The Set Aside Prayer (or lay aside prayer): Dear God, please set aside everything I think I know About myself, this book, my disease, these steps, and especially about you dear God so that I might have an open mind And a new experience with all these things. Please help me to see the truth.

March 23 Pancake Marathon

https://www.pancakemarathon.com/post/march-23-2025-pancake-marathon

Audio on Spotify

- ★ You may think that there are a thousand different things being done in recovery, really there's just a thousand different ways of saying a few simple things.

- ➢ Today is a day I just want to sit back and do my own thing, yes this is true I want to just sit back and let things be as a self care day; at the same time I just want to do what I want to do, within that fact of what I need to do. For at a simple point I just want to step back and do me, as I can be at a moment of simply fact of feeling that I have given up so much(*I know that we all do so much, that is there the fact that I get to be the one that pays for what it is that I live this life.*) to a point of seeing that can say that I missed out on things; but I know that I truly haven't: as this is just the fact of what is how my ego feels and at the same time seeing that I have the level of god of my understanding: that there is more to this life and being able to to be a part of that as well as to the fact of wanting to do as such: maybe being the best teacher or as it can be a student to the teacher of what is to be known as the Lesson.
- ➢ As to the point of all of this writing here, then I get to keep in mind that it is as to be the point of what is known within how energy works and to the fact of what is me still showing up to the life, as to be part of it; but how do I keep in mind that I want to be as just a simple fact of what I could just let go and find peace.
- ➢ For that is what we all want, peace of mind or to be at peace; for I can look past this Human Experience but in essence this is just me attempting to find some Solace and reflection.
- ➢ or I say all of this because when I started to write I felt anger, sadness and absolute willingness to just burn down my life: yes not to such a degree as to bring down my life but it all is a plan in action; to a point being that now I feel better, more at peace.

PM with Gemini

Audio on Spotify

Highlighting and applying the 12 Steps:

Step 1: Admitting Powerlessness

- Show: "I just want to step back and do me..." "I have given up so much"
- Viewpoint: Surrender
- Key Point: Recognizing lack of control
- More Wordy: Acknowledging that attempts to control life have been unsuccessful and have led to suffering.
- Action Plan: Share with a trusted person about a time you tried to control something and it didn't work.

Step 2: Coming to Believe

- Show: "I have the level of god of my understanding"
- Viewpoint: Hope
- Key Point: Believing that a higher power can restore sanity.
- More Wordy: Accepting that there is a power greater than oneself that can provide guidance and support.
- Action Plan: Pray or meditate, asking for help in finding a higher power.

Step 3: Made a Decision

- Show: "I could just let go and find peace"
- Viewpoint: Trust
- Key Point: Turning one's will and life over to a higher power
- More Wordy: Surrendering control and choosing to trust in a higher power's guidance.
- Action Plan: Make a list of things you can turn over to your higher power today.

Step 4: Made a Searching and Fearless Moral Inventory

- Show: "when I started to write I felt anger, sadness and absolute willingness to just burn down my life"
- Viewpoint: Honesty
- Key Point: Taking a thorough and honest look at one's character defects and past actions.
- More Wordy: Examining one's life with a focus on identifying harmful behaviors, thoughts, and patterns.
- Action Plan: Write down a list of your resentments.

Step 5: Admitted to God, to Ourselves, and to Another Human Being the Exact Nature of Our Wrongs

- Show: "this is just me attempting to find some Solace and reflection"
- Viewpoint: Confession
- Key Point: Sharing one's moral inventory with God, oneself, and another person.
- More Wordy: Openly and honestly admitting one's shortcomings and mistakes to others.

- Action Plan: Talk to your sponsor about something you feel ashamed of.

Step 6: Were Entirely Ready to Have God Remove All These Defects of Character

- Show: "it all is a plan in action"
- Viewpoint: Willingness
- Key Point: Becoming willing to let go of character defects.
- More Wordy: Accepting that change is necessary and surrendering resistance to change.
- Action Plan: Ask your higher power to help you be more willing to change.

Step 7: Humbly Asked Him to Remove Our Shortcomings

- Show: "For that is what we all want, peace of mind or to be at peace"
- Viewpoint: Humility
- Key Point: Asking for help in overcoming shortcomings.
- More Wordy: Humbly requesting assistance from a higher power to remove character defects and improve one's life.
- Action Plan: Pray or meditate, asking your higher power to remove your defects of character.

