfortable and joyful.

Today's contemplation

Today, I will develop a love relationship with my Mother Earth body/physical body.

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August 30: *To createmanifest our psychological landscape*

We looked at all the Fellowships we were a part of and gave each of them its own place in the pattern we wanted to have in our life according to our individual priorities.

Christs Anonymous - The Thirteenth Step, page 123

When we began to consciously createmanifest our psychological landscape by the help of Steps Ten, Eleven, Twelve and Thirteen, we discovered that it was essential to createmanifest the greatest possible simplicity to give our thinking mind, our ego correct pointers about which mental-emotional patterns we wanted to be the most prominent.

For that purpose, we chose to use Step Ten to investigate our relationship to that one of our bodies that pained us today, whether it was our material body, our physical body, our ethereal body, our emotional body, our mental body or our Soul, so we could become able to find a solution to the pain.

We found a solution to the pain by moving from pain to joy by the help of the Pain Rings and the Joy Rings in Step Four and Six, and furthermore we used our Seventh Step in the course of the day to cooperate with our Higher Power about being liberated from the pain of our defects of character.

We used Step Eleven to seek guidance from our chosen Higher Power about how we could overcome the pain in question beyond the work we had done in Step Ten, and we used Step Twelve to share our recovery with our Fellowship and Step Thirteen to put our new realization into our relationship with ourselves, others and the World at large.

Today's contemplation

Today, I will use Step Ten, Eleven, Twelve and Thirteen from My Christs Anonymous Program to build up my psychological landscape.

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August 31: *Patience*

Even though we longed for this liberation, we accepted that we had to be patient and wait for the right circumstances to occur to make each amends; but we did not use this to postpone a Ninth Step that we could do now.

Christs Anonymous - The Thirteenth Step, page 84

The Ninth Step in our Christs Anonymous Program urged us to be patient in our work with making those amends to ourselves and others that we decided on in Step Eight, because we can do more harm than good if we tried to carry out a Ninth Step that did not fall naturally in place in the context in which we participated.

We discovered that the Ninth Step took into account that many of us were impatient to clean up our mistakes, whether we had decided to make amends for a mistake from the past or for a mistake we had done today, but we now knew that impatience is a defect of character, which gave us the opposite result of what we wanted.

Impatience belongs in the Mining of Hatred, with its ill will, unkindness, irritation and impatience, and we did not want to use these energies in making our amends, because the energies of hatred are painful to experience for ourselves and painful to receive for the one we wanted to make amends to.

Instead, we wanted to use the joy energies in the Mining of Love with its good will, kindness, calmness and patience when we made amends to ourselves or others for our mistakes, because we wanted that our amends should bring ourselves and others the joy that the Mining of Love holds.

Today's contemplation

Today, I choose to use patience when I have to carry out a Ninth Step, so both I and others can feel joy about my Ninth Step.

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September 01: *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, energetically,

emotionally, mentally, 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 expansion of wellbeing in all areas (Health).

Christs Anonymous – The Thirteenth Step, page 57

Before we came to ChrisAn, many of us had a perception of love as a state that we had no influence on, but after we began working with the Rings of Pain and Joy in ChrisAn, we discovered that even though we could not get control of love, we could open ourselves to receive it or close ourselves to it by denying it access to us.

We also discovered that even though we believed that we wanted to open ourselves to receive love before we came to Christs Anonymous, we discovered after we came to ChrisAn that our thinking mind, our ego, contained many reasons for why, we should close ourselves to love and use different anger-energies instead.

As our work with the Rings of Pain and Joy developed, it also became clearer and clearer to us that we could more easily open ourselves to receive love, when we used our existential pains to grow in Christ Consciousness/mercy and Buddha Consciousness/wisdom by using the Rings to transform our existential pains to joys.

Our insight into our psychological landscape helped us to use The Small Ring of Love with its admitting, self-acceptance, health and sanity under as many circumstances as possible, and in line with our use of this Ring, our capacity to give and receive love increased.

Today's contemplation

Today, I will use the Small Ring of Love to develop my capacity to give and receive love.

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The 'I' Version	The 'Group' Version
<p>My Father and my Mother You who are on the Divine plane May Your name be my Holy Name 2♥2 May Your Kingdom come on Earth so Your will may happen on Earth like it happens on the Divine plane Give me this day what I need Forgive me my wrongs and give me the capacity to forgive those who wrong me Guide me through my desires and liberate me from my wrongs For Yours is the Kingdom and the Power and the Glory eternally. Amen.</p>	<p>Our Father and our Mother You who are on the Divine plane May Your name be our Holy Name 2♥2 May Your Kingdom come on Earth so Your will may happen on Earth like it happens on the Divine plane Give us this day what we need Forgive us our wrongs and give us the capacity to forgive those who wrong us Guide us through our desires and liberate us from our wrongs For Yours is the Kingdom and the Power and the Glory eternally. Amen.</p>

Christs Anonymous – The Thirteenth Step, page 7

Many of us who came to Christs Anonymous knew the ancient Christian prayer, because we had grown up in a Christian society and many others of us knew it even if we had not grown up in a Christian society or belonged to the Christian conviction .

Many of us found it dissatisfactory that the two thousand year old prayer was exclusively addressing the masculine principle, and therefore we were delighted to read in our Eleventh Step that the old prayer had now been changed to also address to the feminine principle .

In our First Step, we had become aware that the Soul Plane, the seventh dimension, contained our Soul, whether we were men or women, and that a man's Divine Father was his Soul and that a woman's Divine Mother was her soul.

This helped us become aware that if we wanted to use the Soul Prayer from our Eleventh Step, it meant that we could address both our Divine Father and our Divine Mother, our Soul, and our Soul Party in this prayer.

Today's contemplation

Today, I will use the Soul-prayer to seek guidance and strength from my Soul and my Soulmate's Soul.

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September 03: Relapse in Christs Anonymous

Having realized this, we welcomed anyone, who had decided for themselves that they wanted to join us in our mutual purpose – giving up our addiction to our thinking mind, our ego and that they therefore wanted to be part of our group.

Christs Anonymous - The Thirteenth Step, page 116

Many of us had participated in other Twelve Step Programs before we came to Christs Anonymous and in some of these it was easy for us to decide whether we were in recovery from that, which we had come to the Fellowship to recover from.

In Christs Anonymous, it could be difficult both for the individual and for the Fellowship to decide, who was in recovery from his/her addiction to his/her thinking mind, his/her ego, and who was not, because we needed our thinking ability in many situations.

Whether a person was identified with his/her thinking mind, his/her ego, only he/she knew, so we did not try to take a stand on the level of recovery of others in Christs Anonymous, but exclusively on the level of our own recovery

If a person left the Fellowship, we respected his/her stand point and when/if he/she wished again to work on liberating himself/herself from his/her addiction to his/her thinking mind, his/her ego, we welcomed him/her as many times as he/she returned to this work.

Today's contemplation

Today, I will welcome any member to Christs Anonymous as many times as he/she decides that he/she wants to work with the ChrisAn Program.

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September 04: To live in The Neutral Point

You have stopped being imprisoned by your ego and have started to live in your Neutral point, the point of your Spirit from where your Joy of Being springs under all circumstances no matter what they are.

Christs Anonymous - The Thirteenth Step, page 17

When we came to Christs Anonymous and began to investigate our thinking mind, our ego, we discovered that we could not prevent our thinking mind, our ego from changing perception from moment to moment, and that this also made our emotional feelings change from moment to moment.

The changeability of our thinking mind, our ego had been a problem for most of us for as long as we could remember, because we thought we ought to be able to at least control our own thoughts and therefore it was a great relief for us to discover in our First Step, that it was normal to be powerless over our thinking mind, our ego and thereby over our thoughts.

We also discovered that we needed to learn to be in a neutral state of mind as much as possible, because we wanted to be in oneness with our true Self our Spirit, who never judged anything as right or wrong, or anybody as good or evil, but who always and without exception guided us to follow our hearts under all circumstances.

When we followed our heart and thereby did what we most wanted to do in The Blissful Flow of the Present Moment without judging what we felt like doing as right or wrong, good or evil, at long last we became able to find joy of being under all circumstances, no matter what they are, which is our goal with being members of ChrisAn.

Today's contemplation

Today, I will follow my heart by doing what I most feel like doing in The Blissful Flow of the Present Moment without judging what I feel like at right or wrong, good or evil.

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September 05: *The fundamental purpose in Christs Anonymous*

The fundamental purpose of a Christs Anonymous group is of a Spiritual nature, and we have learned from our experiences that the moment we begin to be preoccupied with matters of money, property, power and prestige, we have diverted from our primary purpose.

Christs Anonymous - The Thirteenth Step, page 121

Our purpose in Christs Anonymous is to become one with our true Self, our Spirit and the joy this brings forth, and therefore we wanted to raise our conscious awareness from the earth bound to the Absolute.

Because of this purpose, it was important to us that our focus was centered on our spiritual goal, rather than letting ourselves be consumed by earthly affairs, such as property, money, power and prestige.

Therefore, we did not use time, energy, interest, and money on letting ourselves be consumed by property, money, power and prestige issues in connection with our membership of Christs Anonymous.

Instead, we spent our money, time, interest and energy on our meetings, on our interaction with our sponsor/recovery buddy, on our personal work with the Program and on service in our Fellowship.

Today's contemplation

Today, I will use my money, my time, my interest and my energy on my Christs Anonymous meetings, on my interaction with my sponsor/recovery buddy, on my personal work with the Program and on service in my ChrisAn Fellowship.

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September 06: *The eternal presence of our Spirit*

In Step Two, we investigated our belief systems and convictions about this presence and discovered that the holy presence of our Spirit is actually with us at all times under all circumstances, and we could discover this, when we let ourselves sink completely into the NOW.

Christs Anonymous - The Thirteenth Step, page 38

Because we were mostly occupied with our thinking mind, our ego, before we came to Christs Anonymous, we were not aware of that behind our thinking mind, our ego, our Soul, who observe what is happening in our thinking mind, our ego, was to be found, nor were we aware of that behind our Soul, our true Self, our Spirit, who is observing what is happening in our Soul and all of our other bodies, is to be found.

When we began working on liberating ourselves from our addiction to our thinking mind, our ego, we became more and more present on the Soul level, and we discovered that our Soul/social body experiences joy when we are loving, caring, compassionate and merciful in our social interactions, and our Soul/social body experiences pain, when we are unloving, uncaring, hardhearted and merciless in our social interactions.

Furthermore, we experienced that we were able to sense our true self, our Spirit, when our Soul/social body was still and therefore neither experienced pain nor joy, and little by little we became aware of that our true Self, our Spirit, is present all the time, but we were not necessarily aware of it because our thinking mind, our ego, called on our attention for many different reasons.

We understood that it is the task of our thinking mind, our ego to translate the joy and the pain of our Soul/social body and all our other bodies into words, and that makes our thinking mind, our ego, call on our attention almost constantly in particular, because we had developed a high level of sensitivity to become able to pick up on the subtle vibration of our true Self, our Spirit.

Today's contemplation

Today, I will work on liberating myself from my addiction to those thoughts of joy and pain that my thinking mind, my ego all the time calls my attention to, so I can become able to focus on the eternal presence of my true Self, my Spirit in the NOW and thereby become able to experience the joy without opposites that is called happiness.

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September 07: Superhuman beings

As a result of investigating 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, which made us pretend to be superhuman beings, who were not affected by our limitation, ignorance, powerlessness and mortality/changeability, and as a result, The Big Ring of Pain opened up to us.

Christs Anonymous - The Thirteenth Step, page 52

Before we came to Christs Anonymous most of us had got the impression that we were not allowed to be limited, ignorant, powerless and mortal/changeable, and that had made many of us seek for a solution to become superhuman beings, who were not subjected to a creature's manifestation's four basic attributes.

Some of us had got the impression that people, who were considered to be on the top of our society, were superhuman beings and therefore they were not subjected these attributes, so we followed the news of how our contemporary presidents, kings and queens handled different situations, we did not feel able to handle ourselves.

Others of us followed the news about how super rich people and celebrities lived their lives, because we imagined that super rich people and world-stars were superhuman beings, who could not have reached that level of wealth or celebrity if they too were subjected to their limitations, ignorance, powerlessness and mortality/changeability.

Yet others of us looked at the spiritual male or female World teachers, sages or saints from the past or the present and imagined that they were superhuman beings, who did not suffer from the same as us, but no matter where we looked for super human beings, we discovered that they all of them were also limited, ignorant, powerless and mortal/changeable.

Today's contemplation

Today, I will stand by my human limitation, ignorance, powerlessness and mortality/changeability.

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September 08: *Progress*

Besides this, we described how Step One had changed our perspectives on ourselves, others and the World at large, and in which ways we acted differently today as compared to the point in time where we began our work with Step One.

Christs Anonymous - The Thirteenth Step, page 60

When we came to Step Five, we took stock of that progress, we had achieved in the Program of Christs Anonymous until now, and we did this by the help of our synopses from Step One, Two, Three, Four, and Five.

We compared our perception of Step One to Five at the time when we carried them out as compared to the perception we had on the Five Steps today, and in that way it became possible for us to measure our progress in our Christs Anonymous Program.

In the same way, we evaluated our progress from Step Six, Seven, Eight, Nine and Ten, when we carried out our Tenth Step by the help of our synopses from Step One to Ten, and when we had completed Step Eleven, Twelve and Thirteen, we added those synopses to our evaluation.

In this way it became easy for us to evaluate our progress, which took place in such a gradual and harmonious way in our Step Work that it could be difficult for us to spot our progress, if we did take a stand on our progress in the course of our Step Work.

Today's contemplation

Today, I will take a stand on my progress in my Christs Anonymous Program by writing my synopses from Step One to Thirteen in an area where I have carried out a Thirteen Stepper.

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September 09: *Always room for improvement*

However, we remembered that there was always scope for improvement in our mental-emotional health, and thus we were willing to set aside time for our Tenth Step inventory in order to heal and mend our hurt inner child on a daily basis.

Christs Anonymous - The Thirteenth Step, page 87

Many of us had attempted to become so good in the existential area that we could come to feel that we had found a way of handling our existence, which was perfect, so we could let go of working daily with our Program in Christs Anonymous.

We imagined that a time would come, where we had become so good at carrying out our ChrisAn Program in each and every situation that we no longer needed to set aside time for our daily Tenth, Eleventh, Twelfth and Thirteenth Step.

However, we discovered that there was always one of our bodies that called out for our attention by the help of pain, and that pain is an action signal that let us know that one of our bodies needed help and support.

In that way, little by little it dawned on us that there were always one or more areas of our existence we could improve, and that made us calm down, being aware that we used our resources in the best possible way, when we used them on taking care of our bodies.

Today's contemplation

Today, I will improve my existence by taking care of that one of my bodies that need my help and support the most today with love, care, compassion and mercy.

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September 10: *Forgiveness*

The principle of Step Eight is Forgiveness.

Slogan: Forgive my wrongs and give me the capacity to forgive those who wrong me.

Christs Anonymous - The Thirteenth Step, page 108

We often believed that we had made a mistake, when our life did not develop in the ways we had imagined, and therefore we became angry at ourselves for making that mistake we imagined was the reason for our life not developing the way we desired

At other times, we thought that our life did not develop as we thought it should have, because others have done or not done something in relation to us, which had led to that our life developed in undesirable ways, which deprived us of the joy of living.

When we came to Christs Anonymous, we wanted to find joy under all circumstances, no matter what they were, and that could only become possible if we were willing to use our Christs Anonymous Program to change our thinking.

Gradually, as we attempted to go straight to Step Eight, the Step of Forgiveness to resolve our mistakes from the past, we discovered that we needed to take all the Steps from Step One to Step Eight into use to be able to forgive ourselves and others for ours and their mistakes.

Today's contemplation

Today, I will use my Christs Anonymous Program to work on changing my view point on what I perceive to be my own and others' mistakes, and I will make amends to myself and others for that mindset, so that I can become able to forgive both myself and others.

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September 11: *To admit our mistakes in Step Ten*

Step Ten suggests that we do not try to explain our wrongs, that we simply admit them, correct them and let go of them.

Christs Anonymous - The Thirteenth Step, page

When we did our daily Tenth Step inventory, we worked with all the Steps from Step One to Step Ten, which meant that we had achieved a clear picture of our mistake and we had found out how we wanted to handle a similar situation in the future in context with our goal in Christs Anonymous, when we reached Step Ten.

Therefore, we did not try to explain to another, who had been exposed to our mistake, how it could happen that we made the mistake, we simply admitted it, corrected it and let go of it, because we did not want to get stuck in those thoughts that we were possessed by, when we made the mistake, but instead, we wanted to be focused on putting the solution into action.

If the other person wanted to discuss our mistake further, we let go of thinking that the other person should act differently than he/she actually did so we merely listened until he/she had expressed his/her emotions without getting into a discussion about the other person's perception of our mistake.

In our inventory, we had discovered in Step Six what energies we wanted to use, in Step Seven we had let go of denying, defending, justifying and rationalizing our mistake, in Step Eight we forgave ourselves for our mistake, in Step Nine we had made amends to ourselves and others for our mistake, so therefore we simply wanted to correct it and let go of it in Step Ten.

Today's contemplation

Today, I will use my Tenth Step to admit my mistake, correct it and let go of it.

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September 12: *The Prayer of Joy*

God,

Grant me the capacity to be unpretentious and cheerful, joyful and content and make my stay in of all of the Rings of Joy long today:

The Ring of Fulfillment and thereby fulfillment, interest, meaningfulness and oneness.

The Ring of God-centeredness and thereby joy, empowerment, open-mindedness and gratitude.

The Ring of Emotional Sobriety and thereby detachment, integrity, respect for self and respect for others.

The Big Ring of Joy and thereby faith, hope, love and truth.

The Small Ring of Faith and thereby generosity, trust, prosperity and accountability

The Small Ring of Hope and thereby credence, information, discernment and serenity.

The Small Ring of Love and thereby admitting, self-acceptance, health and sanity.

The Small Ring of Truth and thereby humility, honesty, individuality and fellowship.

The Miniring of Faith and thereby largesse, letting go, wellbeing and sharing.

The Miniring of Hope and thereby safety, well-informedness, clarity and nobleness.

The Miniring of Love and thereby goodwill, kindness, calmness and patience.

The Miniring of Truth and thereby equality, tolerance, accuracy and belongingness.

The Microring of Faith and thereby consideration, equanimity, action-freedom and contributing.

The Microring of Hope and thereby appreciation, teachableness, openness and worthiness.

The Microring of Love and thereby mercy, forgiveness, conciliatory and sweetness.

The Microring of Truth and thereby respectfulness, straightforwardness, precision and togetherness.

The Nanoring of Faith and thereby approachability, light-heartedness, approval and involvement.

The Nanoring of Hope and thereby certainty, cultivatedness, resolution and level-headedness.

The Nanoring of Love and thereby acceptance, willingness, quietness and flexibility.

The Nanoring of Truth and thereby sincerity, simplicity, reliability and familiarity

THANK YOU!

Christs Anonymous - The Thirteenth Step, page 101

Today's contemplation

Today, I will keep my thinking mind, my ego focused on the Prayer of Joy, when I do not need to focus on a task.

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September 13: Denial of our humanness

We also believed that we should neither be powerless over our humanity nor over that we suffered from the chronic dissatisfaction, which our lack of acceptance of our humanity brought about.

Christs Anonymous - The Thirteenth Step, page 35

Our denial of our human limitation, ignorance, powerlessness and mortality/changeability had given rise to much suffering in our daily life, because it made us put demands on ourselves that we could not fulfill.

Little by little, as we worked with our ChrisAn Program, we discovered that our sufferings became activated by our denial of our humanness, because our the denial brought the pain from the Ring of Self-centeredness with its euphoria, depression, self-criticism and self-praise into play.

When we used of the Ring of Self-centeredness we criticized ourselves, when we did not carry out the tasks we had decided on, and we praised our ourselves, when we carried out the tasks we hade decided on, and in that way we came to swing between the euphoria of self-praise and the depression of self-criticism.

Thereby, we moved up and down in a manic-depressive/bipolar state of mind from euphoria to depression and from depression to euphoria, until we learned to use the Ring of Godcenteredness with its joy, empowerment, openmindedness and gratitude instead.

Today's contemplation

Today, I will acknowledge my humanness and surrender it to the care of my Higher Power with the help of the Ring of Godcenteredness.

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September 14: *The God's Prayer*

<i>The 'I' Version</i>	<i>The 'Group' Version</i>
<p><i>God,</i> <i>You are the only true goal of my life</i> <i>I'm yet but a slave of my wishes</i> <i>putting bar to my advancement,</i> <i>and You are the only God and</i> <i>Power</i> <i>Who can take me up to that stage.</i></p>	<p><i>God,</i> <i>You are the only true goal of our life</i> <i>We are yet but slaves of our wishes</i> <i>putting bar to our advancement,</i> <i>and You are the only God and</i> <i>Power</i> <i>Who can take us up to that stage.</i></p>

Christs Anonymous - The Thirteenth Step, page 103

Gradually, as our work with letting go of our addiction to our thinking mind, our ego took place, we became better and better at identifying with our true Self, our Spirit.

Thereby it became clearer and clearer to us that our life's only true goal as members of Christs Anonymous was to achieve oneness with our true self, our Spirit and thus with God.

By realizing that we alone could not elevate ourselves to identification with our true Self, our Spirit, we became ready to pray to our chosen Higher Power for help to become elevated to that stage, where we could achieve oneness with our true Self, our Spirit.

As we became better and better at being in oneness with our true Self, our Spirit by the help of the Ring of Fulfillment with its fulfillment, interest, meaningfulness and oneness, we became more and more joyful about being alive.

Today's contemplation

Today, I will use the God's Prayer and the Ring of Fulfillment to achieve oneness with my true Self, my Spirit and thus oneness with the joy without opposites that is called happiness.

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September 15: Anxiety

In the course of our day, we discovered that when we left The Blissful Flow of the Present Moment, we would immediately sense a slight anxiety stirring in our solar plexus, and when we investigated the cause for our anxiety, we discovered that we had been sucked into our thinking mind, our ego, yet again, and thus we had become consumed with either thoughts about our past and future, or with thoughts of gaining control of our present or about how we were right and the others were wrong.

Christs Anonymous - The Thirteenth Step, page 79

I our ChrisAn Program we discovered, that our thinking mind, our ego had the task of archiving our experiences in life after life in the consciousness of our Soul, and this meant that our thinking mind, our ego, could take out an archive from the consciousness of our Soul, when there was a need for it.

There was a need for it when our thinking mind, our ego wanted to evaluate an unpleasant experience from the past in order to find out how a situation in the present was related to the past and how advantageously, we could have handled the situation, so that we got an opportunity to make some more advantageous choices in the future.

In this way, our thinking mind our ego, served us with complete dedication to his/her task, and for that reason exactly, many of us have had great trust in our thinking mind, our ego and that to such an extent that we had identified ourselves with our thinking mind, our ego.

When we identified ourselves with our thinking mind, our ego, we came to swing in a pendulum from the past to the future with very short stays in the present, and in Christs Anonymous our goal was to remain in the present,

because the present is the field, where we can become one with our true Self our Spirit.

Today's contemplation

Today, I will use a slight discomfort in my solar plexus center as guidance about that I need to return to The Blissful Flow of the Present Moment, where my true Self, my Spirit is to be found and thus my joy of being alive.

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September 16: The Step of Transformation

Little by little as we observed the transformations that took place in our Sixth Step we began to perceive Step Six as the Step of Transformation.

Christs Anonymous - The Thirteenth Step, page 62

In the Sixth Step in Christs Anonymous, we worked with the Four Big Rings of Joy and the Four Big Rings of Pain, the Four Small Rings of Joy and the Four Small Rings of Pain as well as the Mini-, Micro- and Nano-rings of Joy and Pain, and furthermore we worked with the Superstrings of Joy and Pain.

We worked with observing how those energies that was to be found in the Rings and the Superstrings of Pain came to expression in the course of our day, and how we believed that the situation we observed would have come to expression, if we had used a Ring or a Superstring of Joy instead.

In that way we became more and more aware of where we were at in our psychological landscape and we also become better and better at creating manifesting pathways in our mind, which made it possible for us to move around in our psychological landscape in a way that brought us joy.

Gradually, as we discovered that our mental-emotional pains gave us an opportunity for growth, if we used the Rings of Pain and Joy or the Superstrings of Pain and Joy to transform our pain to joy, our resistance towards the pains of life became less and less, to eventually disappear completely.

Today's contemplation

Today, I will use my Sixth Step to transform a pain to joy by the help of the Rings of Pain and Joy or by the help of the Superstrings of Pain and Joy.

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September 17: To give ourselves permission

We made amends to ourselves by giving ourselves permission to do what we would love to do in the twenty-four hours available to us, without taking into consideration whether we achieved results that we could show off to others or not.

Christs Anonymous - The Thirteenth Step, page 81

When we came to Christs Anonymous, we began to investigate all the areas of our life that pained us, and thus we discovered that although our parents, teachers or others that we perceived to be authorities had our best interest in mind, there were much, they could not teach us.

When we worked with the Rings and Superstrings of Pain and Joy, we discovered that we could instead use our emotional feelings as a guidance that could show us what we needed to use our Program for, and how we could transform our pain for joy.

Therefore, we used the Ring of Codependency with its savior role, seducer role, victim role and offender role to investigate how we could let go of attempting to save others from pain because of that. which was right choice for us and to let go instead of seducing them to believe that their choices were the right ones for us.

Then we used the Ring of Emotional Sobriety with its detachment, integrity, respect for self and respect for others, to let go of attaching to the emotions of others about our choices as if their emotions were our own, and thereby we became able to give ourselves permission to follow the guidance from our own emotions.

Today's contemplation

Today, I will give myself permission to use my resources on what I think is fun and delightful no matter if others think I should use my resources on something else.

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September 18: Death

As a result of this observation, it became clear to us that death of our Mother Earth body/physical body is an illusion, and that death in all its forms, in actual fact, can be summarized in one word that says it all: Change.

Christs Anonymous - The Thirteenth Step, page 30

Before we came to Christs Anonymous, most of us had identified ourselves with various forms, even though we had heard many times that we are a Spirit, who lives in a human form until the form becomes so worn out that we felt a need to leave it.

When we identified ourselves with our Mother Earth body, we became scared when she/he showed signs of illness or wear and tear and especially when he/she showed signs of age, which pointed to that separation from him/her was not so far away any longer as it had been.

By the help of our work with our ChrisAn symbol in Step Two, we realized that our Mother Earth body went on with his/her life, when we had left him/her, because he/she was transformed into soil, and thereby he/she entered into new forms.

This observation changed our attitude to the physical death, which became easier for us to bear, because we realized that when our Mother Earth body continued his/her life after we had left him/her, it was likely that we ourselves continued our life, when we had left our Mother Earth body.

Today's contemplation

Today, I will choose to believe that I continue my life in the Higher Worlds when I have left my Mother Earth body.

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September 19: Seduction

To make others take our suggestions to heart, we tried to make them believe that we could save them from the pains of their life if only they followed our directions, seducing them further by concealing the pains of our own life, denying that we were no wiser, better or more powerful than they were themselves, and denying the truth that they had to find their own answers to life just like we had to.

Christs Anonymous - The Thirteenth Step, page 51

Before we began investigating the Ring of Codependency with its savior-role, seducer-role, victim-role and offender-role in our Christs Anonymous Program, we had got the impression that seduction had got something to do with us letting ourselves be seduced or us seducing others into a sexual relationship we or they did not want in Reality.

When we began working with the Ring of Codependency in Christs Anonymous, we discovered that seduction had many faces, and the face with which we worked in Christs Anonymous was giving others a false picture of our Reality to make them do something that we believed they would not do, if we gave them a true picture of our Reality.

When we seduced others, we tried to make them do something that we believed was to their advantage, but which in Reality was unloving, uncaring, hardhearted and merciless, because we distorted their perception of Reality by hiding our own existential pains from them, so their decisions were made on a false foundation.

We wanted to recover from our codependency and thereby from believing that we had to seduce others to find joy, so instead of using the pain-

energies from the Ring of Codependency we chose to use the joy-energies from The Ring of Emotional Sobriety with its detachment, integrity, respect for self and respect for others to find joy.

Today's contemplation

Today, I will use the joy in the Ring of Emotional Sobriety with its detachment, integrity, respect for self and respect for others in my social life.

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September 20: 'Righteous anger'

Indignation, the so called 'just anger' towards ourselves, others, our life, our Higher Power or the World at large, was the most common cause for our re-addiction to our thinking mind, our ego, and our indignation was thus the most common reason for us to lose our Joy of Being all over again and relapsing into chronic dissatisfaction.

Christs Anonymous - The Thirteenth Step, page 77

Most of us knew deep inside that our anger had a purpose, but before we came to Christs Anonymous, we had found it difficult to find out how we could use our anger constructively rather than harm ourselves or others with our anger.

We had tried to justify our anger by calling it 'righteous anger', because we imagined that any human being would experience anger because of what we experienced that we got angry about, and like that we misled ourselves into believing that our anger was 'righteous'.

When we came in touch with our oneness with our true Self, our Spirit, and thus with our unconditional love, care, compassion and mercy, we discovered that in this state of mind there was no 'righteous anger'.

We also realized that indignation belongs in the Microring of Hatred, and that we could use our anger constructively to grow in wisdom/Buddha Consciousness and compassion/Christ Consciousness by learning instead to

use the Micro-ring of Love with its mercy, forgiveness, reconciliation and sweetness by the help of our Sixth Step.

Today's contemplation

Today, I will use my Sixth Step to learn to move out of the Microring of Hatred with its indignation, vindictiveness, belligerence, and bitterness and into the Microring of Love with its mercy, forgiveness, conciliatory and sweetness in a situation where I felt "righteous anger".

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September 21: *The members of our groups*

We knew that it is vital for our group that all members felt they belonged to the group.

If more and more people lost their sense of belonging to our group, the group ceased to exist.

Therefore, we inventoried in our First Tradition how each of us could contribute to sustaining the sense of belonging of each individual member to our group.

Christs Anonymous - The Thirteenth Step, page 111

When we heard the group readings at our meetings, we heard that the newcomer is the most important person at any meeting, and that could make us believe that the consideration for the newcomer was so important that we did not have to consider how old-timers in our group felt.

It was important indeed that we spend time helping a newcomer to find his/her way, until he/she felt at home in our Fellowship, but it was also important that we remembered that old-timers needed attention and appreciation, just like the newcomer did.

Although we prioritized the care for a newcomer highest, we remembered that if we neglected old-timers, they easily lost the feeling of belonging to our group, and thus the group could lose a member, who possessed valuable experiences with our Christs Anonymous Program.

This was disadvantageous both for us, the newcomer and the old-timer, so therefore, we put emphasis on showing love, care, compassion and mercy both to ourselves, the newcomer and the old-timers.

Today's contemplation

Today, I will show love, care, compassion and mercy to myself and all those members, who are to be found in the groups I am a part of, whether we are two or many.

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September 22: Step One to Four

STEP 1: *We admitted that we were powerless over our addiction to our thinking mind, our ego – that our life had become unmanageable.*

STEP 2: *We came to believe that a Power greater than us could lead us to our true self, our Spirit, and thus to Joy of Being.*

STEP 3: *We made a decision to unconditionally turn our will and our life over to the care of our Higher Power, as we understood that Power.*

STEP 4: *We made a searching and fearless inventory of ourselves.*

Christs Anonymous - The Thirteenth Step, page

As we gained a bigger overview of our Christs Anonymous Program, we discovered that Step One, Two, Three and Four, in principle, are an expression of The Big Ring of Joy with its faith, hope, love, and truth.

In Step One we **believed** that we could achieve our spiritual goal by the help of the Program in Christs Anonymous and we carried out Step Two, because we **hoped** that our choice of a Higher Power could lead us to joy of being.

We carried out Step Three to develop our **love** for our chosen Higher Power, so it could become possible for us to surrender to the joy of being alive, and we carried out Step Four to face the **truth** about our thoughts and emotional feelings.

Gradually, as this work developed, it became easier and easier for us to

admit our mental-emotional pains and begin recovering from them and thus to achieve joy of being under all circumstances, no matter what they are.

Today's contemplation

Today, I will use my first Four Steps in ChrisAn to develop my understanding of The Big Ring of Joy.

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September 23: *Our Absolute consciousness*

We practiced Constant Remembrance by choosing to be constantly aware that we are the consciousness behind all forms, so we stopped identifying our self with any form, and thereby we broke our addiction to our thinking mind, our ego.

Christs Anonymous - The Thirteenth Step, page 26

When we began to liberate ourselves from identifying ourselves with our thinking mind, our ego by the help of our Christs Anonymous Program, we discovered that we had difficulties stepping back from the thoughts that passed through our thinking mind, our ego and the emotional feelings that flowed from our thoughts, and this could make us act rashly.

Gradually, as we liberated ourselves from identifying ourselves with our thinking mind, our ego, we became able to merely observe the thoughts and their outflow of emotional feelings that passed through our minds, and thus we had become able to observe our mind from our next higher plane of existence, from our Soul plane.

As we began to observe our mind from the Soul plane, we became better and better at transforming disadvantageous states of mind to advantageous states of mind, and as we became more and more conscious on the Soul plane, we also became better and better at observing our Soul/social body from our true Self, our Spirit that is our Absolute consciousness.

When we observed our Soul's, our social body's activities in his/her social interactions from the vantage point of our Absolute consciousness, it

became possible for us to meet every social interaction with the unconditional love, care, compassion and mercy of our Absolute consciousness.

Today's contemplation

Today, I will observe my Soul's social interactions from the unconditional love, care, compassion and mercy of my Absolute consciousness.

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September 24: *To be conceited*

At times, we seduced others by pretending or claiming to know better than them and their Higher Power what their path and their truth in life should be or should not be.

Christs Anonymous - The Thirteenth Step, page 51

When we worked with the Ring of Codependency with its savior role, seducer role, victim role and offender role in our Fourth Step in Christs Anonymous, we became aware of how many existential pains our codependency had given rise to and the seducer role was an area of our codependency that pained most of us a lot.

When we investigated what we did when we were under the influence of our seducer role, we discovered that we tried to be all things to all the people around us by pretending that we knew better than others how their problems had to be solved, even though we did not have personal experiences in the area we wanted to advise others on.

We discovered that this seduction of ourselves and others was connected with our desire to be so valuable to others that they wanted us to be part of their social life, because they found our thoughts and emotional feelings more valuable than their own so that they would rather be guided by our thoughts and emotions than their own.

As we learned to step back from our seducer role by the help of the Ring of Emotional Sobriety, we discovered that others received guidance from their

Higher Power in the same way as we did, and with this realization we became able to respect others' way of being in the World, even though it was different from ours.

Today's contemplation

Today, I will use the Ring of Emotional Sobriety with its detachment, integrity, respect for self and respect for others to develop my respect for others' way of being in the World.

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September 25: Past and future

We found out that in order to be able to make amends to ourselves, we needed to let the past be bygones and to surrender our future to our Higher Power's care, trusting that our Higher Power had a plan for our life that we could not even begin to imagine due to our human limitation, ignorance, powerlessness and mortality.

Christs Anonymous - The Thirteenth Step, page 80

Many of us imagined that the past had got something to do with our childhood, or it had got something to do with what we experienced last year, or even that it had got something to do with yesterday, before we came to Christs Anonymous.

When we came to Christs Anonymous, we learned to perceive the past at that, which happened a moment ago, because only when we were in The Blissful Flow of the Present Moment it was possible for us to experience the joy without opposites.

When sometimes we left the NOW, fear could arise in us for what it might entail for our future if we remained in the NOW, and this fear could also prevent us from returning to The Blissful Flow of the Present Moment.

Therefore we used our ChrisAn Program to learn to become better and better at surrendering our past and our future to our Higher Power's care,

and in this way we spared ourselves from anxiety about the past and fear of the future.

Today's contemplation

Today, I will use my Christs Anonymous Program to let go of my anxiety about the past and my fear of the future so I can become able to remain in The Blissful Flow of the Present Moment.

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September 26: To stand by one's Christ Consciousness

We have come to believe that those among us, who have achieved a spiritual awakening as a result of working the Twelve Steps in any 12-Step Fellowship have attained the Christ Consciousness and can justly claim: I'm Christ.

Christs Anonymous - The Thirteenth Step, page 8

When we came to Christs Anonymous, it was difficult for many of us to stand by our Christ-consciousness, because we had been told that the Christ-consciousness could only be achieved by one single person and nobody else, but in Christs Anonymous we call mercy to those, who still suffer, for the Christ-consciousness.

Little by little, we picked up our courage and stood by our holy name, Christ, like it was our right to do, because we had a personal contact with our chosen Higher Power, had surrendered our will and our life to the care of our Higher Power and showed mercy to those, who still suffered from their addiction to their thinking mind, their ego.

We were aware that a large number of 12 Step Fellowships were to be found, where members worked on recovering from various diseases, which were perceived as incurable in the past, and if a human being had carried out all 12 Steps in one of these Fellowships, he/she had also attained the Christ-consciousness.

Furthermore, many people were to be found, who had not necessarily participated in a 12 Step Program, but who had anyway achieved a personal contact with their chosen Higher Power, had surrendered their will and their life to the care of their Higher and were merciful to people, who suffered and they too had achieved the Christs-consciousness.

Today's contemplation

Today, I will stand by my Christ-consciousness, although I demands all my courage to do so.

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September 27: Information to the public

Therefore, we leave information with the public as to where and when our regular ChrisAn meetings are held, both face-to-face and online, besides providing the public with basic information pamphlets about the ChrisAn Program as well as literature if requested.

Christs Anonymous - The Thirteenth Step, page 129

Many members of ChrisAn had got the impression that they maintained the anonymity described in the Traditions of Christs Anonymous by not letting anyone know in public contexts that they were members of Christs Anonymous.

However, it is important that the public becomes acquainted with the existence of Christs Anonymous so those, who have a need to liberate themselves from their addiction to their thinking mind, their ego, can get access to the Fellowship, if they so wish.

The way we could respect the principle of anonymity in public contexts was by not letting anyone have any doubt about that it was our personal opinion about the Christs Anonymous Program we expressed and not the Program itself.

Other members had got the impression that they ought not talk about, what they had got out of being members of Christs Anonymous in public contexts, but any member can do this, if he/she does not let anybody have any doubt about that he/she speaks on his/her own behalf.

Today's contemplation

Today, I will make sure that nobody has any doubt about that I speak on my own behalf, when I talk with others about my personal perception of the Program in Christs Anonymous.

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September 28: Abstinence in Christs Anonymous

Most of us can abstain for a few hours from what seems impossible over a longer period of time.

Christs Anonymous - The Thirteenth Step, page 16

In Christs Anonymous, we abstained from identifying ourselves with our thinking mind, our ego, and instead we chose to identify with our unconditionally loving, caring, compassionate and merciful true Self, our Spirit.

When we observed that we had an urge to do something that was unloving, uncaring, hardhearted or merciless to ourselves or others, we knew that we were on the verge of a relapse to identifying ourselves with our thinking mind, our ego.

This observation made us stop what we are in the process of doing so as to give ourselves space to use our Seventh Step prayers to cooperate with our chosen Higher Power about being liberated from the thoughts and emotions that had brought us to the verge of a relapse.

If our Seventh Step did not liberate us from our urge to be unloving, uncaring, hardhearted or merciless to ourselves or others, little by little, we learned that it was to our advantage to take up the situation in an inventory by the help of our daily Tenth Step.

Today's contemplation

Today, I will use my Seventh Step to pray to my Higher Power to liberate me from my urge to be unloving, uncaring, hardhearted or merciless to myself or others, and if I am not liberated, I will carry out today's Tenth Step on the situation.

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September 29: Cooperation with our Higher Power

For example, we could pray: “God, liberate me from my irritation, (or impatience or ill will or unkindness)” if we found ourselves in the Mining of Hatred in our psychological landscape.