Step 8: Made a List of All Persons We Had Harmed, and Became Willing to Make Amends to Them All

- Show: "I get to be the one that pays for what it is that I live this life"
- Viewpoint: Responsibility
- Key Point: Identifying those who have been hurt and becoming willing to make amends.
- More Wordy: Taking responsibility for one's past actions and preparing to make amends to those who have been harmed.
- Action Plan: Make a list of people you may have harmed.

Step 9: Made Direct Amends to Such People Wherever Possible, Except When to Do So Would Injure Them or Others

- Show: "I know that I truly haven't [missed out on things]"
- Viewpoint: Forgiveness
- Key Point: Making amends to those harmed wherever possible.
- More Wordy: Taking action to repair the damage caused by one's past actions, while considering the well-being of all involved.
- Action Plan: If possible, apologize to someone you have hurt.

Step 10: Continued to Take Personal Inventory and When We Were Wrong Promptly Admitted It

- Show: "all of this writing here"
- Viewpoint: Reflection
- Key Point: Maintaining self-awareness and admitting mistakes.
- More Wordy: Continuing the practice of self-reflection and taking responsibility for one's actions on an ongoing basis.
- Action Plan: Journal about your thoughts and feelings daily.

Step 11: Sought Through Prayer and Meditation to Improve Our Conscious Contact with God as We Understood Him, Praying Only for Knowledge of His Will for Us and the Power to Carry That Out

- Show: "how do I keep in mind that I want to be as just a simple fact of what I could just let go and find peace"

- Viewpoint: Connection
- Key Point: Seeking spiritual guidance and strength.
- More Wordy: Developing a deeper relationship with a higher power through prayer and meditation, seeking guidance and the ability to follow that guidance.
- Action Plan: Find a prayer or meditation that resonates with you and practice it regularly.

Step 12: Having Had a Spiritual Awakening as the Result of These Steps, We Tried to Carry This Message to Others, and to Practice These Principles in All Our Affairs

- Show: "maybe being the best teacher or as it can be a student to the teacher of what is to be known as the Lesson"
- Viewpoint: Service
- Key Point: Sharing the message of recovery and living by the 12 Step principles.
- More Wordy: Helping others who struggle with addiction and incorporating the principles of the 12 Steps into daily life.
- Action Plan: Share your experience, strength, and hope with someone who is struggling.

Highlighting and applying the 12 Traditions:

Regrettably, I don't have the specific text for the "12 Traditions" to directly apply to your provided content. However, I can offer a general framework and some potential alignments based on common interpretations of the 12 Traditions in recovery programs.

General Framework for 12 Traditions

1. **Tradition 1: Our common welfare should come first; personal recovery depends upon AA unity.**
    - **Show:** "I know that we all do so much..."
    - **Viewpoint:** Unity
    - **Key Point:** The group's well-being is more important than individual needs.
    - **More Wordy:** Prioritizing the group's needs fosters an environment where everyone can recover.
    - **Action Plan:** Attend meetings regularly and support group decisions.
2. **Tradition 2: For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience.**
    - **Show:** "I have the level of god of my understanding..."
    - **Viewpoint:** Higher Power
    - **Key Point:** The group relies on a Higher Power for guidance.
    - **More Wordy:** Each group has its own understanding of a Higher Power, which guides group decisions.