Christ's Anonymous - The Thirteenth Step, page 75

When we came to Step Seven in our ChrisAn Program, we worked on letting go of our denial of our use of our defects of character by admitting, what pained us mentally and emotionally, and how the pain made our life unmanageable, so the recovery from our pain could begin.

Furthermore, we worked on letting go of our denials, defenses, justifications and rationalization of our pains in Step Seven, because denial, defense, justification and rationalization prevented us from facing life's pains and thereby from developing our wisdom and compassion by the help of our Christ's Anonymous Program.

When we were done with this work, we had realized that it was to our advantage to take care of our pains by doing the necessary to take care of

our causal and astral bodies, when they pained, and when we took care of our mental and emotional pains, it became easier for us to treat our causal and astral body with love.

After we had let go of our denials, defenses, justifications and rationalizations, we had become ready to cooperate with our Higher Power like Step Seven suggests, and thus we began to use our Seventh Step prayers to cooperate with our Higher Power about liberating ourselves from using the pain of our defects of character.

Today's contemplation

Today, I will use my Seventh Step to cooperate with my Higher Power about my liberation from my use of the pain in my defects of character against myself or others.

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September 30: Contributions to ASC or WSO

At times, we discover that there is a small surplus in our till after the rent of our room, our refreshments and those amulets that we distribute for celebration of our recovery milestones have been covered, and if we wish so, we can send our surplus to our Area Service Committee or the Christs Anonymous World Service Office to help them with expenses incurred in printing of meeting lists and literature, maintaining telephone help lines and other expenses that the members of various ChrisAn groups cannot take care of themselves.

Christs Anonymous - The Thirteenth Step, page

Even though it is free of charge to be a member of Christs Anonymous, and even if we pass on our literature for free by the help of free downloads from the internet, we could not get around that we needed money.

We needed to print meeting lists, and we needed meeting rooms, and this costs money that we could collect during our meetings by giving a little extra, when we made our contribution to the payment of the room and the

refreshments we enjoyed during the meeting.

This could give new members the impression that our Fellowship was not completely free as they had got the impression of before they came, so we emphasized on letting the newcomers know that they were equally welcome, whether they contributed to the till or not.

Those members, who wanted to contribute with a little more than their share, could do so for the benefit of those, who did not want to and for the benefit of Christs Anonymous as a whole, however, without us wanting that individual members contributed with amounts larger than most.

Today's contemplation

Today, I will give or not give my contribution in conformity with what feels right for me.

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October 01: *The Ninth Step*

The principle of Step Nine is Liberation.

Slogan: The right action is the sweet fruit itself.

Christs Anonymous – The Thirteenth Step, page 108

When we began to carry out our Ninth Step, we discovered that we felt liberated every time we had carried out a Ninth Step, whether others forgave us for the mistake we thought that we have done to them or not.

We did not carry out our Ninth Step to achieve others' forgiveness, but to liberate ourselves from that feeling of guilt we experienced in in context with the situation we had in mind, where we acted or spoke in ways that we were ashamed of.

In the work with our Ninth Step, we gradually discovered that many of the things we had been ashamed of, had not been important to others, and thereby we began to understand how important it was for us to use our Ninth Step.

The sweet fruit of our Ninth Step work was that we did not only get liberated from guilt and shame, but we also get to carried out a Reality

check, which told us that we did not have nearly as much reason to feel guilty and to be ashamed that we had imagined.

Today's contemplation

Today, I will carry out a Ninth Step, which I have hesitated to carry out for a long time.

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October 02: Projections

When we took into use one of the qualities in any one of these patterns, their effect would spread like ripples in water both in ourselves, when we were alone and in others when we were together with others.

This ripple effect determined the way others reacted or responded to us, and thereby the effect of what we projected out into the World returned to ourselves.

Christs Anonymous – The Thirteenth Step, page 58

Most of us did not know that we createdmanifested our own Reality, before we came to Christs Anonymous and began to work with the patterns in the Rings of Joy and Pain and the Superstrings of Joy and Pain.

In this work we discovered that we could choose to use the energies in a Ring or a Superstring of Joy or Pain in a given situation, and thereby we found out that when we found ourselves in a Ring or a Superstring of Pain, we vibrated on the same frequency as it.

The same was true when we found ourselves in a Ring or a Superstring of Joy, and our work with the Rings and the Superstrings gave us the opportunity to observe the consequence of taking a pain energy or a joy

energy into use.

By the help of this work, we came closer to our goal as ChrisAn members, because we became better at taking responsibility for our use of pain and joy energies, and when we chose joy energies, it brought us closer to our true Self, our Spirit.

Today's contemplation

Today, I will choose to use the Rings and the Superstrings of Joy instead of using the Rings and Superstrings of Pain in a situation where I usually use the Rings or the Superstrings of Pain.

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October 03: Impure thoughts

We had also understood that our thinking mind, our ego could not become still as long as he/she was at war with himself/herself due to many contradictory thoughts that filled him/her up with a constant chatter, thus preventing him/her from becoming still.

Christs Anonymous - The Thirteenth Step, page 46

Before we came to Christs Anonymous, we had heard the term 'impure thoughts', and we had got the impression that impure thoughts were associated with sexual fantasies.

After we came to Christs Anonymous, we discovered that impure thoughts had got nothing to do with our sexual fantasies, but with contradictory thoughts.

When we alternately thought thoughts that gave us permission to or forbade us to do the required to fulfill our desires, our thoughts were impure.

We also discovered that there was nothing morally wrong in having impure thoughts, but as long as we had opposing thoughts about the fulfillment of our desires, they could not be fulfilled.

Today's contemplation

Today, I will use my Christs Anonymous Program to purify those of my thoughts and emotions that prevent me from doing the needful to fulfill one of my desires.

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October 04: To be a well informed human being

The more we experienced the result of this practice, the more ready we became to be liberated from all of our defects of character by having them transformed into virtues; so we diligently worked our Sixth Step to become entirely ready.

Christs Anonymous - The Thirteenth Step, page 64

In our Fourth Step, we had our first meeting with the Rings of Joy and Pain in Christs Anonymous, and we discovered how these energy fields/archetypes had affected our life from our childhood until now.

We discovered how these energy fields/archetypes had affected us in both painful and joyful ways in our social life, our thought life, our emotional life, our energy life, our physical life and our material life from our childhood until now.

In our Sixth Step, we investigated situations from our day, where we experienced that these energy fields/archetypes affected us in the way in which we interacted with others, and in the way we thought, felt and acted and thereby we became a well informed human being.

Gradually, as our investigations progressed, it became clear to us that it was our advantage to use the Rings of Joy rather than the Rings of Pain and thus we achieved the capacity to make conscious choices about what energies we wanted to use in our lives on all planes.

Today's contemplation

Today, I will use my Sixth Step to make a conscious choice about, which Ring of Joy I want to use in a situation that use to pain me.

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October 05: A hostile mind

We opened our mind by investigating those belief systems and convictions that held us captive in denial of our humanness, and which therefore held us captive in a trap of thought patterns with a hostile attitude to our human limitation, ignorance, powerlessness and mortality.

Christs Anonymous - The Thirteenth Step, page 34

In Step Two in our Christs Anonymous Program, we needed to come to believe that there was a Power greater than our limited, ignorant, powerless and mortal/changeable human self that we could use, when our humanness made it difficult for us to achieve what we desired.

We chose to define a Power greater than our humanness as a power that was unconditionally loving, caring, compassionate and merciful, but in order to make it possible for us to take such a Power into use, we needed to investigate those belief systems that prevented us from taking this power into use.

In the course of this work, we discovered that we had taken many thoughts to heart, which were hostile to one or more areas of our existence, and this

could be our material life, our physical life, our energy life, our emotional life, our thought life, our social life or our spiritual life.

These thoughts told us that we had not deserved to have great material wealth, to be healthy and strong, to use our energy on what we wanted, to feel good emotionally and mentally and to have a rich social and spiritual life, and in Step Two our work began with transforming those areas of our thinking mind, our ego that had a hostile attitude to our desires.

Today's contemplation

Today, I will use my Second Step in Christs Anonymous to begin transforming those belief systems I hold that prevent me from having my desires fulfilled.

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October 06: The changeability

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 their truth might be different from ours.

Christs Anonymous - The Thirteenth Step, page 51

When we began to work with our social life, our Soul life in Christs Anonymous, we became aware that our Soul is our highest plane of existence as creaturesmanifestations, because our true Self, our Spirit has no form and is thus not a creaturemanifestation, but is the creator and the manifestor of all forms.

We also became aware that when we identified ourselves with our human self's limitation, ignorance, powerlessness and mortality/changeability, it createdmanifested many problems in our social life, because we often found it to be difficult to accept the changeability of ourselves and others.

The changeability showed us that all forms changed and ultimately dissolved, and therefore it could be scary for us to come face to face with the changeability and this could lead to many conflicts in our social life, our Soul life, and these conflicts could prevent us from achieving our goal as members of Christ's Anonymous.

After having worked for some time with moving from the Ring of Codependency with its savior-role, seducer-role, victim-role and offender-role to the Ring of Emotional Sobriety with its detachment, integrity, respect for self and respect for others, we became able to accept the changeability of ourselves and others.

Today's contemplation

Today, I will work on accepting the changeability of myself and others by the help of the Ring of Emotional Sobriety.

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October 07: Reality as mirror

We discovered that this could become possible, if we chose to perceive the defects of character we saw in others as a mirror that showed us those of our own defects of character that we had not yet recovered from, without us necessarily being aware that it was so.

Therefore we chose to take the wisdom to heart, which lay in the English slogan: 'You spot it, you've got it'.

Christ's Anonymous - The Thirteenth Step, page 69

When we saw others use their defects of character, it could sometimes make us to also use our own because of the emotional discomfort, we experienced by witnessing others' use of their defects of character, and this helped us to use our Christ's Anonymous Program to become aware of, why we had taken a defect of character into use.

At other times, it could happen that we were not aware that we used a defect of character ourselves, because we denied, defended, justified or rationalized our use of the defect of character in question to such an extent

that we even denied the pain we experienced, which always followed in the wake of using a defect of character.

When others reacted to our use of a defect of character, it called our attention to the fact that we had taken a defect of character into use and that made us use our ChrisAn Program to let go of our denial, defense, justification and rationalization of our use of our defect of character in that particular situation.

In this way, we could use our social life as a mirror that helped us to face our defects of character both when we saw others using their defects of character, because we could only spot them when we had them ourselves, and when we used our own defects of character without being aware of it, because we saw the reaction of others to our use of a character defect.

Today's contemplation

Today, I will take ownership of a defect of character, I condemn in another.

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October 08: Showdown with our thoughts about God

In Step Three, we investigated what thoughts and belief-systems we had about our Higher Power's unconditional love, care, compassion and mercy towards us.

Christs Anonymous - The Thirteenth Step, page 41

In the course of our growth, we had received much different information about God, if God was mentioned at all in our family or our social circle.

This information was very different stretching from declarations about God not existing to God existing everywhere.

In Step Three, we had a showdown with our perception of God by investigating the thoughts and beliefs we have lived with up to now.

By the help of this work, we liberated ourselves from thoughts and belief systems that prevented us from surrendering our will and our lives to our chosen Higher Power's care.

Today's contemplation

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

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October 09: Order

The principle of the Seventh Tradition is Simplicity.

Slogan: A place for every thing and every thing in its place.

Christs Anonymous - The Thirteenth Step, page 133

Gradually, as our work with our Christs Anonymous Program developed, we discovered that all our bodies functioned optimally when they were met with love, care, compassion and mercy.

We also discovered that a sure sign that we ought to reduce our pace was that we did not take care of that this came to expression by us making sure that all of our bodies were well-rested, well-exercised, well-groomed and well-nourished.

Moreover, we discovered that it was true too for our spiritual life that it functioned optimally if we saw to it to meet of our need to be in daily contact with our true Self, our Spirit in a loving, caring, compassionate and merciful way by the help of prayer and meditation.

Therefore, in our Seventh Tradition, we worked on creating manifesting a place to take care of our material life, our physical life, our energy life, our emotional life, our thought life, our social life and our spiritual life in such a way that they all received their rightful place in our day.

Today's contemplation

Today, I will create manifest a plan for my day, which has space for that I can take care of all of my planes of existence.

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October 10: Our responsibility towards our Mother Earth body/physical body

We believed that we had not done enough for our Mother Earth body/physical body, when we were faced with fatal illness and death in spite of the fact that all of us without exception, have to face the separation from our Mother Earth body/physical body at some point in time, for some at a young age and for others at an older age.

Christs Anonymous - The Thirteenth Step, page 35

It is a demanding task for most of us to take care of our Mother Earth body/physical body and many of us had not learned how to care for him/her in such a way that we had a clean conscience towards the Mother Earth body/physical body that we inhabited, before we came to Christs Anonymous.

However, after we came to Christs Anonymous, we learned to perceive our Mother Earth body/physical body as a living creature manifestation, who needed our unconditional love, care, compassion and mercy, and therefore we began to develop a love relationship with our Mother Earth body/physical body.

We expressed our love by looking at our Mother Earth body/physical body with loving eyes, and we made sure she was well-rested, well-groomed, well-nourished and well-exercised and thus we came yet another step closer to our goal with being members by Christs Anonymous – to find joy under all circumstances, no matter what they are.

When our Mother Earth body/physical body had pains, we showed compassion with her by adjusting our thoughts, emotions and actions in such a way that both she and we could find joy in spite of her pain, and we showed mercy towards her by giving her the necessary treatment to ease her pains.

Today's contemplation

Today, I will show unconditional love, care, compassion and mercy towards my Mother Earth body/physical body, and I will make sure she is well-rested, well-groomed, well-nourished and well-exercised.

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October 11: Self-important seriousness

Many of us discovered that we could use a prayer that liberated us from most of our defects of character all immediately: “God, Liberate me from my self-important seriousness”, so we also used this prayer at adequate moments in the course of our day.

Christs Anonymous - The Thirteenth Step, page 72

When we worked with our Seventh Step in Christs Anonymous, we cooperated with our chosen Higher Power about being liberated from the influence of our defects of character on the spot in a situation where we felt like using them.

In Step Four and Six we had mapped out many areas in our psychological landscape, and in this context we had got to know a wide range of concepts, which we could use as a label for various of our defects of character.

This knowledge we used in our Seventh Step to cooperate with our Higher Power about being liberated from using a particular defect of character that

we felt like using to handle a particular situation in the NOW.

Sometimes, it could happen that we could not put a name to the defect of character, we wanted to use, and in that situation we could use a prayer that covers most of our defects of character by praying: God, Liberate me from my self-important seriousness.

Today's contemplation

Today, I will pray to my chosen Higher Power to liberate me from my self-important seriousness, if I cannot put a name to a painful feeling that I experience in a situation in the NOW.

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October 12: *Addiction to thinking*

It also became possible for us to stop giving excessive attention to our thinking mind, our ego and thus we could more easily be present as pure awareness in The Blissful Flow of the Present Moment.

Christs Anonymous - The Thirteenth Step, page 93

When we came to Christs Anonymous, we were addicted to thinking and that meant that we could not get peace of mind even if we wanted it, and it also meant that we identified ourselves with and tried to act on each and every thought that passed through our thinking mind, our ego, and thereby it became difficult for us to get an overview over our life on the causal plan/the thought plane.

In Step One we faced that we are just as powerless over our addictions to thinking as a drug addict is over his/her addiction to his/her drug of choice, and that we are just as powerless over our causal body/our thought body as we are over our Mother Earth body/our physical body, and therefore we had to rise above the causal plane/the thought plane to the Soul plane to become able to study our thoughts without identifying ourselves with them.

By observing our causal body/our thought body from the Soul plane instead of identifying ourselves with him/her, we began to recover from our addiction to thinking, and we also became aware that our causal body/our thought body have a need to be met with unconditional love, care, compassion and mercy from our true Self, our Spirit just like our Mother Earth body/our physical body needs it.

Gradually, as our Step Work progressed, we become better and better at meeting our causal body/our thought body with unconditional love, care, compassion and mercy by seeing to it the he/she is well rested, well groomed, well nourished and well exercised instead of trying to control him/her, and at the same time we let go of our self-important seriousness.

Today's contemplation

Today, I will meet my causal body/my thought body with unconditional love, care, compassion and mercy by seeing to it that he/she is well rested, well groomed, well nourished and well exercised.

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October 13: *The cessation of sufferings*

When we accepted Reality as it IS without thinking that anything or anybody anywhere at any level of existence should be different, we gave ourselves, others, our life, our Higher Power and the World at large permission to be exactly the way everything and everybody everywhere at all levels of existence ARE, and as a result our suffering ceased and we were led to Joy of Being.

Christs Anonymous - The Thirteenth Step, page 77

Before we came to Christs Anonymous, most of us thought we could stop our own and others' mental-emotional pains by opposing them, and therefore we tried to oppose them both within ourselves and others in thought, emotion, word and action.

When we came to Christs Anonymous, we discovered that pain is a short-lived action signal, and we also discovered that if we did not use this action signal to change direction mentally and emotionally, the pain turned into suffering.

When we opposed the pain by refusing to carry out the act the pain

prescribed, we could prolong the pain by denying it, defending it, justifying it or rationalizing it, because we knew innermost that our pain was to our advantage.

It was true that we could grow in wisdom/Buddha consciousness and mercy/Christ consciousness thanks to the pain, but this could only happen if we took care of our pain by changing that, which the pain pointed to, and when we changed that, our chronic suffering ceased.

Today's contemplation

Today, I will take care of my pains, whether they are material, physical, energetic, emotional, mental, social or spiritual, by adjusting my way of being in the World in the way the pain prescribes so I can put an end to my sufferings and achieve joy of being.

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October 14: *The service of our thinking mind, our ego in our earthly life*

As the building blocks of our Earthly life are money, time, energy and interests, our thinking mind, our ego is consumed with how we can the get most out of our money, time, energy and interests.

Christs Anonymous - The Thirteenth Step, page 25

In Step One in our ChrisAn Program, we became aware that money, as well as time, energy and interest are energy forms we can use to make the most of our earthly life and depending on our individuality, we choose how we want to use these energies.

Our desires leads to how we think, because we all nourish our thinking mind, our ego with thoughts about what we want, and we open ourselves to receive inspiration for the fulfillment of the desire from our true Self, our Spirit and from other people.

Our thinking mind, our ego, serves us as an archivist, who first put words on our desire and then sends the desire forward to our Soul, who contains a vibratory archive of all our desires and their fulfillment or lack of the same.

Our thinking mind, our ego retrieves and puts words on information about the desire and the actions that are required to fulfill the desire from our Soul's archive, but sometimes the archive does not contain information about the necessary actions and then we must seek help from others.

Today's contemplation

Today, I will open myself to receive inspirations from my Higher Power and other people to have a desire fulfilled that I do not know how to act to get fulfilled.

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October 15: *HERE and NOW*

*We also found out that when we entered *HERE and NOW* with a mind empty of thoughts, we became connected with the omnipresence of our Spirit through a sensation of Holy Kinship with everything and everybody everywhere at all levels of existence.*

Christs Anonymous - The Thirteenth Step, page 39

When we came to Step Eleven in our Christs Anonymous Program and began our daily meditation practice, we experienced oneness with our true Self, our Spirit on a daily basis.

Thereby we discovered that our conscious oneness with our true Self, our Spirit, could only take place *HERE and NOW*.

When we were in a state of meditation *HERE and NOW*, we could become present in the *NOW* and thereby step into oneness with our true Self, our

Spirit.

Gradually, as we practiced daily meditation, our oneness with our true Self, our Spirit became more prominent, and our spiritual awakening became more all inclusive.

Today's contemplation

Today, I will practice my Eleventh Step to become present HERE and NOW in oneness with my true Self, my Spirit so I can experience the joy of being under all circumstances, no matter what they are.

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October 16: Joy and euphoria

Because we wanted to stay centered in our Joy of Being throughout our day, gradually, we became entirely ready to allow our Higher Power to liberate us from all of our defects of character, and thereby we had also become entirely ready to cooperate with our Higher Power in Step Seven.

Christs Anonymous - The Thirteenth Step, page 67

For many of us, euphoria was the only kind of joy we knew before we came to Christs Anonymous and began working with The Constructive and The Destructive Rings.

By the help of this work however, we discovered that euphoria belongs to a Destructive Ring, and joy belongs to a Constructive Ring.

The Destructive Ring, which euphoria belongs to is the Ring of Self-centeredness with its euphoria, depression, self-criticism and self-praise.

The Constructive Ring to which joy belongs is the Ring of God-centeredness with its joy, empowerment, openmindedness and gratitude.

Today's contemplation

Today, I will use my Seventh Step, if I discover that I use the Ring of Self-centeredness by praying to my Higher Power to liberate me from using it, and if needed I use my Sixth Step so as to become able to take the Ring of God-centeredness into use instead.

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October 17: *The responsibility for our joy and pain*

Involution is Spirit's descend into or entanglement in matter and evolution is Spirit's disentanglement from matter or ascend into the bliss of unmanifested Spirit, and as members of Christs Anonymous we are on our journey back to the Origin as unmanifested Spirit and therefore we wish to withdraw all our projections by stopping holding something or someone outside ourselves responsible for our happiness or unhappiness.

Christs Anonymous - The Thirteenth Step, page 38

Before we came to Christs Anonymous, we had heard that a New World Order was about to come into being, because a spiritual awakening was taking place all over the Earth.

As we carried out the Program in Christs Anonymous, we discovered that Christs Anonymous was our personal path to our personal spiritual awakening.

Our work with the Rings and the Superstrings of the Program led to us to

also discover that we were responsible for our joys and our pains ourselves.

Therefore we had a need to know that our pains were meaningful, and gradually we understood that our pains led to wisdom and mercy, if we applied our Program on them.

Today's contemplation

Today, I will accept that I need my existential pains, because they lead me to an expansion of my wisdom/Buddha consciousness and my mercy/Christ consciousness, when I apply my Christs Anonymous Program on them.

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October 18: *The gift of pain*

Emotional pains were also to our advantage because they prevented us from continuing actions that harmed us emotionally, mentally, socially, or spiritually, unless we refused to or were unable to change direction like our emotional pains prescribed so that our emotional pains became chronic and so we came to suffer under them.

Christs Anonymous - The Thirteenth Step, page 19

Already in our First Step in our work with our Christs Anonymous Program, we discovered that unconditional love, care, compassion and mercy was to be found behind all life's forms of expression.

It had been difficult for most of us to see pain as a gift before we came to Christs Anonymous, because we perceived pain as some kind of punishment for not having taken well enough care of one of our bodies.

However, after we came to Christs Anonymous, we realized that all forms of pain even chronic pain is a gift, a short-lived action signal in the NOW

that tells us that we need to take care of the pain in question.

Therefore we chose to receive life's pains, even our chronic pain as guidance by carrying out the action the pain prescribed in the NOW without making our pain into misery and suffering by the help of our thoughts about the pain.

Today's contemplation

Today, I will take care of my existential pains at a pace that suits me without thinking anything about them that contribute to the pain, whether the pain is material, physical, energetic, emotional, mental, social or spiritual.

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October 19: *Super ego*

The first layer of purple color around the center illustrates the first creationmanifestation that our unmanifested Spirit manifested as a light veil, crystallized around a spark of Him-Herself.

This layer of crystallized Spirit forms an extremely light and subtle veil around a spark of our individual Spirit, and is referred to as our Soul – our Super ego, our social body.

Christs Anonymous - The Thirteenth Step, page 23

Before we came to ChrisAn, many of us believed that we should rid ourselves of our ego and instead we should cultivate oneness with our Spirit, but already in our First Step, we discovered it was the task of our thinking mind, our ego to call our attention of our Soul to our earthly desires and thus we understood that our thinking mind, our ego was our at our service.

We became even more surprised at discovering that our Soul was called our Super ego in Christs Anonymous, and this was due to that is was our Soul's

task to fulfill those desires that our ego called our Soul's attention to from the beginning of creationmanifestation till now and to solve this task, our Soul/Super ego observed the thoughts of our thinking mind, our ego.

When a desire arose as a thought in our thinking mind, our ego, our thinking mind, our ego archived the desire in the archives of our Soul/Super ego, where all desires were kept until they had been fulfilled or until we chose to let go of a desire no matter the reasons we had to let go of the desire in question.

When our Soul/Super ego observed our thinking mind's, our ego's thought movements, he/she was constantly aware of the desires that arose, and he/she picked up life force from our true Self, our Spirit to bring together the required energies to for the fulfillment of the desire and then gave off a vibratory impulse to action that our thinking mind, our ego translated into an inspired thought.

Today's contemplation

Today, I choose to trust that everything that happens in my life is happening in accordance with my own desires, although I might not remember, when I desired that, which is happening in my life right NOW and HERE.

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October 20: *The decrease of our inflated ego*

However, the diminution of our inflated ego was a slow process for most of us because of our addiction to our thinking mind, our ego that drove us to think thoughts and more thoughts that gave us mental and emotional pains, and as we were powerless over our addiction to our thinking mind, our ego, we chose to surrender our thinking mind, our ego to the care of our Higher Power, and with this purpose in mind we moved on to Step Two.

Christs Anonymous - The Thirteenth Step, page 32

Having acknowledged in Step One that the basic purpose of our thinking mind, our ego is to serve us with love, care, compassion and mercy, we understood that it was our responsibility to provide our thinking mind, our ego with information that made this service easy instead of choosing to use various superfluous or dysfunctional trains of thoughts.

In Step Two, we aligned ourselves with our Higher Power's unconditionally loving, caring, compassionate, and merciful intention towards our thinking mind, our ego, and in Step Three we chose to surrender to the unconditionally loving, caring, compassionate and merciful intentions we found in Step Two.

In Step Four, we mapped out the areas in our psychological landscape that prevented us from surrendering to our chosen Higher Power's intention, thus beginning the realization of how we had created/manifested an inflated mind, an inflated ego that held many useless and painful trains of thoughts, which we advantageously could let go of.

In Step Six and Seven, the deflation of our inflated thinking mind, our inflated ego picked up speed, because in these Steps we achieved the capacity to consciously choose which energies we did not want to make use of anymore, and furthermore to choose which energies we wanted to make use of instead, and thus our inflated ego became further deflated.

Today's contemplation

Today, I will use my ChrisAn Program to contribute to the deflation of my inflated thinking mind, my inflated ego.

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October 21: Omnipresent joy

We discovered that when we let our love of being exactly the way we ARE lead us in our approach to life from all of our levels of existence in the course of our day, no matter how we expressed ourselves at each level of our existence, our Joy of Being would be omnipresent.

Christs Anonymous - The Thirteenth Step, page 83

As children, we received many suggestions as to how we could best live our lives in a way that could bring us love, health, joy and wealth, and these suggestions consisted mostly in what actions our guides thought we could advantageously carry out to achieve these benefits in life, and in many cases we received no guidance and had to figure out ourselves how to manage.

We were not aware of that the suggestions we received were about how our guides had found love, health, joy and wealth, or how they **believed** that we could achieve love, health, joy and wealth if they had not achieved these benefits themselves, and in many cases our parents and others did not know how they should guide us.

Before we came to Christs Anonymous, we had put many ideas to the test, and some of our actions had led to the desired result and others not, but we had discovered that even when we achieved the desired results it did not give us any assurance that we would feel joy for that reason, and therefore we wanted to achieve the joy without opposites that ChrisAn promises us.

After, we came to Christs Anonymous and began to get to know ourselves as we are, when we are in oneness with our true Self, our Spirit, we discovered that at the same time we found the joy without opposites that made it possible for us to carry out the right action in the right way at the right time with the right attitude, because we acted in oneness with our true Self, our Spirit.

Today's contemplation

Today, I will carry out the actions of the day from my oneness with my true Self, my Spirit in The Blissful Flow of the Present Moment.

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October 22: The undergrowths of the Rings of Joy and the Rings of Pain

In our Tenth Step, we also wanted to use the undergrowth of the Rings of Joy so as to be able to use this knowledge to find out where we wanted to move to in our psychological landscape, as compared to finding ourselves in the undergrowth of the Rings of Pain, so we learned to use acknowledgement instead of denial, admission instead of defense, recognition instead of justification and responsibility in stead of rationalization.

Christs Anonymous - The Thirteenth Step, page 91

In our Sixth Step in Christs Anonymous, we achieved the freedom to consciously move around in our psychological landscape, and in our Seventh Step, we worked on becoming conscious of that the undergrowth

under The Big Rings are the Small Rings, the undergrowth under the Small Rings are the Minirings, the undergrowth under the Minirings is the Microrings and the undergrowth under the Microrings is the Nanorings.

In Step Seven, we furthermore discovered that the undergrowth under the Nanorings of Pain was denial, defense, justification and rationalization of our emotional pains, and in Step Ten we discovered that a similar undergrowth was to be found under The Nanorings of Joy, which was acknowledgement, admitting, recognition and responsibility to our emotional pains instead of holding others responsible for them.

Gradually, as our work with moving away from our denial, defense, justification and rationalization of our emotional pains developed, we became better and better at using our Seventh Step on the spot in an emotionally painful situation, and thereby we also became better and better at using Step Ten to acknowledge, admit, recognize and take responsibility for our emotional pains.

As we became better and better at using our Seventh Step and our Tenth Step on the spot in the course of our day, when we discovered that we began to experience emotional pain instead of joy, it became it easier and easier for us to achieve our goal as members of Christs Anonymous, which is to experience the joy of being under all circumstances, no matter what they are.

Today's contemplation

Today, I will use acknowledgement, admission, recognition and responsibility towards my emotional pains, so I can become able to use my ChrisAn Program to recover from them.

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October 23: Individuality in the Fellowship

Each of us had different ways of understanding and doing our Steps and Traditions work, and this is what makes our fellowship so varied and interesting.

Christs Anonymous - The Thirteenth Step, page 111

Our Program consists of twenty-four simple suggestions to how we can choose to handle various situations in such a way that we can recover from the existential pains that we experience in the course of our day, and by the

help of this work we come closer to our goal in ChrisAn, which is to find joy under all circumstances, no matter what they are.

These 24 suggestions are the headlines of our Twelve Steps and Twelve Traditions, and we could choose work with them in any way that was attractive to us, but most of us chose to use those suggestions that are described in the book *Two sponsors' suggestions for working the Program of Christs Anonymous*.

Little by little as our work with our Program developed, we discovered however, that we found ways to adapt these suggestions to our personal needs and our personal style so that our individual and unique way of handling our Step Work could come to expression, before we passed on our personal style to our sponsees.

Thereby, it also became clear to us why the sponsorship suggestion has an underlining of that it is merely 'One' sponsor's suggestion to, how we could choose to work with the Program, which is described in this book, and thereby we achieved the freedom to choose to adapt this suggestion to our own individual and unique way of working the Program.

Today's contemplation

Today, I will work with my ChrisAn Program in that way, which best suits my way of working.

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October 24: Unconditional welcome of oldtimers

If a person changed his or her Mind and left the group to return later, we welcomed him or her as many times as he or she had reached this desire yet another time.

In our Christs Anonymous Fellowship, we did our best to bring our thinking mind, our ego in line with our true Self, our Spirit, and this meant that we tried to express unconditional love, care, compassion and mercy to oldtimers, who had left the group, even though we might have pained because of the loss.

When we in fact found ourselves in oneness with our true Self, our Spirit, we experienced our unconditional love, care, compassion and mercy towards everything and everyone everywhere at all levels of consciousness, and in this state we welcomed a returning oldtimer just as many times as he/she chose to return to Christs Anonymous.

If we had pained because of the loss and therefore found ourselves in one of our thinking mind's, our ego's fields of pain, it lead to us automatically projecting our pain on to the returning oldtimer, because even if we might put a smile on our lips, our state of mind would be transferred to the returning oldtimer vibrationally.

It was at these times that we used our ChrisAn Program to bring ourselves in line with our true Self, our Spirit, by moving into one of our thinking mind's our ego's fields of joy, so we could welcome the returning oldtimer with joy just as many times as he/she chose to return to Christs Anonymous.

Today's contemplation

Today, I will welcome any returning oldtimer just as many times as he/she chooses to return to Christs Anonymous.

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October 25: Our addiction to our thinking mind, our ego

There is one thing more than anything else that can destroy our Joy of Being and that is our addiction to our thinking mind, our ego that fills our mind with a constant labeling, analyzing and conceptualizing and with

judgments of ourselves and of everything and everyone everywhere at all levels of existence on the basis of right and wrong or good and evil.

Christs Anonymous - The Thirteenth Step, page 12

When we came to Christs Anonymous and began to work with Step One, we discovered that we could observe our thinking mind, our ego, and the emotional feelings that were the energy flow flowing from our thoughts into our emotional body.

We also realized that when we were able to observe our thinking mind, our ego, we had risen above him/her and that meant that we found ourselves on the next higher plane of consciousness called the Soul plane from where we, as our Soul, observed our thoughts.

However, that did not mean that we stopped identifying ourselves with the thoughts passing through our thinking mind, our ego, but that we became aware that our inner observer, our Soul, observed our thoughts without identifying them.

Moreover, we became aware that our true Self, our Spirit observed our Soul and these discoveries opened our eyes for that our addiction to our thoughts was not to our advantage, because it prevented us from identifying with our true Self our Spirit.

Today's contemplation

Today, I will let go of my addiction to my thinking mind, my ego, and instead choose to identify myself with my true Self, my Spirit.

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October 26: Guidance from our lower heart

If we were not sensitive to ourselves by taking care of our sensations in solar plexus, our lower heart, the gentle initial stir of anxiety would develop into worry about something we did or did not do one hour ago or yesterday,

or leading us to feeling dissatisfied with our life as it transpired in the NOW by letting ourselves be absorbed in thinking about how we could make ourselves happier tomorrow.

Christs Anonymous - The Thirteenth Step, page 79

In Christs Anonymous we learned that our solar plexus center was also called our lower heart, because it holds both positive and negative emotions, as contrary to our higher heart center that exclusively holds unconditional love, care, compassion and mercy.

We found out that our lower heart center was directly linked to our thinking mind, our ego in such a way that we experienced unpleasant contracting feelings in the solar plexus center, when we thought negative thoughts and an pleasant expanding feeling, when we thought positive thoughts.

We used this knowledge in our work with our Christs Anonymous Program to become better and better at finding out where we were at in our psychological landscape, and to use the Rings and the Superstrings of Joy and Pain to move away from pain and to stay as long as possible in the Rings and Superstrings of Joy.

As a result of this practice, we also became better and better at using our Seventh Step to cooperate with our chosen Higher Power about being liberated from discomfort in our solar plexus center, when we discovered that discomfort began to stir as in unpleasant contraction in our lower heart.

Today's contemplation

Today, I choose to receive the guidance that comes from my lower heart to move away from pain in my psychological landscape to the areas that give me joy.

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October 27: Painful experiences put into perspective

At other times, it took some hours or days or on occasion even some years for us to be able to make sense of what had happened and to see clearly how an agonizing experience had actually turned out to our advantage.

Christs Anonymous - The Thirteenth Step, page 43

In our Second Step, we investigated the areas of our life where we felt let down by a Higher Power, because we experienced painful illnesses or painful interactions with others, and we could not make that fit with having to come to believe that there could be a loving, caring, compassionate and merciful Higher Power in our life.

We could not imagine that a loving, caring, compassionate and merciful Higher Power existed, when we experienced pain, and therefore many of us had perceived it as a punishment that our Higher Power exposed us to, because we had done something that we should not have done even though we were not aware of what it might be.

By examining our painful experiences by the help of Step Two in our ChrisAn Program, it slowly dawned on us that we had wanted these experiences ourselves, because our existential pains gave us a possibility to experience the contrast to our true Self, our Spirit and thereby the presence of life, and thus it was not a punishment, on the contrary.

By looking back at this type of experiences in the clear light of hindsight in Step Two, we could easily see that these experiences had given us the opportunity to grow in wisdom/Buddha consciousness and mercy/Christ consciousness, and they were thus an opportunity for the spiritual growth that we had wanted before we chose to come to Mother Earth.

Today's contemplation

Today, I will accept that my painful experiences is my opportunity to grow in wisdom/Buddha consciousness and mercy/Christ consciousness.

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October 28: Liberation from guilt and shame

When we began making our amends, we sometimes discovered that some of the areas we had brought out in the open had been forgotten by the other

people involved, and we felt a great relief upon discovering that we had not nearly as much reason to be ashamed as we had imagined.

Christs Anonymous - The Thirteenth Step, page 84

When we worked with Step Nine in Christs Anonymous, we made those amends we had decided on in Step Eight, where we pulled all those areas out of into open that we were ashamed of because we had a feeling of guilt about not having been able to act in a way that was unconditionally loving, caring, compassionate and merciful.

Thereby, we discovered that when we acted in an unloving, uncaring, hardhearted and merciless way to ourselves or others, it led us to feel ashamed of our actions and moreover, we realized that we felt guilty and were ashamed, because we had not acted in conformity with our true Self, our Spirit.

When we began to make our amends in Step Nine, we discovered furthermore that the mistakes we felt that we have committed towards others had not been taken to be nearly as serious by others as we had imagined, so we did not have nearly as much reason to feel guilty or ashamed in front of other as we had believed.

We also discovered that what made us feel ashamed in front of ourselves was that we had come so far on the spiritual path, when we came to Christs Anonymous that we knew that we were out of alignment with our true Self's, our Spirit's unconditionally loving, caring, compassionate and merciful way of being in the World, when we were unloving, uncaring, hardhearted and merciless.

Today's contemplation

Today, I will use Step Eight and Nine to make amends to myself, when I get out of alignment with my true Self's, my Spirit's unconditionally loving, caring, compassionate and merciful way of being in the World.

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October 29: Fidelity to ourselves

When we inventoried ourselves as members in each of our Fellowships and found those areas that diverted us from our primary purpose, we

investigated how we could liberate ourselves from, that which did not serve our primary purpose and acted accordingly.

Christs Anonymous - The Thirteenth Step, page 121

Our basic purpose with being members of Christs Anonymous is to be led to oneness with our true Self, our Spirit, and thus experience joy of being under all circumstances no matter what they are, and we achieved this by letting go our addiction to our thinking mind, our ego.

Similarly, we had a basic purpose with joining any Fellowship, whether it was as one of two in our coupleship, one of many in our family relationships, one of many in our friendships and one of many in our other Fellowships without necessarily having made clear to ourselves what our basic purpose was with participating in a particular Fellowship.

However, in our work with the Thirteenth Step, where we worked with the 12 Traditions, we had a need to make clear to ourselves what our basic purpose was with participating in different contexts, and when we had made clear to ourselves what we wanted to achieve, at the same time we investigated, if we actually achieved it.

We had often set ourselves aside so as to not hurt others, if we were faithful to ourselves, but in our Thirteenth Step we needed to develop fidelity to ourselves by standing by our basic motives to be a part of the Fellowships we entered into, so we could hold on to those Fellowships, which served our purpose and let go of those that didn't.

Today's contemplation

Today, I will use my Thirteenth Step to develop fidelity towards myself by holding on to those Fellowships that serve my purpose and let go of those that doesn't.

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October 30: To overwhelm others

We investigated our fear of not being attractive enough for others, and also how we felt and thought in that context, and we found out how we could avoid giving in to such urges (to people please).

Christs Anonymous - The Thirteenth Step, page 130

Our good reasons for making the choices we made in life could make us forget that others had reasons that were just as good for making the choices that they made in life, also if what they did were fundamentally different from what we had chosen.

Our need to be attractive to others could make us try to overwhelm them to togetherness with the help of our good reasons for choosing like we had done, and we discovered little by little, that it affected others repulsively, when we succeeded in overwhelming them.

We also discovered that we tried to hold on to them in our life even if we no longer had anything in common with them, because we were afraid of getting to feel lonely and empty, if we let go of these people and situations, so the space they had become empty temporarily.

The fear of landing in the Ring of Emptiness with its emptiness, boredom, meaninglessness and loneliness had made us hold on to people and situations that no longer served us, because we hoped we could escape the Ring of Emptiness in that way.

Today's contemplation

Today, I will use the Ring of Fulfillment with its fulfillment, interest, meaningfulness and oneness to let go of people and situations that no longer serve me, even if the space they occupy temporarily becomes empty.