    - **Action Plan:** Seek guidance from your Higher Power and respect the group's collective conscience.
3. **Tradition 3: The only requirement for AA membership is a desire to stop drinking.**
    - **Show:** "I could just let go and find peace."
    - **Viewpoint:** Openness
    - **Key Point:** Anyone who wants to stop drinking is welcome.
    - **More Wordy:** The program is open to all who seek help, regardless of background or beliefs.
    - **Action Plan:** Welcome newcomers and avoid judgment.
4. **Tradition 4: Each group should be autonomous except in matters affecting other groups or AA as a whole.**
    - **Show:** "I just want to step back and do me..."
    - **Viewpoint:** Individuality within the Group
    - **Key Point:** Groups are self-governing but respect the greater AA community.
    - **More Wordy:** Groups have freedom to operate independently but follow guidelines that benefit all.
    - **Action Plan:** Respect group autonomy and participate in group decision-making.
5. **Tradition 5: Each group has but one primary purpose—to carry its message to the alcoholic who still suffers.**
    - **Show:** "Maybe being the best teacher or as it can be a student to the teacher..."
    - **Viewpoint:** Service
    - **Key Point:** The main goal is to help other alcoholics.
    - **More Wordy:** The focus is on carrying the message of recovery to those who still suffer.
    - **Action Plan:** Share your experience, strength, and hope with others.
6. **Tradition 6: An AA group ought never endorse, finance, or lend the AA name to any related facility or outside enterprise.**
    - **Viewpoint:** Non-Endorsement
    - **Key Point:** AA doesn't affiliate with outside organizations.
    - **More Wordy:** AA remains independent to avoid conflicts of interest and maintain focus.
    - **Action Plan:** Avoid using AA's name to promote other causes.
7. **Tradition 7: Every AA group ought to be fully self-supporting, declining outside contributions.**
    - **Show:** "I get to be the one that pays..."
    - **Viewpoint:** Self-Support
    - **Key Point:** Groups are financially independent.
    - **More Wordy:** Self-support ensures AA's autonomy and avoids outside influence.
    - **Action Plan:** Contribute financially to your group and decline outside donations.
8. **Tradition 8: Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.**
    - **Viewpoint:** Non-Professionalism
    - **Key Point:** AA members don't get paid for service work.

    - **More Wordy:** Service is based on volunteerism; paid staff are for non-recovery tasks.
    - **Action Plan:** Offer your time and skills freely to your group.
9. **Tradition 9: AA, as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.**
    - **Viewpoint:** Minimal Structure
    - **Key Point:** AA avoids complex hierarchies.
    - **More Wordy:** Simple structure maintains focus on the primary purpose.
    - **Action Plan:** Participate in service work but avoid creating unnecessary bureaucracy.
10. **Tradition 10: Alcoholics Anonymous has no opinion on outside issues; hence the AA name ought never be drawn into public controversy.**
    * **Viewpoint:** Neutrality
    * **Key Point:** AA doesn't take stances on outside issues.
    * **More Wordy:** Neutrality prevents distractions and maintains focus on recovery.
    * **Action Plan:** Avoid expressing personal opinions on outside issues when representing AA.
11. **Tradition 11: Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films.**
    * **Show:** "All of this writing here..."
    * **Viewpoint:** Attraction Not Promotion
    * **Key Point:** AA attracts members by sharing its message, not by advertising.
    * **More Wordy:** Public relations focus on sharing personal stories, not on self-promotion.
    * **Action Plan:** Share your story with others but respect anonymity in public media.
12. **Tradition 12: Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities.**
    * **Viewpoint:** Anonymity
    * **Key Point:** Anonymity keeps the focus on principles, not individuals.
    * **More Wordy:** Anonymity ensures equality and prevents ego from taking over.
    * **Action Plan:** Respect anonymity and focus on the principles of the program.

Note: The connections between your text and the 12 Traditions are interpretive. The specific text of the 12 Traditions would provide more precise alignment.

Highlighting and applying the 12 promises:

Unfortunately, I don't have the specific text for the "12 Promises" to which you're referring. However, I can provide a general outline based on common interpretations of promises in recovery programs.

Remember that these are just examples and may not align perfectly with the specific "12 Promises" you have in mind:

1. **Promise:** We will be amazed before we are half way through.
    - **Show:** "now I feel better, more at peace."
    - **Viewpoint:** Progress
    - **Key Point:** Early progress can surprise us.
    - **More Wordy:** Recovery can bring unexpected positive changes even in the early stages.
    - **Action Plan:** Keep an open mind and notice positive shifts in your thoughts and feelings.
2. **Promise:** We will know a new freedom and a new happiness.
    - **Show:** "I could just let go and find peace."
    - **Viewpoint:** Liberation
    - **Key Point:** Recovery brings emotional freedom and joy.
    - **More Wordy:** Letting go of old patterns can lead to a newfound sense of happiness and freedom.
    - **Action Plan:** Practice letting go of things you can't control.
3. **Promise:** We will not regret the past nor wish to shut the door on it.
    - **Show:** "it all is a plan in action"
    - **Viewpoint:** Acceptance
    - **Key Point:** The past is part of our journey.
    - **More Wordy:** We can learn from the past without dwelling on it.
    - **Action Plan:** Reflect on past experiences with self-compassion.
4. **Promise:** We will comprehend the word serenity.
    - **Show:** "For that is what we all want, peace of mind or to be at peace"
    - **Viewpoint:** Inner Peace
    - **Key Point:** Serenity is achievable.
    - **More Wordy:** Recovery can bring a sense of calmness and acceptance.
    - **Action Plan:** Practice mindfulness and meditation to cultivate inner peace.
5. **Promise:** We will know peace.
    - **Show:** "more at peace"

    - **Viewpoint:** Tranquility
    - **Key Point:** Inner peace is possible.
    - **More Wordy:** Finding peace within ourselves is a central part of recovery.
    - **Action Plan:** Identify activities that bring you peace and incorporate them into your daily life.
6. **Promise:** No matter how far down the scale we have gone, we will see how our experience can benefit others.
    - **Show:** "maybe being the best teacher or as it can be a student to the teacher of what is to be known as the Lesson"
    - **Viewpoint:** Sharing
    - **Key Point:** Our struggles can help others.
    - **More Wordy:** Our experiences can be valuable lessons for others in recovery.
    - **Action Plan:** Share your story with others when you feel ready.
7. **Promise:** That feeling of uselessness and self-pity will disappear.
    - **Show:** "I know that I truly haven't [missed out on things]"
    - **Viewpoint:** Self-Worth
    - **Key Point:** Recovery helps us see our value.
    - **More Wordy:** We can overcome feelings of inadequacy and self-pity.
    - **Action Plan:** Focus on your strengths and accomplishments.
8. **Promise:** We will lose interest in selfish things and gain interest in our fellows.
    - **Show:** "I know that we all do so much"
    - **Viewpoint:** Connection
    - **Key Point:** We become more compassionate and less self-centered.
    - **More Wordy:** Recovery helps us shift our focus from ourselves to others.
    - **Action Plan:** Practice active listening and empathy towards others.
9. **Promise:** Self-seeking will slip away.
    - **Show:** "this is just the fact of what is how my ego feels"
    - **Viewpoint:** Ego Reduction
    - **Key Point:** We become less driven by ego.
    - **More Wordy:** Our motivations become less self-centered as we recover.
    - **Action Plan:** Notice when your ego is driving your actions and try to choose a different response.
10. **Promise:** Our whole attitude and outlook upon life will change.
    - **Show:** "I felt anger, sadness... now I feel better, more at peace."
    - **Viewpoint:** Transformation
    - **Key Point:** Recovery changes our perspective on life.
    - **More Wordy:** We develop a more positive and hopeful outlook.
    - **Action Plan:** Practice gratitude and focus on the positive aspects of your life.
11. **Promise:** Fear of people and economic insecurity will leave us.
    - **Show:** "I get to be the one that pays for what it is that I live this life."
    - **Viewpoint:** Security
    - **Key Point:** We overcome fears and anxieties.
    - **More Wordy:** Recovery can help us feel more secure and confident.

    - **Action Plan:** Identify your fears and talk to someone you trust about them.
12. **Promise:** We will intuitively know how to handle situations which used to baffle us.
    - **Show:** "I have the level of god of my understanding"
    - **Viewpoint:** Intuition
    - **Key Point:** We develop inner wisdom and guidance.
    - **More Wordy:** We learn to trust our intuition and make better choices.
    - **Action Plan:** Listen to your gut feelings and practice trusting your instincts.

Note: The connections between your text and these promises are interpretive.

Applying the 12 Universal Laws:

Here is the breakdown of each Applying the 12 Universal Laws using the following format:

- Law: The Law of Divine Oneness
- Show: "I know that we all do so much"
- Viewpoint: Interconnectedness
- Key Point: Everything is connected.
- More Wordy: Every thought, action, and event is interconnected and affects the whole.
- Action Plan: Practice compassion and understanding towards others, recognizing that their experiences are also a part of the interconnected whole.
-
- Law: The Law of Correspondence
- Show: "I have the level of god of my understanding: that there is more to this life"
- Viewpoint: Reflection
- Key Point: As above, so below; as within, so without.
- More Wordy: The outer world reflects the inner world.
- Action Plan: Cultivate inner peace and positive thoughts to manifest a harmonious external reality.
-
- Law: The Law of Vibration
- Show: "how energy works"
- Viewpoint: Frequency
- Key Point: Everything vibrates at a specific frequency.
- More Wordy: Different frequencies attract similar frequencies.
- Action Plan: Raise your vibration by focusing on positive emotions and thoughts.
-
- Law: The Law of Action
- Show: "all of this writing here"