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October 31: *Priorities in our daily lives*

In our individual work with Tradition Seven, we investigated our priorities in our daily lives.

Christs Anonymous - The Thirteenth Step, page 123

When we worked with Tradition Seven in our Christs Anonymous Program, we investigated our priorities in our daily life and we were surprised to discover that the 24 hours we had at our disposal, were not necessarily used in the areas that we wanted to use them on.

We wanted to give our membership of ChrisAn the highest priority, because our happiness depended on it, but yet we found ourselves being busy with other activities than our daily maintenance of our happiness by the help of Step Ten to Thirteen.

We had given ourselves various reasons for not following our heart's desire to let ourselves be inspired to find the joy without opposites that we call happiness by reading ChrisAn literature, participate in meetings, and carry out Step Work with our Sponsor.

In our Seventh Tradition work, it became clear to us that it was important for us to put our happiness as our highest priority by creating manifesting the necessary time slots, where we could carry out our Christs Anonymous Program on a daily basis.

Today's contemplation

Today, I will set aside the necessary time slots to take care of my happiness by the help of my Christs Anonymous Program.

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November 01: *Respect of others*

Even if we believed that we had the capacity and that it would bring us joy

to help out, we accepted that at times, others had to or wanted to receive help from another source than us.

Christs Anonymous – The Thirteenth Step, page 51

In the course of our work with The Thirteenth Step, it became clearer and clearer to us that we had a need to contribute to the life of others by helping them to solve their problems, but if our desire to help sprang from our use of the Ring of Codependency with its savior role, seducer role, victim role and offender role, we became sick from it.

Our experiences with our work with the First Twelve Steps had shown us that when we tried to help others while we found ourselves in the Ring of Codependency, we used our time, energy, interest and money on the purpose without in fact contributing to a solution, and the one we tried to help got delayed in his/her a learning process, which were the problem's purpose.

If our desire to help sprang from that Christ Consciousness/mercy consciousness we had developed by the help of our Christs Anonymous Program, we knew it was important that we did not block the learning process for the person we wanted to help, so we did not try to do that for him/her that he/she could do for himself/herself.

Instead, we met his/her occasional pain due to the learning process by using the Small Ring of Hope with its credence in that he/she could solve the task, if he/she got the correct information from somebody, who had experience with solving such an issue, so he/she could achieve the power of discernment that could lead to a solution, which he/she could carry out with serenity.

Today's contemplation

Today, I will respect the capacity of others to go through their learning processes by relating to their process from the Small Ring of Hope with its credence, information, discernment and serenity.

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November 02: Judgments of others

In our personal work with the Third Tradition, we investigated various group contexts that we were part of, whether it was our marriage, our family, our job associates or other groups, and we took a closer look at how we judged different people in each of these groups.

Christs Anonymous – The Thirteenth Step, page 116

When we investigated the group contexts we were a part of in our Third Tradition, we discovered that we passed many judgments over the other members, whether it was our spouse in our group of two or other members in our various groups.

Some of our judgments were positive and others were negative, but regardless of whether they were positive or negative however, yet they all came from our thinking mind, our ego, and we retained ourselves in addiction to our thinking mind, our ego by defending these judgments.

When we defended our positive judgments with that it was good to be positive we forgot that the shadow of the positive is the negative and the slightest opposition from those we judged positively could turn our judgment to the negative, and we did not want this oscillation.

When we let go of this oscillation, it became possible for us to step back from our addiction to our thinking mind, our ego to instead identify ourselves with our true Self, our Spirit, and thus find joy of being in The Blissful Flow of the Present Moment.

Today's contemplation

Today, I will let go of my positive and negative judgments over others so it can become possible for me to step into the joy of The Blissful Flow of the Present Moment.

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November 03: *Willingness*

The principle of Step Ten is Willingness.

Slogan: Guide me through my desires and liberate me from my mistakes.

Christs Anonymous - The Thirteenth Step, page 108

When we had reached our Tenth Step in Christs Anonymous, we had achieved a clear overview of many areas in our psychological landscape and we had achieved a new freedom to move around in our psychological landscape consciously.

That could make us think that it was not necessary for us to carry out a daily inventory of our psychological landscape like the Tenth Step suggests, but it was important for us to remember that our Tenth Step is the foundation of our spiritual growth.

If we minimized our painful emotions such as irritation or impatience or blamed others for them, our spiritual growth slowly stopped because our painful emotions or our complaining about others blocked our access to our true Self, our Spirit.

Therefore, it was important for us that we followed the Tenth Step's suggestion about becoming willing to perform a daily inventory of our painful emotions or our complains about others so we could liberate ourselves from blocks to our spiritual growth.

Today's contemplation

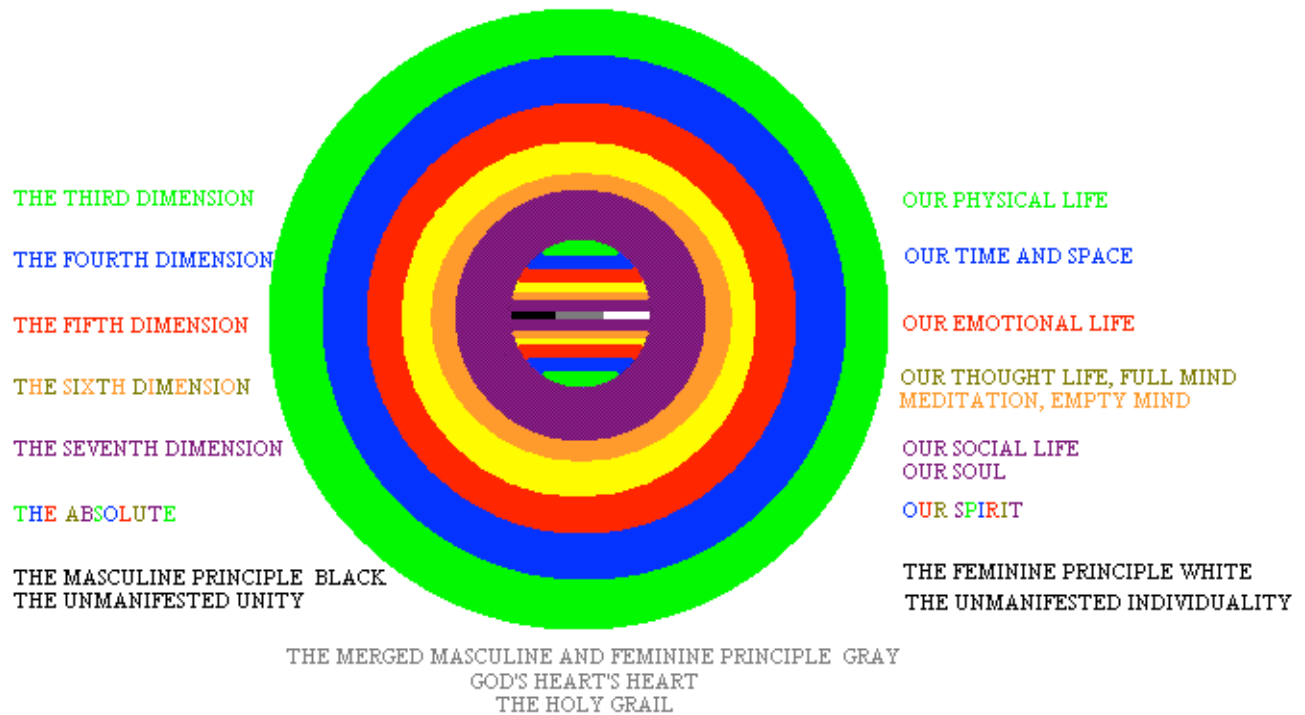
Today, I will follow the Tenth Step's suggestion by using my willingness to inventory one of my emotional pains or complains about others from my day, so I can grow spiritually.

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November 04: Ardhanarishvara

The gray area is meant to illustrate the merged masculine and feminine principle, also called the Ocean of Love, the Holy Grail, the Heart's Heart of Spirit, God's heart and other similar names that are used about this field of energy.

Christs Anonymous - The Thirteenth Step, page 21



When we studied the graph of our planes of existence in Step One in our ChrisAn Program, it became easier for us to understand how our planes of existence are interconnected and in which order each plane of existence came into being.

The circle in the center is meant to illustrate our true Self, our Spirit, where the black area is the masculine principle, the white area the feminine principle and the merged masculine and feminine principle plus all the colors of creationmanifestation in seed form.

This graph made it easier for us to understand that the masculine and the feminine principle each have their individuality as illustrated by the white and the black color and their Oneness is illustrated by the gray color, which is the center of the whole structure.

In spiritual science, the merged masculine and feminine principle is called by many different names, and one of these is God and another name isArdhanarishvara, and many of us chose to use this name, when we addressed our personal Highest Power.

Today's contemplation

Today, I will choose a name that is attractive for me when I want to address my personal Highest Power.

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November 05: *The Short Seventh Step Prayer*

THE SHORT SEVENTH STEP PRAYER
(The Sixth Dimension Prayer)

The ‘I’ Version	The ‘Group’ Version
God, Liberate me from my self-important seriousness	God, Liberate us from our self-important seriousness

Christs Anonymous - The Thirteenth Step, page 99

When we came to the Seventh Step, we had become entirely ready to be liberated from using our defects of character, because our work with Step Six had taught us that it was to our advantage.

This meant that we now had the possibility to liberate ourselves from our use of our defects of character that we discovered they were about to rise to the surface in a situation in the NOW.

Sometimes we did not know exactly what defect of character that were about to rise to the surface, and in such situations we could advantageously use The Short Seventh Step Prayer.

The very moment we moved our focus to our Higher Power in our prayer, the power that our character defect had over us shrank and we could begin to consider how we could better handle the situation.

Today's contemplation

Today, I will use the Short Seventh Step Prayer if I sense that a defect of character is about to rise to the surface in my mind.

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November 06: *The vibration from Step Five to Twelve*

Similarly, we can set The Big Ring of Joy into movement by the help of Steps Five to Eight, by activating Faith through Step Five, Hope through Step Six, Love through Step Seven, and Truth through Step Eight; and last but not least, by activating Faith through Step Nine, Hope through Step Ten, Love through Step Eleven, and Truth through Step Twelve.

Christs Anonymous - The Thirteenth Step, page 89

When we came to Christs Anonymous, we were not aware that we could experience situations in our everyday life very differently, even though it was the same situation we experienced day by day, such as doing our dishes or other daily chores.

If we found ourselves in a Painring while we were doing the dishes, we could feel that dishwashing was a task we did not want to take on every day, but if we found ourselves in a Joyring in the same situation, we could feel that it was a wonderful task in our daily life.

Little by little as our work with our ChrisAn Program evolved, we discovered that The Big Ring of Joy with its faith, hope, love and truth was a source of many joyful moments in our life, and therefore we wanted to use The Big Ring of Joy as much as possible.

We also discovered that we activated The Big Ring of Joy when we did our daily Step Work, and therefore we joyfully carried out our Step Work, and in that way we strengthened our goal in Christs Anonymous, which is being led to oneness with our true Self, our Spirit and thus to joy of being under all circumstances, no matter what they are.

Today's contemplation

Today, I will joyfully carry out my Step Work in Christs Anonymous to strengthen my oneness with my true Self, my Spirit and thus my joy of being.

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November 07: *Liberation from energy drains*

When we had finished this work, we discovered that we had achieved freedom in yet another area of our life by liberating ourselves from being a part of a group that tied our energy, time, money and interest in a way that didn't serve our primary purpose as a member of the group in question.

Christs Anonymous - The Thirteenth Step, page 115

When we worked with Tradition Six in Christs Anonymous, we investigated the social contexts we were a part of, and we discovered that some of them no longer served our purpose with being a member of the groups in question.

In our Step Work, our attention towards our limited resources had become sharpened, and that had made us to not only be accountable to ourselves about our use of our money, but also about our use of our time, energy and interest.

We had also become aware of our codependency with its savior role, seducer role, victim role and offender role, which could make us participate in groups that no longer served our purpose solely to not hurt others.

However, we realized that we did not serve others by participating in groups that did not serve our purpose, and thereby it became easier for us to work with Tradition Six, which helps us to let go of energy drains, whether the energy drain concerns money, time, energy or interest.

Today's contemplation

Today, I will give myself permission to let go of an energy drain in my life, whether it concerns money, time energy and interest, which I use in a context that no longer serve my purposes.

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November 08: *Lack of acceptance*

We realized that our lack of acceptance of our humanness sprang from our unreal belief that we ought not be limited by our physical form but be able to tolerate, bear and overcome everything in spite of the obvious frailty of our Mother Earth body/physical body.

Christs Anonymous - The Thirteenth Step, page 34

When we came to Christs Anonymous, we had many unreal expectations of ourselves and others in many different areas, and the most important of these areas was our lack of acceptance of our and their limitation, ignorance, powerlessness and mortality.

Our limitation, ignorance, powerlessness and mortality/changeability was not only applicable to our and their physical body, but also to our and their energy body, our and their emotional body, our and their thought body and our and their social body.

Our lack of acceptance of our four basic attributes as creaturesmanifestations on our various planes of existence led us always and without exception into the pain of the Nanoring of Hatred with its resentment, unwillingness, vociferousness and stiff-neckedness.

This discovery helped us to let go of using the Nanoring of Hatred against our four basic attributes on one or more of our createdmanifested planes of existence, and instead, we chose to move into the joy of the Nanoring of Love with its acceptance, willingness, quietness and flexibility.

Today's contemplation

Today, I will move into the Nanoring of Love in relation to my limitation, ignorance, powerlessness and mortality/changeability on one of my createdmanifested planes of existence, if I discover that I am about to use the Nanoring of Hatred in that context.

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November 09: *Learning to createmanifest new pathways in our thinking mind, our ego*

Gradually, it emerged in our mind's eye what we hoped to achieve by applying our defects of character, how applying our defects of character affected us, what we hoped to achieve, and how our virtues opened us up to look at the situation in a new perspective.

Christs Anonymous - The Thirteenth Step, page 61

In the course of our Sixth Step, we worked on moving from many different Painrings and Superstrings to the corresponding Joyrings and Superstrings, and in that process we learned to createmanifest new pathways in our thinking mind, our ego.

These pathways consisted in thoughts we createdmanifested that allowed us to stay in areas of our psychological landscape that consisted of the energies from joyful and contented thoughts, instead of staying in areas of our psychological landscape that consisted of energies from painful and dissatisfied thoughts.

Gradually, as we became more and more experienced in moving around in our psychological landscape by the help of the Painrings and the Joyrings plus the Superstrings of Pain and Joy in Step Six, we became the Lords and the Ladies of the Rings, and this title consists in the noble quality to be able to choose our thoughts and the accompanying emotions consciously.

As a result of this work, we also became able to use our Seventh Step efficiently, because our Sixth Step work had made us so sensitive to the pain of our defects of character that we immediately applied our Seventh Step Prayers to cooperate with our Higher Power about becoming liberated from the pain.

Today's contemplation

Today, I will use my Sixth Step to make myself aware of how I can move from my emotional pains to my emotional joys, and my Seventh Step to cooperate with my Higher Power about moving away from my emotional pain in the NOW.

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November 10: *Our four inner aspects*

Many of us in ChrisAn chose to work with our hurts from our four inner aspects: Our inner God/Goddess – the wisdom giver, our inner father/mother – the caregiver, our inner man/woman – the love giver - and our inner boy/girl – the joy giver.

Christs Anonymous - The Thirteenth Step, page 91

When we came to ChrisAn, most of us had difficulties looking at our defects of character in a loving, caring, compassionate and merciful way, and we had tried in many ways to rid ourselves of that side of our thinking mind, our ego without success.

When we came to the Tenth Step in our Christs Anonymous Program, we had many possibilities to carry out an inventory of ourselves, and one of these was to look at our defects of character as our hurt inner child.

Many of us chose to make use of that opportunity, because it made it easier for us to look at our defects of character with that love, care, compassion and mercy, which is needed to transform them into virtues.

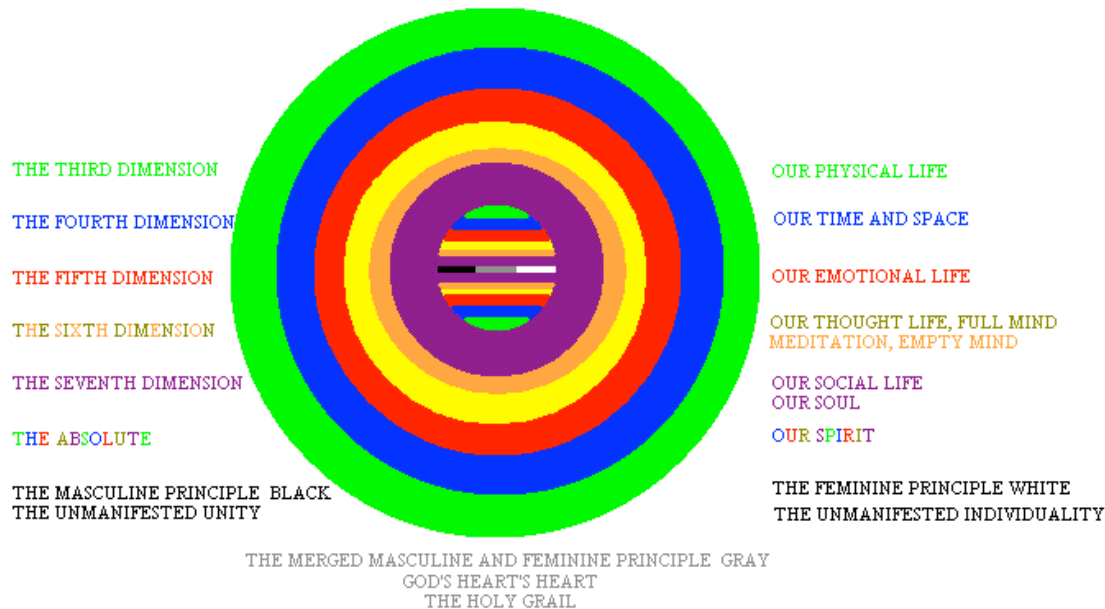
For this work, we took our four inner aspects into use so we could become able look at our defects of character with unconditional love, care, compassion and mercy, and in that way it became easier for us to take care of our defects of character.

Today's contemplation

Today, I will use my four inner aspects to take care of one of my defects of character, my hurt inner child with wisdom, care, love and joy by the help of my Tenth Step in ChrisAn.

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November 11: *The Small and The Big Homecoming*



Christs Anonymous - The Thirteenth Step, page 19

In Step One in our Christs Anonymous Program we were presented with the graph that showed us our different planes of existence both as pure free flowing Spirit and as creaturesmanifestations, who had been createdmanifested by crystallizing Spirit to various forms and planes of existence.

By studying the text and the graph in Step One, we discovered that we, as our true Self, our Spirit, had createdmanifested our bodies on our various planes of existence in order to experience life as creaturesmanifestations on the various planes of existence and in the various forms.

When we came to Christs Anonymous however, our innermost and deepest desire was to let go of identifying ourselves with our various forms, whether it was our physical form or our thought forms to become able to identify ourselves with our true Self, our Spirit.

In deep dreamless sleep and when we were present in the NOW, we were one with our true Self, our Spirit, and this we called The Small Homecoming/Pralaya, because we still had a part of ourselves projected into the forms, and our withdrawal of all of our projections from all createdmanifested forms we called The Big Homecoming/Mahapralaya.

Today's contemplation

Today, I will let go of my self-important seriousness about the limitation, ignorance, powerlessness and mortality/changeability of all my multidimensional forms by the help of my Seventh Step in Christs Anonymous so as to fulfill my desire to be one with my true Self, my Spirit and thus with joy of being.

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November 12: Creativemanifestive thinking

At times we needed conceptual and analytical thinking to solve an task - for example to work with our Steps or build a bridge - and to carry out these tasks, we needed to give our thinking mind, our ego the freedom to think in many different directions, so new ideas could come into being even if our thoughts were immature and dysfunctional in the beginning of the process.