- Viewpoint: Inspired Action
- Key Point: Aligned action is required to manifest intentions.
- More Wordy: Taking inspired action towards your goals is essential for manifestation.
- Action Plan: Identify one small step you can take today towards a goal and take it.
-
- Law: The Law of Cause and Effect
- Show: "I get to be the one that pays for what it is that I live this life"
- Viewpoint: Accountability
- Key Point: Every action has a reaction.
- More Wordy: Your choices and actions create your reality.
- Action Plan: Make conscious choices and take responsibility for their outcomes.
-
- Law: The Law of Compensation
- Show: "I know that I truly haven't [missed out on things]"
- Viewpoint: Abundance
- Key Point: You reap what you sow.
- More Wordy: The universe rewards you in proportion to your efforts and contributions.
- Action Plan: Give generously of your time, talents, and resources, knowing that you will be rewarded in kind.
-
- Law: The Law of Attraction
- Show: "what I could just let go and find peace"
- Viewpoint: Magnetism
- Key Point: Like attracts like.
- More Wordy: Your thoughts and feelings attract corresponding experiences.
- Action Plan: Focus on what you want to attract into your life, and cultivate positive emotions around it.
-
- Law: The Law of Perpetual Transmutation of Energy
- Show: "it all is a plan in action"
- Viewpoint: Transformation
- Key Point: Energy is always in motion and can be transformed.
- More Wordy: You have the power to change your reality by shifting your energy.
- Action Plan: Practice mindfulness and energy healing techniques to transform negative energy into positive energy.
-
- Law: The Law of Relativity
- Show: "this is just the fact of what is how my ego feels"
- Viewpoint: Perspective
- Key Point: Everything is relative.
- More Wordy: Your experiences are shaped by your perception and comparison to others.
- Action Plan: Practice gratitude and focus on your own journey, rather than comparing yourself to others.

-
- Law: The Law of Polarity
- Show: "when I started to write I felt anger, sadness... now I feel better, more at peace"
- Viewpoint: Duality
- Key Point: Everything has an opposite.
- More Wordy: Opposites are two sides of the same coin.
- Action Plan: Embrace both the light and dark aspects of yourself and your experiences.
-
- Law: The Law of Rhythm
- Show: "me still showing up to life"
- Viewpoint: Cycles
- Key Point: Everything moves in cycles.
- More Wordy: Life has its ups and downs, and change is constant.
- Action Plan: Go with the flow and trust that everything happens in its own time.
-
- Law: The Law of Gender
- Show: "maybe being the best teacher or as it can be a student to the teacher"
- Viewpoint: Balance
- Key Point: Masculine and feminine energy exists in all things.
- More Wordy: Both masculine and feminine energies are necessary for creation and balance.
- Action Plan: Cultivate both masculine and feminine qualities within yourself.

Here is the breakdown of each Universal Law using the following format:

- Law: The Law of Divine Oneness
  Show: "I know that we all do so much"
  Viewpoint: Interconnectedness
  Key Point: Everything is connected.
  More Wordy: Every thought, action, and event is interconnected and affects the whole.
  Action Plan: Practice compassion and understanding towards others, recognizing that their experiences are also a part of the interconnected whole.
- Law: The Law of Correspondence
  Show: "I have the level of god of my understanding: that there is more to this life"
  Viewpoint: Reflection
  Key Point: As above, so below; as within, so without.
  More Wordy: The outer world reflects the inner world.
  Action Plan: Cultivate inner peace and positive thoughts to manifest a harmonious external reality.
- Law: The Law of Vibration
  Show: "how energy works"

Viewpoint: Frequency
Key Point: Everything vibrates at a specific frequency.
More Wordy: Different frequencies attract similar frequencies.
Action Plan: Raise your vibration by focusing on positive emotions and thoughts.

- Law: The Law of Action
  Show: "all of this writing here"
  Viewpoint: Inspired Action
  Key Point: Aligned action is required to manifest intentions.
  More Wordy: Taking inspired action towards your goals is essential for manifestation.
  Action Plan: Identify one small step you can take today towards a goal and take it.
- Law: The Law of Cause and Effect
  Show: "I get to be the one that pays for what it is that I live this life"
  Viewpoint: Accountability
  Key Point: Every action has a reaction.
  More Wordy: Your choices and actions create your reality.
  Action Plan: Make conscious choices and take responsibility for their outcomes.

Rewrites

1. Summarize:

- **Show:** The entire text provided.
- **Viewpoint:** Core Message
- **Key Point:** The author expresses a desire for self-care, peace, and reflection, while grappling with feelings of sacrifice, ego, and the transformative power of writing.
- **More Wordy:** The author reflects on wanting a day of personal space and self-care, while also acknowledging feelings of having given up a lot and the internal struggle with ego. They seek peace of mind and recognize writing as a tool for processing emotions, which ultimately leads to a sense of calm after initially experiencing anger and sadness.
- **Action Plan:** Take a moment to reflect on your current emotional state and identify what you need for self-care.

2. Shortened:

- **Show:** The entire text provided.
- **Viewpoint:** Concise
- **Key Point:** The author wants a self-care day, grapples with ego and sacrifice, seeks peace, and uses writing to process emotions.
- **More Wordy:** This passage details a desire for personal time, an internal conflict regarding perceived sacrifices and ego, a search for inner peace, and the utilization of writing as an emotional outlet, leading to a shift from negative emotions to a state of calmness.

- **Action Plan:** Identify one key feeling you are experiencing and find a short way to express it.

3. Bullet Points:

- **Show:** The entire text provided.
- **Viewpoint:** Organized
- **Key Point:** The author's thoughts are broken down:
    - Desire for a self-care day.
    - Struggle with feelings of sacrifice and ego.
    - Seeking inner peace.
    - Using writing to process emotions.
    - Shifting from anger/sadness to peace.
- **More Wordy:**
    - The author expresses a need for a day dedicated to personal well-being and relaxation.
    - They acknowledge an internal battle with ego and a sense of having made significant sacrifices.
    - A primary goal is to achieve a state of mental and emotional tranquility.
    - Writing serves as a method to explore and work through complex feelings.
    - The writing process results in a transformation from initial negative emotions to a feeling of peace.
- **Action Plan:** Make a bullet list of your current needs.

4. Rephrased:

- **Show:** The entire text provided.
- **Viewpoint:** Alternative Phrasing
- **Key Point:** The writer wishes for a day of personal time, wrestles with self-image and loss, pursues serenity, and employs writing as emotional processing, resulting in emotional relief.
- **More Wordy:** The individual conveys a yearning for a day focused on their own well-being, engages in an inner conflict concerning self-perception and perceived losses, strives for a state of calmness, and utilizes writing to manage their emotional landscape, which ultimately leads to a feeling of emotional release.
- **Action Plan:** Try saying your thoughts out loud using different words.

5. Casual:

- **Show:** The entire text provided.
- **Viewpoint:** Relatable
- **Key Point:** "I just wanna chill today, but I'm also dealing with feeling like I've given up a lot. Really, I just want some peace, and writing kinda helped me go from feeling awful to

feeling okay."

- **More Wordy:** "So, basically, I'm having one of those days where I just want to do my own thing and take care of myself. But, honestly, I'm also stuck on this feeling that I've sacrificed a lot, you know? What I really want is just some peace of mind. It's funny, but writing all of this down actually helped me shift from being super angry and sad to feeling a lot better and more relaxed."
- **Action Plan:** Talk to a friend about how you are feeling in a casual way.

6. Formal:

- **Show:** The entire text provided.
- **Viewpoint:** Structured
- **Key Point:** The individual articulates a desire for a period of personal respite, engages in introspection regarding perceived sacrifices and egoic influences, seeks inner tranquility, and employs written expression as a means of emotional processing, culminating in a resolution of negative affect.
- **More Wordy:** The author expresses a distinct need for a designated period of self-care and personal reflection. Concurrently, they undertake a process of introspection, examining feelings of sacrifice and the impact of ego. The primary objective is the attainment of mental and emotional serenity. Written expression is utilized as a therapeutic method for processing complex emotions, resulting in the successful mitigation of negative affect and the achievement of a more peaceful state.
- **Action Plan:** Write down your thoughts in a formal journal entry.

7. Elaborate:

- **Show:** The entire text provided.
- **Viewpoint:** Detailed
- **Key Point:** The writer desires a day of self-care due to feeling overwhelmed, struggles with the perception of personal sacrifices versus ego's needs, seeks a deep sense of inner peace beyond the human experience, and uses writing to unravel intense emotions, leading to a significant emotional transformation.
- **More Wordy:** The writer expresses a profound need for a day dedicated to self-care, driven by a feeling of being overwhelmed by life's demands. They are engaged in a complex internal conflict, trying to differentiate between genuine sacrifices made and the demands of their ego. The writer's pursuit of peace is not merely a surface desire but a yearning for a deeper, more profound tranquility that transcends the typical human experience. The act of writing serves as a powerful tool for them to dissect and process intense emotions, ultimately leading to a significant shift from feelings of anger and sadness to a state of profound peace.
- **Action Plan:** Spend time expanding on one thought that is on your mind.