Christs Anonymous - The Thirteenth Step, page 45

Before we came to Christs Anonymous, many of us had the impression that our immature and dysfunctional thoughts were a flaw in our thinking mind, our ego and therefore we had tried to rid ourselves of the immature and dysfunctional side of our ego.

However, after having worked with our ChrisAn Program for a while, we became aware that our immature and dysfunctional thoughts were the forerunner for us becoming able to createmanifest mature and functional thoughts.

We also discovered that immature and dysfunctional thoughts allowed us to grow in wisdom/Buddha Consciousness and mercy/Christ Consciousness, if we chose to use our ChrisAn Program to shed light on them.

Little by little, we realized that creativemanifestive thinking could only take place by allowing ourselves to think immature and dysfunctional thoughts, which we transformed to mature and functional thoughts by the help of Step Six, and this we call to think freely and creativelymanifestively.

Today's contemplation

Today, I will give myself permission to think creativelymanifestively after the formula, one solution to a case is a compulsive act, two solutions are a dilemma, three solutions are creativitymanifestivity in the bud and four solutions are creativitymanifestivity in bloom.

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November 13: *Our unfulfilled loving intentions*

We needed the help of another human being to look at our use of our defects of character from the outside, because from within we always and without exception had a loving, caring, compassionate and merciful intention with using our defects of character, and our intentions could blind us so we became unable to acknowledge that our intentions were not realized.

Christs Anonymous - The Thirteenth Step, page 60

Before we came to Christs Anonymous, most of us were not aware that we always and without exception had an unconditionally loving, caring, compassionate and merciful intention, even when we consciously used our defects of character.

After we came to ChrisAn and began to investigate those situations, where we used our defects of character consciously or unconsciously, we began to discover, why many of our social interactions became painful both for ourselves and the others.

When we took our defects of character into use, we could not get our unconditionally loving, caring, compassionate and merciful intention fulfilled and that pained us, so therefore we used our Program to find out, how we could serve our intention.

It was a great relief for us to discover that it was merely our defects of character that stood in the way of the fulfillment of our unconditionally loving, caring, compassionate and merciful intention, for now we had our ChrisAn Program to transform them to virtues.

Today's contemplation

Today, I will carry out a Tenth Step on a situation where I pained in a social interaction, so I can learn to make sure that my unconditionally loving, caring, compassionate and merciful intention is fulfilled in a similar situation in the future.

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November 14: *Detachment*

We also investigated those instances from our past where our detachment came to expression, because we were able to detach from others' material, physical, time and space wise, emotional, mental, social or spiritual issues without detaching from our love for, care for, compassion with and mercy towards them.

Christs Anonymous - The Thirteenth Step, page 51

When we came to Christs Anonymous, most of us felt that compassion with others meant that we should take on their problems by using our resources, our money, our time, our energy and our interest on finding a solution for them.

We were not aware that thereby we harmed them more than we benefited them, because their tasks were tasks given to them by their Higher Power for them to become able to develop those skills and circumstances they wanted to develop.

When we therefore stepped in to help with our resources without being asked for help or guidance, they often felt tempted to receive our help, and thus they were cut off from developing the skills that was needed for themselves to be able to solve their task.

When we became aware of this by working on letting go of taking on the tasks of others, we experienced a new freedom to show compassion towards others without taking on their tasks in life, and thereby we could pull back our resources to our own tasks.

Today's contemplation

Today, I will let go of taking on others' tasks in life by letting go of attaching myself to their problems as if they were my own, and instead I will use my resources on myself and my own life.

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November 15: *To confirm our self-realizations*

We discovered that no self-appraisal, no matter how 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.

Christs Anonymous - The Thirteenth Step, page 58

In Step Four in our Christs Anonymous Program, we discovered many things about ourselves from our earliest childhood to the present, and many of these self-realizations were new to us in spite of them originating from our memories.

Even if we had written our self-realizations down, we had a need to express them a number of times to confirm what we had discovered about ourselves and our life, and for this we used our Fifth Step.

In Step Five, we read our synopses from Step One-Four to ourselves, to our Higher Power, to another human being and to our ChrisAn Fellowship, and we wrote that down, which we had been inspired to by sharing our synopses with ourselves and others.

When we were done with this task, we had achieved an understanding of that many others knew the same feelings and thoughts, which we shared with them, and therefor we gained courage to investigate many different areas of ourselves and our life.

Today's contemplation

Today, I will confirm today's self-realizations by writing them down and sharing them with myself, my Higher Power, another human being and my Christs Anonymous Fellowship.

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November 16: *To liberate our self from being slaves of our thoughts*

It is also important to remind ourselves that we did not become addicted to our thinking mind, our ego in one day, so remember – EASY DOES IT!

Christs Anonymous - The Thirteenth Step, page 11

Most of us came to Christs Anonymous from other Twelve Step Fellowships, and in these Fellowships we had had the opportunity to experience, what it demanded from us to carry out the Twelve Steps in the Fellowships in question.

In Christs Anonymous, we wanted to work on liberating ourselves from being addicted to our thinking mind, our ego, so that we could become able to identify ourselves with our true Self, our Spirit instead and thus find joy of being.

This was the most demanding task we had yet taken on, because we had been addicted to our thinking mind, our ego for so long that it felt natural for us to try to think our way to a solution to a task instead of seeking guidance from our true Self, our Spirit.

Little by little, as we became better and better at differentiating between the guidance of our thinking mind, our ego and the guidance of our true self, our Spirit, it became easier and easier for us to liberate ourselves from our addiction to our thinking mind, our ego.

Today's contemplation

Today, I will work on liberating myself from my addiction to thinking by the help of my Christs Anonymous Program.

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November 17: *The right thing and the wrong thing*

In Christs Anonymous, our purpose is to liberate ourselves from addiction to our thinking mind, our ego, and thereby be led to Joy of Being, and we define the right thing to be what serves our purpose and the wrong thing to be what thwarts our purpose, without thinking that what is right for us is right for everyone and what is wrong for us is wrong for everyone.

Christs Anonymous - The Thirteenth Step, page 74

Before we came to Christs Anonymous, many of us had the perception that we knew what was the right thing for ourselves and others and that had given rise to many clashes in our social life, when we tried to make others take our perception to heart.

In our coupleship and in our relationship with our children, this became clearest, because we felt we could clearly see what our spouse and our children needed and therefore we thought it was our task to guide them even though they had not asked us for guidance.

After we came to Christs Anonymous, we realized that we could only see our spouse, our children and others in our social life from the outside, whereas they saw themselves from the inside and that it was not our task to disturb their self-image by telling them what we saw from the outside unless they asked us to do so.

Gradually, as we worked with the Rings and Superstrings of Joy and Pain, we became better and better at working with what was the right thing and the wrong thing for us at this time of our life and to give others time and space to do the same.

Today's contemplation

Today, I choose to trust that what is the right thing and the wrong think for me at this time in my life is not necessarily the right thing or the wrong thing for others at this time in their life.

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November 18: *Self-criticism and self-praise*

We investigated how our self-criticism had brought about depression in us and how our self-praise had brought about euphoria, and how this had impacted our life.

Christs Anonymous - The Thirteenth Step, page 47

Those of us, who came to Christs Anonymous, had been spiritual aspirants from birth, and we had a built-in understanding of that we and our true Self, our Spirit were one and the same and therefore we were also one with the unconditional love, care, compassion and mercy of Spirit.

When we as children experienced our parents as unloving, uncaring, hardhearted and merciless, we knew innermost that it was due to them having removed themselves from their true Self, their Spirit, and yet we believed that their intention was loving, and so we also believed them when they said that we were the reason for their dysfunction.

Therefore, we did our utmost to change ourselves in a way that would stop their criticism of us, so we thereby could stop our critic of ourselves for not being in a way they wanted us to be, and when we succeeded in changing ourselves in a way that our parents liked, we praised ourselves for having changed ourselves in a way they liked.

This pattern we carried with us until we came to Christs Anonymous, where we finally understood that our pain was due to us being in the Ring of Self-centeredness with its euphoria, depression, self-criticism and self-praise, and in Step Six we learned to move into the Ring of Godcenteredness with its joy, empowerment, openmindedness and gratitude instead.

Today's contemplation

Today, I choose to let go of my self-criticism and my self-praise by moving out of the Ring of Self-centeredness and into the Ring of God-centeredness instead.

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November 19: *The uniqueness of the diversity*

Through our work with our Traditions, we had become aware that our differences and diversity made it impossible for any one person to speak on behalf of the group as a whole.

Christs Anonymous - The Thirteenth Step, page 131

Before we came to Christs Anonymous, many of us imagined that we could speak on behalf of our loved ones or that we could speak on behalf of our friends and colleagues or on behalf of the Twelve Step Fellowships, we were a part of.

Gradually, as our work with our ChrisAn Program developed, we discovered however that we were unique, and then it dawned on us that everything and everybody everywhere on all planes of consciousness were unique.

We realized that there were no Mother Earth body/physical body to be found similar to ours, although we could recognize each other as human beings because mostly, we all walked on our two legs and had a head, a torso and two arms.

We also discovered that we all had a thinking mind, an ego that contained our individual and unique ways of using our preferred mental-emotional energy patterns and that we and others had different and unique ways in which we used these patterns.

Today's contemplation

Today, I will choose to exclusively speak on my own behalf about my personal and unique ways in which I use my preferred mental-emotional patterns of energy.

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November 20: *To love our self and our life*

We surrendered unconditionally to ourselves and our life by choosing to do what we would love to do in The Blissful Flow of the Present Moment throughout our day.

Christs Anonymous - The Thirteenth Step, page 77

Before we came to Christs Anonymous, many of us used our addiction to our thinking mind, our ego to develop a belief in various fantasies about what our chosen Higher Power wanted from us to give us what we wanted, which was the joy without opposites that we call happiness.

After we came to Christs Anonymous and let go of our addiction to our thinking mind, our ego, to instead being led to addiction to our true Self, our Spirit, we discovered that our omnipresent, omniscient, omnipotent and immortal/unchangeable true Self, our Spirit wanted nothing from us and that happiness was available to us all the time.

As we worked with Step Two, Three, Seven, and Eleven, and thus became better and better at being in oneness with our true Self, our Spirit, we slowly let go of our fantasies about, what it would take for us to achieve that state of happiness that we wanted to experience under all circumstances, no matter what they are,

That made us realize that we could achieve happiness by being in oneness with our true Self, our Spirit, and when we related to all of our bodies from

our true Self, our Spirit we became able to love our self and our life unconditionally and thereby we became able to fulfill the desires of our heart and thus surrender to The Magic Flow of the Present Moment.

Today's contemplation

Today, I will identify myself with my true Self, my Spirit so I can become able to be happy and thus to love myself and my life exactly as I am and exactly as my life is.

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November 21: *Opposition to our self and our life*

We wanted to investigate exactly what still brought about opposition in us towards ourselves and our lives on one or more planes of our existence, because we now knew that the resistance prevented us from unconditionally surrendering at all times to our life and thereby to our Higher Power's care for us.

Christs Anonymous - The Thirteenth Step, page 43

When we began working with Step Four in Christs Anonymous, we began to investigate what created manifested opposition to our-self and our life, and we discovered that the opposition always consisted in a thought with the accompanying emotional feeling.

It helped us a lot to be able to put words on the thought with its accompanying emotional feeling that was hostile to our-self and our life, because thereby we also became better able to find a thought that felt better for us to focus on.

We carried out these analyzes in Step Four by using the Rings and Superstrings of Pain and Joy so as to investigate how this opposition against our-self and our life had expressed itself from our childhood to the present.

In Step Six, we analyzed how opposition to our-self and our life was expressing itself in the present and we used the Rings and the Superstrings

of Pain and Joy to move away from the thought that created manifested opposition to a thought that supported us and our life.

Today's contemplation

Today, I will use Step Four and Six to become able to surrender to that unconditionally loving, caring, compassionate and merciful intention towards me and my life that I discovered in Step Three.

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November 22: Focusing capacity

When we felt lost in thoughts, we chose to focus on our breathing, until our thinking mind, our ego, became still.

Christ's Anonymous - The Thirteenth Step, page 79

Gradually, as we practiced our capacity to focus by the help of Step Eleven in our Christ's Anonymous Program, we became better and better at observing our thoughts and emotions in many different contexts.

Thereby, we discovered that in any NOW, we found what was desired and what was not desired, and thus it became easier and easier for us to apply our Tenth Step on those areas that were not desired.

We also discovered that although we diligently worked with our Tenth Step to transform the areas that were not desired, yet there still were things that were desired and things that were not desired in any NOW.

If we chose to focus on what was desired in every situation, we discovered that our life became better and better, because we became better and better at experiencing the joy of being and thus achieve our goal in Christ's Anonymous.

Today's contemplation

Today, I will choose to focus on the desired in every situation.

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November 23: *Suffering is a choice*

When we came to Christs Anonymous, all of us, without exception, had suffered enough, and we wanted to find a way out of our sufferings, but to become able to do so, we first needed to find out what caused our sufferings.

Christs Anonymous - The Thirteenth Step, page 18

When we began to read the text of Step One in Christs Anonymous, we became surprised to read that we had become tired of suffering and wanted to find a way out of our sufferings, because we had believed that we had no choice, but were forced to live with our sufferings, whether we wanted it or not.

However, we discovered that we had a choice after we had come to ChrisAn, because we could always find what was desired in every situation and when we took the situation to heart, as something we had desired, we did not suffer under it, but found it meaningful and interesting, even though it contained existential pain.

Until now, we had believed that we must resist each and every pain, but now we discovered that when we surrendered to the pain, it could deliver its message of what we needed to do to change direction, and when we took the message of the pain to heart, it had accomplished its mission and could leave us again.

Often our pain was of a physical nature and maybe it had been with us for so long that we perceived it as a part of the one we were and that meant it

had become suffering, but now we chose to use our ChrisAn Program to take our suffering to heart and liberate it from ourselves by carrying out the actions that the pain ordained.

Today's contemplation

Today, I will take the pain in one of my existential sufferings to heart by listening to the message of the pain and carry out those actions that the pain ordains and thus give the pain permission to leave me.

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November 24: To loose footing

We also chose to inventory one these situations from our day in Tenth Step, so as to find means and methods by the help of which we could return to oneness with our true Self, our Spirit and thereby to unity with ourselves, others and our life in The Blissful Flow of the Present Moment.

Christs Anonymous - The Thirteenth Step, page 91

When we lost footing in our life, we lost oneness with our true Self, our Spirit, and when we had come out of balance, we lost the center feeling that we all feel, when we used the word 'I' that referred to the one, we are, and when we did Program in Christs Anonymous we knew that the one we referred to was our true Self, our Spirit.

When we lost our center feeling and no longer knew, who we were, because we had taken an unloving, uncaring, hardhearted and merciless thought to heart and we thus were stuck in a defect of character, we had a need to take our Tenth Step into use, so we could inventory what blocked our oneness with our true Self, our Spirit.

When we had taken our defects of character into use, we no longer knew, who we were, and when we came to our senses again, we were reminded of the old saying that 'when money is lost nothing is lost when health is lost, something is lost, when character is lost, everything is lost, and therefore we became willing to make amends to ourselves by the help of Step Ti.

When thus we had finished our Tenth Step analysis, we had regained our footing and could return to our true Self, our Spirit and thus to the joy without opposites, which we call happiness, and thus we became able to re-enter The Blissful Flow of the Present Moment.

Today's contemplation

Today, I will use my Tenth Step to recover my footing, when I loose it, so I can re-enter The Blissful Flow of the Present Moment.

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November 25: Self-condemnation

We had judged ourselves hard for not being able to control our thinking mind, our ego without being aware that it could not be done and without being aware that we suffered from an addiction to our thinking mind, our ego that we were powerless over, and our self-criticism had just intensified our sufferings.

Christs Anonymous - The Thirteenth Step, page 19

Before we came to ChrisAn, we had had difficulty accepting our defects of character, because we had got the impression that we must get rid of them and we were not aware that although our guides meant well they were misinformed.

It was a great relief for us to read in Step One in our Christs Anonymous Program that we were powerless over our thinking mind, our ego, and that our attempts to control our defects of character made our life unmanageable.

Thus, we could begin to let go of our attempts at control and instead find out how we could receive the message of our defects of character without hurting ourselves and others, because we now understood that our defects of character did not let go until they were heard.

When we began to take their message to heart, we discovered that we began to grow in wisdom/Buddha consciousness and mercy/Christ consciousness

because we now had the Rings and the Superstrings of Pain and Joy to transform our defects of character into virtues.

Today's contemplation

Today, I will stop my self-condemnation by transforming my defects of character to virtues by the help of Step Six in my ChrisAn Program.

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November 26: Our omniscience

*Most of us have also been in touch with the omniscience of our Spirit in fleeting glimpses in the form of a deep knowing without thought and without us knowing what we knew from any of our experiences in life, and yet we knew without a doubt that we knew what we knew.
We just knew it, although we did not know how or from where we knew it.*

Christs Anonymous - The Thirteenth Step, page 38

When we experienced this feeling of knowing something that we could not explain to ourselves or others, how or from where we knew it, we had called that intuition before we came to Christs Anonymous.

After we had completed our First Step, we understood that it was the omniscience of our true Self our Spirit that penetrated our human consciousness as a message to ourselves or others.

When we began to listen attentively to what we said ourselves, we more and more often discovered that the words that came out of our mouth were not an expression of thoughts we usually thought but of an inner knowledge we had.

Where previously, we had taken this as an expression of that we were very intuitive, we now took it as a way in which we could listen to our true Self, our Spirit, and thereby we found yet another way in which we could expand our conscious contact with our Higher Power.

Today's contemplation

Today, I will listen attentively and respectfully to what I say.

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November 27: *How the ChrisAn literature can be used*

At the founding time of Christs Anonymous, our literature consisted of two books: Christs Anonymous - The Thirteenth Step and One Sponsor's Suggestions for Working the Program of Christs Anonymous, and later came Daily contemplations for members of Christs Anonymous, and even later came Sixth Step analyzes for members of Christs Anonymous.

Christs Anonymous - The Thirteenth Step, page 122

The intention with the basic book in Christs Anonymous that is called *Christs Anonymous - the Thirteenth Step*, is to inform the members about some existential principles that they can use as guidelines for their work in ChrisAn, and this book is the sacred text in the ChrisAn Fellowship, so therefore it cannot be changed, even though the changeability of time may change the way in which the societies handle life.

The intention with the book *One Sponsor's Suggestions for Working the Program of Christs Anonymous* is to spare the members from spending time and energy on finding out how they can work with the various Steps, but everyone has the freedom to find out various other ways to work with the Steps if the individual member wants to pick up the Program in another way.

The intention with the book *Daily contemplations for members of Christs Anonymous* is to give the members an opportunity to more easily maintain their Program by the help of daily inspiration in the form of a quote from our basic book *Christs Anonymous - The Thirteenth Step* followed by some thoughts about the quote and ending up with a suggestions to use the Program in the way the text of the day leads up to.

The intention with the book *Sixth Step analyzes for members of Christs Anonymous* is to contribute to that members can save time and energy on writing out the tapping protocols themselves, and to enable them to use the color codes in the Sixth Step analyzes to simplify their overview, when they work with the Program's Rings and Superstrings of Pain and Joy.

Today's contemplation

Today, I will get into my ChrisAn Fellowship's literature.

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November 28: *Our family of choice*

We needed the fount of mutual and diverse wisdom we found in our group, and therefore it was important to us that our group lived.

Christs Anonymous - The Thirteenth Step, page 111

When we came to Christs Anonymous, we felt at home because we felt a Fellowship with the other members, who had the same purpose as us, namely to become able to return to oneness with our true Self, our Spirit.

Little by little, as we got used to the other members, we began to perceive them as our chosen family because our common purpose tied us together in a unique way that nothing else could.

When we had an existential problem, it was no longer our biological family we approached to get help and support, but it was our Christs Anonymous group that we contacted because they could guide us seen on the basis of ChrisAn.

It was important to us that the one/those we sought guidance from, knew our ChrisAn Program because the oneness with our true Self, our Spirit,

was our highest priority, and in that way we could make sure that the help from others did not contradict our priorities.

Today's contemplation

Today, I choose to exclusively seek guidance about my existential problems from others, who know the highest priority of my life, so I do not get misinformed.

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November 29: *Our guidance of our thinking mind, our ego*

This way, when we clearly showed our thinking mind, our ego, that we did not want to make use of our defects of character anymore, we were at the same time helping our ego to align himself/herself with our Soul/Super ego/social body, and thus the transformation of our defects of character happened faster and faster as we kept applying Step Seven on our daily situations.

Christs Anonymous - The Thirteenth Step, page 73

When we began to work with our thinking mind, our ego in our Seventh Step in Christs Anonymous, our recovery from for our slavery to our thinking mind, our ego gained momentum in a way we had not dared to dream about.

By using our Seventh Step each time we experienced that a defect of character was about to gain power over us, we became better and better at identifying our defects of character without defending our use of a given defect of character.

When we defended our use of a defect of character, it was a guidance to our thinking mind, our ego that we wanted to continue to make use of that defect of character under those circumstances.

However, we did not want to make use of our defects of character, so we guided our thinking mind, our ego, by using our Seventh Step Prayers to cooperate with our Higher Power about being liberated from using the character defect that was active.

Today's contemplation

Today, I will guide my thinking mind, my ego about, which mental-emotional energies I want to make use of by using my Seventh Step to cooperate with my Higher Power about being liberated from an active defect of character in a situation, where one of my defects of character gets activated.

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November 30: Self-respect

By accepting our emotions and that of others exactly the way they were, we felt empowered to deal with our emotions and to respect and give space to the emotions of others, and as a result, feelings of gratitude and joy followed in the trail of even the most disturbing emotions, whether they affected us from inside or outside.

Christs Anonymous - The Thirteenth Step, page 82

Before we came to Christs Anonymous, many of us were not aware that we could use our emotional feelings as GPS (Global Positioning System) to move safely and comfortably around in our psychological landscape.

When we worked with the Constructive and the Destructive Rings and their Super Strings in Step Four, we made the first mapping out of our psychological landscape by describing how we had experienced these Rings from our childhood to the present day.

After the initial mapping out of our psychological landscape in Step Four, we expanded our perspectives by the help of the Rings and their Super Strings in Step Six, where we worked with studying how we used these energies in our daily life.

Thus, we became better and better at accepting our own and others' emotions, whether they were positive or negative, because we now knew that they each had their role to play in our life experience, and thus our self-respect grew.

Today's contemplation

Today, I will study my psychological landscape by the help of my ChrisAn Program, so I can learn to respect both my negative and my positive emotions as equally valuable.

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December 01: *Live and let live*

The principle of the Eighth Tradition is Respect.

Slogan: Live and let live.

Christs Anonymous – The Thirteenth Step, page 133

Gradually, as we grew in our Christs Anonymous Program, our individuality also grew, and that made it possible for us to become better and better at going into oneness with our true Self, our Spirit.

With our increased capacity to respect our own uniqueness, our individuality, we became better and better at surrendering to our heart's desires, and thereby we also became better and better at allowing others to do the same.

In that way, we became able to surrender to the principle of Tradition Eight, which also came to expression in in the joy from the Ring of Emotional Sobriety, with its detachment, integrity, respect for self and respect for others.

When we thus lived our life in accordance with our heart and allowed others to live their life in accordance with their heart, our life became a harmonious walk through the experience of life, from one heartfelt event to the next.

Today's contemplation

Today, I will follow my heart and give others permission to do the same.

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December 02: Good orderly direction

A Christs Anonymous group is a group that follows the Twelve Steps and the Twelve Traditions of Christs Anonymous.

Christs Anonymous – The Thirteenth Step, page 118

Our ChrisAn Fellowship is organized in such a way that we can receive good orderly direction on how we can make the most out of our membership of Christs Anonymous by the help of our literature, our meetings, our sponsorships/recovery partnerships and our service structure.

We have our book *Christs Anonymous - The Thirteenth Step*, which tells us what the Christs Anonymous Program is about; we have our book *One sponsor's suggestions to work with the Program of Christs Anonymous*, which suggests how we can carry out the Program in cooperation with our chosen sponsor/recovery buddy.

Furthermore, we have our book *Daily contemplations for members of Christs Anonymous*, which we can use to be in daily connection with the principles of our Program, and in addition, we have our book *Sixth Step*

Analyzes for members of Christs Anonymous, which we can use to ease our work with the Sixth Step.

Besides this, we can choose to become a trusted servant by taking on various functions that serve the Fellowship as a whole, and that can be to take on being the chair, treasurer, coffee-man/woman or welcome person during our meetings and furthermore we can take on being a group service representative and represent our group in our Area Service Committee meetings.

Today's contemplation

Today, I will use the structure in my Christs Anonymous Fellowship to make the most possible out of my membership of ChrisAn.

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December 03: The multifaceted diamond

However, we mostly denied the presence of our Spirit, because we were lost in our thinking and in our belief systems about what Spirit ought to be or ought not to be instead of what HeShe IS.

Also we thought HeShe ought to override our human limitation, ignorance, powerlessness and mortality/changeability, when we needed it, if we should be willing to perceive our Spirit as a Reality.

Christs Anonymous - The Thirteenth Step, page 39

Our thinking mind, our ego could be compared to a multi-faceted diamond that radiated in all the colors of the rainbow if we turned it in the light.

This had fascinated us so much that we became addicted to our thinking mind, our ego, and spent most of our time observing our mind.

Little by little as we neglected the other areas of our existence because we had become addicted to observing our thinking mind, our ego we became ill in body and mind.

We became ill in body and mind due to our misuse of our thinking mind, our ego, because our addiction to observe our mind all the time brought our whole system out of balance.

Today's contemplation

Today, I will use my ChrisAn Program to work on recovering from my addiction to my thinking mind, my ego.

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December 04: *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 came a sense of meaninglessness that made us wish to abandon ourselves, others and our lives and that made us feel lonely.

Christs Anonymous - The Thirteenth Step, page 46

In Greek mythology, the Ring of Emptiness is called Pandora's Box, and it is said in mythology that whoever opens the box will experience all the sufferings of the World as a result, because feelings of emptiness, boredom, meaninglessness, and loneliness can lead to many sufferings for those, who experience being in the Ring of Emptiness.

Although we called Pandora's box for the Ring of Emptiness in Christs Anonymous, we experienced that even if it was old wine in new bottles to call Pandora's box for the Ring of Emptiness, it was also true for us that when we found our self in the Ring of Emptiness, we experienced the worst sufferings we knew in the form of our loneliness, meaninglessness, boredom and emptiness.

In Christs Anonymous, the Ring of Emptiness is said to be the origin of all of our defects of character, and gradually as we investigated the issue, we discovered that we had carried out many actions in our life, which were all carried out in order to avoid coming to experience getting stuck in the Ring of Emptiness.

Before we came to Christs Anonymous, most of us had tried to flee from the Ring of Emptiness in many different ways without being aware of that it could not be done, so nowadays we used our ChrisAn Program instead to take care of our self, when we discovered that we found our self in the Ring of Emptiness.

Today's contemplation

Today, I will learn to take care of myself by the help of my ChrisAn Program, in particular if I discover that I find myself in the Ring of Emptiness.

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December 05: Individuality and Fellowship

We investigated the group contexts that we were part of, and explored how we could best createmanifest a harmonious union of our diversity as different human beings without letting go of our individuality in our desire to have a fellowship with others.

Christs Anonymous - The Thirteenth Step, page 118

In our Traditions, our Thirteenth Step, we learned to put the spiritual clarity we had achieved by the help of our Twelve Steps into the earthly contexts we were part of, and it especially concerned the Fellowships we were a part of, whether it was one of two in our marriage or one of many in our other Fellowships.

From our experiences with living in tribal communities previously in our history as humankind, we had yet deep roots in seeking Fellowship with others by agreeing with them, and that had led to the flock mentality, which suppressed members of the tribe, if they had a different perspective on life than the tribe had.

As members of Christs Anonymous, the development of our capacity to stand by our uniqueness, our individuality was way progressed, and we had suffered much in our learning process, where we slowly learned to stand by that we knew we were all unique, so we all had our own unique/individual perspective on our self, others and life.

Our sufferings sprang from the fact that many felt insecure by us expressing our own perspective on Reality instead of agreeing with those we had a Fellowship with right NOW and HERE, and that had given cause to many existential pains that we now used our ChrisAn Program to recover from.

Today's contemplation

Today, I will use my ChrisAn Program to investigate how I can express my individuality without offending others.

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December 06: Expansion of Consciousness

The principle of Step Eleven is Expansion of Consciousness.

Slogan: God, Your will be done.

Christs Anonymous - The Thirteenth Step, page 108

When we came to Christs Anonymous, most of us had been on the spiritual path for a long time, and we had many ideas of what expansion of consciousness was about without thinking of that our consciousness became expanded every day in many ways by the experience of life.

When we talked about the expansion of consciousness in Step Eleven, we had a definite expansion of consciousness in mind, which was about to come into oneness with our true Self, our Spirit, which we attained by the help of prayer and meditation.

We carried out this practice to expand our conscious contact with our true Self, our Spirit more and more, both because we wanted the state of consciousness of joy that it brought about, and because we wanted to know the will of our Higher Power for us.

We wanted to know the will of our Higher Power for us because we had gradually discovered that the will of our Higher Power for us and our own will for us, as it came to expression innermost, was one and the same, and we wanted to know our own true will for our self.

Today's contemplation

Today, I will use prayer and meditation to expand my consciousness so I can get to know my own true will for me,

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December 07: *Simplicity*

The purpose of any Christs Anonymous group is the same and it is essential to us as a ChrisAn group and member that we do not tie ourselves to any other purpose.

Christs Anonymous - The Thirteenth Step, page 122

Gradually, as our development of our Thirteenth Step, our Traditions became increasingly more advanced, it became more and more important for us to keep everything simple both in our understanding of our Christs Anonymous Program, in our interactions with others in our ChrisAn Fellowship and in our private affairs.

It helped us both as oldtimers and newcomers that we held on to our basic purpose with being members of Christs Anonymous, so we did not commit our self to other purposes than to work on recovering from our addiction to our thinking mind, our ego, when we shared in meetings and when we participated in service.

While we had been working on our Steps, we had also worked with moving from the Nanoring of Arrogance with its insincerity, cunning, unreliability,

and alienation to the Nanoring of Truth with its sincerity, simplicity, reliability, and familiarity, which is the antidote to the Nanoring of Arrogance.

These Rings had taught us the value of simplicity in a very deep and comprehensive way, whether it concerned creating manifesting simplicity in the areas we wanted to participate in, or it was about simplicity in our ChrisAn Fellowship, when we shared about our recovery from our addiction to our thinking mind, our ego.

Today's contemplation

Today, I will keep everything simple.

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December 08: Unconditional love, care, compassion and mercy

As a result of these realizations, it became clear to us that when we identified our self with any form instead of with our true Self, our Spirit, we continued to search for our self in the outer, whereas our true Self 's, our Spirit's essence was centered in the inner, from where all Joy of Being springs.

Christs Anonymous - The Thirteenth Step, page 30

Gradually, as our liberation from our addiction to our thinking mind, our ego took place, we also became better and better at letting go of our

identification with our thinking mind, our ego, and this resulted in that we began to let go of our identification with all forms.

Thereby we discovered that when we were able to let go of our identification with all forms, whether it was our material possessions, our physical body, our energy body, our emotional body, our thought body or our Soul, we became able to identify our self with our true Self, our Spirit.

When we became able to identify our self with our true Self, our Spirit, we discovered why we had not been able to express unconditional love, care, compassion, and mercy although we were spiritual aspirants, because this was not possible as long as we were identified with form.

First, when our ChrisAn Program led us to oneness with our true Self, our Spirit, we discovered, who we are in Reality behind all the created/manifested forms, and thus we discovered that we are unconditional love, care, compassion, and mercy, and that we could not be otherwise with pain.

Today's contemplation

Today, I will accept that I can only express unconditional love, care, compassion and mercy when I am in oneness with my true Self, my Spirit, and that it is in this state that I experience unconditional Joy of Being.

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December 09: To forgive our self

In Step Eight, we needed to get ready to forgive ourselves for the wrongs we thought we had done in the past, and we became ready to forgive ourselves by making a list of the wrongs we thought we had done to ourselves, others and the World at large, while at the same time we wrote down how we planned to make amends to ourselves, others and the World at large for our mistakes.

Christs Anonymous - The Thirteenth Step, page 74

To our great surprise, Step Eight was not about that we should make amends to others for the mistakes we thought we had done towards them, but to liberate our self from feelings of guilt and shame that are the deadliest poison to our spiritual life, which we are in Christs Anonymous to work with.

We had thought that we should make amends to others so that we could obtain their forgiveness for the mistakes we had made, but we discovered that we should make amends for these mistakes to become able to forgive our self for the mistakes we felt we had made, but which had often been forgotten by everybody else.

In this work, we discovered that the one we had the hardest time to forgive for a mistake was our self, and that the one we most needed to forgive was our self, because even if it was true that we should make amends to others for using our defects of character against them, we should also make amends to our self for using them.

In Step Six, we moved through the transformation process from the pain of the defects of character to the joy of the virtues so many times that we achieved a choice between them, so when we happened to use a defect of character in a situation, we had a need to make amends to our self and thus become able to forgive our self for the mistake.

Today's contemplation

Today, I will decide how I will make amends to myself and others for having used a defect of character in a situation, so I can become able to forgive myself for my mistake.

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December 10: *The consciousness of our Soul*

Until we came to Christs Anonymous, we had identified our self with our thinking mind, our ego, but now we became aware of that behind our ego there was a greater consciousness that observed our thinking mind, our ego, and this consciousness we call our Soul/Super ego/social body.

Christs Anonymous - The Thirteenth Step, page 25

Most of us had used the words Soul and Spirit for one and the same energy form before we came to Christs Anonymous, but already in our work with Step One in ChrisAn we became aware that the two forms of energy are different.

Our true Self, our Spirit is omnipresent, omniscient, omnipotent and immortal/unchangeable, and our Soul is a creature manifestation and as such limited, ignorant, powerless, and mortal/changeable.

When we began to look at our Soul as our social body, like suggested in Step One, we became aware that our Soul pained when we were unloving, uncaring, hard-hearted, and merciless.

We also became aware that it was our Soul's task to teach us, over time, to find joy instead of pain in our social life by instead being loving, caring, compassionate, and merciful towards our self and others.

Today's contemplation

Today, I will be loving, caring, compassionate and merciful towards all of my own bodies and those of others in my social life.

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December 11: *Our existential pains*

We asked ourselves, "If my Higher Power's love and care for me is unconditional, why does my Higher Power not see to it that such discomforts do not happen to me?"

Christs Anonymous - The Thirteenth Step, page 41

When we came to Step Two, we needed to investigate our belief systems to find out what we believed about a Higher Power that could make it difficult for us to surrender our will and our life to the care of our chosen Higher Power in Step Three.

For most of us, it was difficult to understand that we could suffer from various existential pains if we were to trust that the intention of our chosen High Power toward us was loving, caring, compassionate, and merciful.

Already in Step One, we learned that there was a loving, caring, compassionate, and merciful intention behind everything, because all of our personal and impersonal bodies intended to serve us with love, care, compassion, and mercy.

When we investigated our existential pains more closely in Step Two, we discovered that our existential pains also served us with love, care, compassion, and mercy by calling our attention to areas of our existence that needed our care.

Today's contemplation

Today I will investigate the loving, caring, compassionate, and merciful intention behind my existential pains by the help of Step Two.

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December 12: To bring our sufferings to an end

We had tried to get rid of our anger, worry, anxiety, stress, depression, and fear by seeking help from medical science, only to discover that even though our angry, worried, anxious, stressed, depressed, and scared thoughts and emotions were neutralized, they were still not healed by the help of these means, and sooner or later our chosen medical aids stopped working for us.

Christ's Anonymous - The Thirteenth Step, page 18

Before we came to Christ's Anonymous, many of us had perceived pain and suffering to be the same, but after coming to ChrisAn, we became aware

that pain was a short-lived action signal, and that suffering was to refrain from carrying out the action that the pain ordained.

When we continued refraining from doing the action that the pain ordained, either because we didn't know what to do with the pain, or because we didn't want to spend the required time to take care of it, it could happen that the pain became suffering by becoming chronic.

After we came to ChrisAn, we also discovered that we could recover from many chronic pains by the help of the Rings of Pain and Joy or their Superstrings, because we could use them to investigate a chronic pain, and thus work on recovering from it .

This could be done, because every pain had it's origin in a thought that led to an emotional feeling that led to a physical feeling, and by leading a chronic physical pain back to its origin on the thought plane, we could recover from it in many cases.

Today's contemplation

Today, I will use the Rings of Pain and Joy or their Super Strings to work on recovering from a chronic physical pain I suffer under.

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December 13: Care for all of our bodies

In the course of our Step Work, we had discovered that all our bodies – our Mother Earth body/physical body, our ethereal body/energy body/space and time body, our astral body/emotional body, our causal body/mental body/thought body/ego and our Soul/Super ego/social body – felt loved and experienced well-being when we showed them love, care, compassion and mercy.

Before we came to Christs Anonymous, it had not occurred to us that we could perceive our various layers of existence as a body that we had a need to show love, care, compassion, and mercy to.

We showed our Mother Earth body/physical body love by looking at his/her form and way of being in the World with kindness and appreciation, and in the same way, we showed our other bodies love by looking at them with kindness and appreciation.

We showed all of our bodies care by making sure they were well-rested, well-exercised, well-groomed and well-nourished, whether it was our Mother Earth body/physical body, or it was our Soul/Super ego/social body it was about.

We showed them compassion by giving them space and time to recover when they were ill or pained, and we showed them mercy when we allowed them to express themselves, even if their expression was dysfunctional or was about their illnesses or pains.

Today's contemplation.

Today, I will use my ChrisAn Program to show all my bodies love, care, compassion and mercy.

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December 14: To give up happiness

We did this by permitting the NOW to reveal to us what would be the right action for us right HERE right NOW and that was without exception the action we would joyfully do, contrary to an action that had its roots in our thinking mind, our ego, telling us to give up happiness right HERE right NOW to engage in actions we did not want to do in our vain attempts to

achieve a more happy life in some distant and imagined future that had so far failed to show up.

Christs Anonymous - The Thirteenth Step, page 78

When we came to Christs Anonymous, many of us discovered that we did many things, which in Reality we did not want to participate in and which we therefore just wanted to get over with, so we could get to what we wanted to spend our time on.

We also discovered that when we did not feel like doing the task we were doing, we did not have our heart in it, and thereby our action became a heartless action both to our self and to others, who might be participants in the task.

We no longer wanted to be heartless to our self or others, so we began to investigate what it was that we imagined we would get out of carrying out that task, when we were willing to do it, even though we did not feel like it.

Little by little we discovered that some tasks we wanted to carry out, even if we did not feel like it, because we wanted to achieve specific goals by doing them, and when that was the case, we chose to use our ChrisAn Program to learn to love the tasks in question.

Today's contemplation

Today, I will use my ChrisAn Program to learn to love those tasks that I want to carry out even if the desire to carry them out is lacking.

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December 15: *The four entrances to the Ring of Fulfillment*

We found the strength to bear our emptiness, boredom, meaninglessness and loneliness by filling up our empty time with meetings in the Fellowship of Christs Anonymous, with our personal work with the ChrisAn Program and with building a relationship with our Sponsor or our recovery partner and other members of our Fellowship, people who, like us, wanted to give up

their addiction to their ego so as to be led to Joy of Being by the help of identification with their true Self, their Spirit.

Christs Anonymous - The Thirteenth Step, page 26

Although we perceived it to be an advantage to be liberated from our addiction to our thinking mind, our ego, we had to realize that it was a humongous change in our way of relating to our self, our life, others, and the World at large.

Our preoccupation with our addiction to our thinking mind, our ego, had lead to that we were all the time consumed by what was happening in our thinking mind, our ego, and when we let go of this disease, many of us discovered that it made us step into the Ring of Emptiness.

We wanted to figure out how to avoid adding injury to pain by not only letting go of our old lifestyle, but by furthermore move into the pain from the Ring of Emptiness with its emptiness, boredom, meaninglessness and loneliness.

We did this by letting our self be lead into the Ring of Fulfillment with its fulfillment, interest, meaningfulness, and oneness by the help of our ChrisAn Fellowship, our sponsor, our recovery buddy, our Christs Anonymous Program, and our meetings.

Today's contemplation

Today, I will use one of the four entrances to the Ring of Fulfillment – fulfillment, interest, meaningfulness and oneness – to move my self into the joy from the Ring of Fulfillment by the help of what Christs Anonymous has to offer.

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December 16: The responsibility for our guilt

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.

Christs Anonymous - The Thirteenth Step, page 85

When we came to Step Eight, we needed to make a list of that, which we felt guilty about, and which we were therefore ashamed of, so many of us had feared coming to Step Eight and coming face to face with our guilt and our shame, not to mention having to share this with our sponsor or our recovery buddy.

Therefore, many of us considered our Eighth Step just as demanding as our Fourth Step, because our Eighth Step required us to stand by that, which we felt guilt and shame about where Step four had been concerned with what we thought others should feel guilty about, and which they should therefore be ashamed of.

When we actually read the text of Step Eight, we discovered that it was not about having to admit our guilt and shame to our self, our Higher Power, another human being, and our ChrisAn Fellowship to humiliate and degrade our self but to liberate our self from guilt and shame.

When we took responsibility for our guilt and shame and prepared our self to make amends to our self and others for the actions that had created/manifested our sense of guilt and shame, we discovered that we did not carry out Step Eight and Nine to achieve the forgiveness of others, but to be liberated from guilt and shame, which are the deadliest poisons for our spiritual life.

Today's contemplation

Today, I will take responsibility for my guilt and shame by the help of Step Eight and Nine.

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December 17: *To speak on one's own behalf*

We stopped trying to hide in the crowd by pretending that we spoke on behalf of the entire group.

We did not get discouraged and gave up expressing ourselves because we were the only one who had a specific point of view either.

Christs Anonymous - The Thirteenth Step, page 131

When we came to Christs Anonymous, many of us had great problems with our addiction to our thinking mind, our ego, because we were accustomed to taking our thinking mind, our ego very seriously, and that to such an extent that we believed in almost everything that our thinking mind, our ego told us.

Our thinking mind, our ego, however, was filled with thoughts that did not belong to us, because they had been given to us by others so we often spoke on behalf of others when we expressed ourselves and if there was anybody, who contradicted us, we felt confused and got angry about being contradicted, because the thoughts we expressed were not our own, so we had no explanation for them.

When the thoughts we expressed had got nothing to do with our personal experiences, they were not our own, and that could lead to many disputes in our social life, but gradually as we liberated ourselves from our addiction to our thinking mind, our ego, we became better and better at speaking on our own behalf only.

We became better at speaking on our own behalf, because our ChrisAn Program taught us to sort out the thoughts that were not our own and keep the thoughts, which were and thereby we lost our need to overpower others with our thoughts, and had instead achieved the strength to speak in the 'I' form without confusion or anger about contradictions.

Today's contemplation

Today, I will express myself in the 'I' form, when I have conversations with others.

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December 18: Self-praise and self-criticism

Many of us had a tendency to praise ourselves when our ethereal body/energy body/space and time body was comfortable and criticize ourselves when he/she was uncomfortable, thus moving up and down between euphoria and depression and by so doing, we released the pain of the Ring of Self-centeredness into our life all over again.

Christs Anonymous - The Thirteenth Step, page 48

In today's busy society, many of us had a struggle with time, and we used calendars to try to cut our 24 hours into smaller parts where we could accomplish the things we needed to accomplish or that we wanted to accomplish.

This created/manifested a constantly stressed state in many of us because we tended to praise ourselves if we succeeded in doing what we had on our action plan for the day and to criticize ourselves if we didn't succeed.

Thus, we landed in the pain of the Ring of Self-centeredness with its euphoria, depression, self-criticism and self-praise, and if we did not change our way of dealing with our time-use, we could become chronically stressed.

In Christs Anonymous, we learned to move from the Ring of Self-centeredness to the Ring of God centeredness with its joy, empowerment, open-mindedness, and gratitude, and thereby we became able to let go of our self-praise and self-criticism about our use of time.

Today's contemplation

Today, I will use the Ring of Godcenteredness to let go of my self-praise and my self-criticism concerning my use of time.

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December 19: *The helper*

We also did our best to remember that it is given to 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.

Christs Anonymous - The Thirteenth Step, page 51

By the help of our work with our Program in Christs Anonymous, we had achieved a well-developed capacity to put ourselves in other people's shoes, and furthermore we had achieved that well-developed capacity for mercy that we call Christ consciousness.

We were easily seized by compassion when we saw another person suffer, and it could lead to that we stepped forward to help without considering if we had the required experience to help and without us having been asked for help.

If we stepped up to help without having experiences in the area or without being asked for help or without us feeling joy about the prospect of helping, but merely because we felt compassion for the person in question, we call this co-dependency.

When we discovered that we found ourselves in the pain of the Ring of Codependency with its savior role, seducer role, victim role, and offender role, we immediately moved into 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 immediately move into the joy from the Ring of Emotional Sobriety if I discover that I find myself in the pain from the Ring of Codependency.

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December 20: *Step Ten*

For most of us, it was difficult to do a written Tenth Step inventory every day, because at this point of our ChrisAn Step Work, we were mostly connected with our true Self, our Spirit, and so we stayed in The Blissful Flow of the Present Moment most of the time and experienced Joy of Being many times in the course of our day.

Christs Anonymous - The Thirteenth Step, page 87

Gradually, as we developed our personal Program in Christs Anonymous, we became more and more aware of our thoughts and the emotional feelings that were flowing from our thoughts to the seat of our emotional feelings in our solar plexus.

Even before we came to Christs Anonymous, many of us had worked with self-evolution, and thus we had learned to evolve our self out of many of our most conspicuous and painful defects of character.

Therefore, it was necessary for us to develop a greater capacity to observe smaller emotional fluctuations so that we could become able to take care of our defects of character in their becoming, so we could become able to use our Tenth Step.

We developed our capacity to observe by observing movements in our solar plexus, which is the seat of our inner child, our emotional feelings, and by doing this we became better and better at changing direction when we felt that we needed it.

Today's contemplation

Today, I will observed my inner child in solar plexus, so I can take care of potential dysfunctions by the help of my Tenth Step.

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December 21: *Defense of our defects of character*

Our defenses of our defects of character also sprang from our deep awareness that our actions sprang from a loving, caring, compassionate and merciful intention.

Christs Anonymous - The Thirteenth Step, page 69

Little by little, as our progress in the Program of Christs Anonymous evolved, we reached the Seventh Step, and thereby we began to investigate what it entailed that we defended our defects of character.

Gradually, as we became better and better at seeing through why we found it reasonable to defend our defects of character, we discovered that it was not a defect of character we defended, but the loving intention, which lay behind it.

Even at those times when we became vindictive against one of our fellow human beings, we could see that there lay a loving intention behind our vindictiveness, but at the same time we discovered that the loving intention was not being fulfilled.

Thereby, it became easier for us to look at our defects of character to find the loving intention behind it, and by the help of our Sixth Step we could then transform the defect of character into a virtue so that the loving intention could be served.

Today's contemplation

Today, I will investigate my defence for one of my defects of character by the help of my Seventh Step, so I can transform it to a virtue by the help of my Sixth Step.

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December 22: *Our focus*

There was always chatter in our thinking mind concerned with some kind of trouble, imagined or real, in one or more of the above areas, trapping us in ego-centered fear most of the time, and we suffered.

Christs Anonymous - The Thirteenth Step, page 9

Before we came to Christs Anonymous, many of us were not aware that our thinking mind, our ego played a decisive role both in the fulfillment of our desires and in our spiritual life, because what we chose as our mental/thought-wise/vibrational focus was what God/the Universe responded to.

God's love, care, compassion, and mercy is unconditional, and that meant that God did not judge if what we focused on mentally/thought-wise/vibrationally brought us pain or joy, but about responding to our vibrational focus as a desire by giving us more of what we focused on.

Therefore, in Christs Anonymous, it was important for us that we learned to focus our thinking mind, our ego on something, which brought us joy instead of on something that brought us pain, because we thereby brought our thinking mind, our ego in line with our true Self, our Spirit, who holds the unconditional joy, we want to achieve.

When we worked with the Rings of Joy and Pain and their Super Strings in Step Four, Six and Ten, we developed our capacity to choose the attributes that the Rings of Joy and their Super Strings contained over the attributes that the Rings of Pain and their Super Strings contained, and thereby we came closer to our ChrisAn goal.

Today's contemplation

Today, I will work on moving into the Rings of Joy or their Superstrings, if I discover that one of the Rings of Pain or their Superstrings have taken over my thinking.

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December 23: *Exaggerated shame*

When we began making our amends, we sometimes discovered that some of the areas we had brought out in the open had been forgotten by the other people involved, and we felt a great relief upon discovering that we had not nearly as much reason to be ashamed as we had imagined.

Christ's Anonymous - The Thirteenth Step, page 84

On our spiritual path, we had come to know many concepts that gave us a clue as to how it might be to our advantage to act, feel, think, interact with others, and relate to a Higher Power if we wanted to reach our spiritual goal.

When we compared our actions, feelings, thoughts, social interactions and our relationship with a Higher Power with these suggestions, many of us felt that we did not live up to the standard that was needed and that made us ashamed of ourselves.

Therefore, it was important that we brought all those areas into the open in our Eighth Step, which we were ashamed of, whether it was situations we perceived as a trifle or were major situations that brought forth our shame of ourselves.

When we then reached Step Nine, we were ready to liberate ourselves from the shame of ourselves by making amends to ourselves and others for the mistakes we felt we had made, which had often been forgotten by the others involved in the situation.

Today's contemplation

Today, I will use my Eighth Step to find out, how I can make amends to myself and others for a situation, where I was ashamed of myself.

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December 24: *The Song of Praise of the Angel Choir*

This feeling of lightness and brightness, we fondly called the Song of Praise of the Angel Choir and it increased our faith in our Program, our desire and motivation for making use of it more and more in our daily lives, and our hope that our hurt inner child could continue to recover irrespective of circumstances that were, are and would be.

Christs Anonymous - The Thirteenth Step, page 88

Many of us imagined that because Step Ten was the Step in which we worked on transforming our defects of character into virtues by the help of Steps One, Four, Five, Six, Eight and Nine, this meant that we would exclusively feel the pain of our defects of character in this Step.

Gradually, as we got used to working with Step Ten in our Christs Anonymous Program, we discovered that it was not the whole truth, because when we reached the point of transformation, we came to experience the feeling of lightness and clarity from our virtues.

After the heaviness and unclarity that our defects of character had given rise to, it was a big relief for us to experience the lightness and clarity that arose when our virtues came to the forefront and allowed us to see the situation in different light.

This light and clear perspective on the situation we affectionately called to the Song of Praise of the Angel Choir, because it brought our thinking mind, our ego in line with our Soul, who thereby made it possible for us to enter into oneness with our true Self, our Spirit.

Today's contemplation

Today, I will rejoice in experiencing The Song of Praise of the Angel Choir in my Tenth Step.

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December 25: Tradition One

By working with the First Tradition, we found ways in which we could become a comfortable and harmonious part of any group we were involved in, and how we could contribute to others feeling comfortable similarly, as a part of our group.

Christs Anonymous - The Thirteenth Step, page 112

For most of us in Christs Anonymous, our social life had been a problem for us since our earliest childhood, because we were spiritual aspirants and often had let our self be born into earth bound families who believed that Reality exclusively consisted in what we could experience by the help of our five senses.

Moreover, our earth bound family thought that if something could not be measured or weighed, it had no value, and if it was not to be found within the framework of earthly exchange of money, time, energy and interest, it was without any real value for how a human being, could make the most of his/her life.

As newborn babies and spiritual aspirants, this was very confusing for us, and that resulted in that our surroundings had a hard time relating to us and we to them, because our surroundings mostly consisted of earth bound people and their children, and as a result we began to search for the parents behind our biological parents.

Thus, the spiritual path opened for us, and in our social life we moved away more and more from our biological family when we became acquainted with our spiritual family, who had the same experiences as us in our ChrisAn family, and thus at long last, we became able to begin our work on becoming a comfortable and harmonious part of our social life.

Today's contemplation

Today I will work on becoming a comfortable and harmonious part of my ChrisAn family.

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December 26: To guide our thinking mind, our ego

As soon as we woke up in the morning, our thinking mind, our ego, soon began chattering away about issues from yesterday, suggestions of tasks for the day and opinions on various issues, but we wanted to use our Eleventh Step to gently lead our thinking mind, our ego, to our desired state of being – staying in The Blissful Flow of the Present Moment with Joy of Being - and we did this by the help of prayer and meditation.

Christs Anonymous - The Thirteenth Step, page 94

Gradually as we became at home in our Sixth and Seventh Step, we always and without exception knew where we were at in our psychological landscape, if we chose to observe the thoughts with the accompanying emotions that streamed through our mind.

Many of us immersed our self in our addiction to our thinking mind, our ego from the morning by letting our self be engulf by painful thoughts about the problems of yesterday or the upcoming day's possible problems thus draining ourselves from zest and joy.

When we came to Step Eleven, we discovered that we could easily go into oneness with our true Self, our Spirit by the help of prayer and meditation, and therefore we no longer wanted to begin the day with thinking thoughts, but instead wanted to enter into oneness with our true Self, our Spirit.

Little by little, as we practiced prayer and meditation immediately when we awoke, we discovered that this practice was guidance to our thinking mind, our ego, who happily changed habits by opening up to be the sounding board for our true Self, our Spirit from the beginning of the day, so we could experience the day with joy.

Today's contemplation

Today, I will begin my day with prayer and meditation.

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December 27: Maintenance

Step Ten to Thirteen.

Christs Anonymous - The Thirteenth Step, page 10

When we had finished our Ninth Step in our Christs Anonymous Program, we had become ready to carry out a daily Tenth Step, and thus we could take any mental-emotional pain from our defects of character and transform it into the joy from our virtues.

This meant that we had now become able to take care of our thinking mind, our ego in an unconditionally loving, caring, compassionate and merciful way, and thereby we could maintain a functionally and maturely thinking ego.

Our daily Tenth Step work from the night before had helped us to make clean the table for mental-emotional pain of the day, and this made it easier for us to begin the day with maintaining our Spiritual state by the help of prayer and meditation.

Last but not least, we had used our Thirteenth Step during our self-appraisal to make clear to our self how we wanted to use the Traditions to maintain and further develop our social skills in such a way that we could live in harmony with the World around us.

Today's contemplation

Today, I will maintain the fire in my existential condition by the help of Step Ten, Eleven, Twelve and Thirteen.

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December 28: *The tendencies of self-centeredness*

Many of us had a tendency to praise ourselves, when our Mother Earth body/physical body was comfortable and criticize ourselves when he/she was uncomfortable, thus moving up and down between euphoria and depression and by so doing, we released the pain of the Ring of Self-centeredness into our life all over again.

Christs Anonymous - The Thirteenth Step, page 47

The Ring of Self-centeredness with its euphoria, depression, self-criticism and self-praise stood high in the hierarchy of the Archetypical Rings, which meant that our work with learning to move from the Ring of Self-centeredness to the Ring of God-centeredness had many faces.

Whenever we had a tendency to criticize ourselves in any area of our existence, we activated the Ring of Self-centeredness, whether we criticized our Mother Earth body/physical body or any of our other bodies.

When we observed that we had once again entered the Ring of Self-centeredness because of our criticism of our Mother Earth body/physical body, we immediately moved into the Ring of God-centeredness with its joy, empowerment, open-mindedness and gratitude.

This allowed us to let go of the tendencies of self-centeredness so as to instead experience joy over our Mother Earth body/physical body, and this gave our Mother Earth body/physical body an empowerment, which opened him/her up for health, strength, joy and gratitude.

Today's contemplation

Today, I will immediately move into the Ring of God-centeredness if I discover that I have a tendency to criticize one of my bodies.

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December 29: Service in ChrisAn

In our group, the chairperson of the meeting serves us by seeing to it that the meeting begins on time and is carried through in accordance with the guidelines as agreed upon by the group and as suggested in the ChrisAn Program.

Christs Anonymous - The Thirteenth Step, page 113

When we, as members of Christs Anonymous, wanted to serve the Fellowship more than we did when we carried out our Step Work with our sponsor or our recovery buddy or both, if we had both, we could consider becoming leader of a meeting.

Being a meeting leader was a very demanding post in our Fellowship because it required that we meet up before the scheduled time for the meeting so as to be ready to open the meeting on time, and it also required that we are very stable and thus capable of doing this meeting after meeting.

Therefore the Fellowship as a whole appreciates anyone who chooses to take on this service, and we also appreciate that our chairperson ends the meeting on time, although maybe we would not be able to share our thoughts in that way due to lack of time.

Therefore, we could choose to make clear to ourselves before the meeting what we wanted to share about during the meeting so that we could be sure of what thoughts we wanted to share with the other members and therefore we could become able to sign up for the speak order at the beginning of the meeting.

Today's contemplation

Today, I will make clear to myself before I go for a meeting, what thoughts I want to share with my ChrisAn Fellowship so I can sign up for the speech order at the beginning of the meeting.

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December 30: Step Five to Eight

Step Five to Eight

STEP 5: *We admitted our exact nature to ourselves, to our Higher Power, to another human being and to our ChrisAn Fellowship.*

STEP 6: *We became entirely ready to allow our Higher Power to liberate us from our defects of character.*

STEP 7: *We humbly asked our Higher Power to liberate us from our defects of character.*

STEP 8: *We made a list of all those we had harmed, beginning with ourselves, and became willing to make amends to all.*

Christs Anonymous - The Thirteenth Step, page 10

When we admitted our exact nature to ourselves, our Higher Power, another human being, and our ChrisAn Fellowship, we believed that it would help us to do so, and thus we activated the Nordic attribute in the Big Ring of Joy.

When we were working on learning to move from the Big Ring of Pain to the Big Ring of Joy in the Sixth Step, we hoped to become entirely ready to allow our Higher Power to liberate us from the pain of our defects of character, and thus we activated the Southern attribute in the Big Ring of Joy.

When we humbly asked our Higher Power to liberate us from an active defect of character in a situation right NOW, and HERE, we co-operated with our loving Higher Power, and thus we activated the Eastern attribute of the Big Ring of Joy.

When we admitted what made us feel guilty and ashamed of ourselves, and how we would make amends for the mistakes we thought we had made, we thus activated the Western attribute in the Big Ring of Joy.

Today's contemplation

Today, I will activate the Big Ring of Joy with its faith, hope, love and truth by the help of Step Five to Eight.

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December 31: *All is good*

Sometimes the HERE and NOW held comfort and sometimes it held discomfort, and we accepted both, because we understood that ALL IS GOOD.

There is the pleasant good and the unpleasant good.

Christs Anonymous - The Thirteenth Step, page 94

When we moved through our day, we experienced both the pleasant and the unpleasant sides of being a creaturemanifestation, and it could make us feel that the pleasures we experienced were our Higher Power's reward to us, and the unpleasantness we experienced was our Higher Power's punishment to us.

However, as we worked with our Christs Anonymous Program, we discovered that we could always and without exception turn life's discomforts around to our advantage by the help of our ChrisAn Program, and in retrospect, we had also discovered that our life's discomforts were in Reality gifts in gray wrapping paper.

If we chose to use comfort and discomfort as a guide that we were on the right track when we experienced mental-emotional comfort so we could allow ourselves to relax in that conviction and when we experienced mental-emotional discomfort, it was a guidance about that time had come for further growth in our existential understanding.

By the help of our ChrisAn Program, we investigated our mental-emotional discomfort and in this process, we paired knowledge with experience, thereby achieving the wisdom we call Buddha consciousness, and at the same time our mercy grew towards others, who experienced discomfort, and this mercy we call the Christ consciousness.

Today's contemplation

Today, I will use my mental-emotional discomfort to grow in Buddha consciousness and Christs consciousness.

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