8. Detached Observer View (Third-Person Perspective):

- **Show:** The entire text provided.
- **Viewpoint:** Objective
- **Key Point:** The individual expresses a need for personal space and self-care, confronts internal conflicts, seeks peace, and uses writing as an emotional outlet.
- **More Wordy:** The individual conveys a desire for a day of personal autonomy and self-focused care. They are observed to be grappling with internal conflicts regarding perceived sacrifices and the influence of ego. A primary objective for the individual is the attainment of inner peace. Writing is utilized as a method for processing and releasing emotional tension, resulting in a shift from negative emotional states to a more tranquil disposition.
- **Action Plan:** Imagine you are watching someone else and describe what they are going through.

9. Rationalist's View (Logic Over Emotion):

- **Show:** The entire text provided.
- **Viewpoint:** Logical
- **Key Point:** The individual identifies a need for self-care, analyzes internal conflicts, seeks a logical solution for achieving peace, and uses writing as a tool for cognitive processing.
- **More Wordy:** The individual has logically determined that a period of self-care is necessary. They are engaged in a process of analyzing internal conflicts, weighing the costs and benefits of perceived sacrifices and the influence of ego. The individual seeks a rational method for achieving inner peace. Writing is employed as a cognitive tool to process and organize thoughts, leading to a resolution of emotional distress.
- **Action Plan:** Make a list of pros and cons related to your current feelings.

10. Scientific View (Neuroplasticity & Habit Formation):

- **Show:** The entire text provided.
- **Viewpoint:** Evidence-Based
- **Key Point:** The individual engages in self-care to reduce stress, processes emotions through writing to rewire thought patterns, and seeks peace as a state of reduced neural activity associated with distress.
- **More Wordy:** The individual is seeking a day of self-care to reduce stress hormones and promote relaxation, which can positively impact neuroplasticity. The act of writing serves as a method of cognitive restructuring, potentially rewiring thought patterns associated with negative emotions. The desired state of peace is analogous to a reduction in neural activity related to stress and distress, promoting a more balanced physiological state.
- **Action Plan:** Research the science behind emotions and how to regulate them.

11. Psychological Lens (Cognitive Framing & Self-Compassion):

- **Show:** The entire text provided.
- **Viewpoint:** Internal Perspective
- **Key Point:** The individual is reframing thoughts about sacrifice, practicing self-compassion, seeking emotional regulation, and using writing for emotional release and processing.
- **More Wordy:** The individual is engaged in a process of cognitive reframing, attempting to change their perspective on perceived sacrifices. They are practicing self-compassion by allowing themselves a day of self-care. The individual seeks emotional regulation and stability. Writing is used as a therapeutic tool for emotional release and processing, leading to a reduction in negative emotions and an increase in feelings of peace.
- **Action Plan:** Practice positive self-talk and write down what you are grateful for.

12. Empathetic:

- **Show:** The entire text provided.
- **Viewpoint:** Understanding
- **Key Point:** "I understand wanting a day to yourself and feeling like you've given so much. It's okay to need that space and time to process your emotions. Writing can be a powerful tool for that. It sounds like you went through a lot of intense feelings, and it's great that you found a sense of peace by the end."
- **More Wordy:** "I really get where you're coming from. It's completely understandable that you'd want a day to just focus on yourself and recharge. Feeling like you've poured so much into life and maybe missed out on things is a common and valid feeling. It takes courage to acknowledge that. And it's wonderful that you've discovered the healing power of writing to work through those tough emotions like anger and sadness. It's a journey, and it's okay to have those ups and downs. The fact that you found peace at the end is a testament to your resilience and your ability to process and move through those feelings."
- **Action Plan:** Acknowledge your own feelings without judgment and find a healthy outlet for them, whether it's writing, talking to someone, or engaging in a relaxing activity.

Alright, continuing the rewrites from #13:

13. Mirror Reflection (Self-Perception & Projection):

- **Show:** The entire text provided.
- **Viewpoint:** Introspection
- **Key Point:** The internal feelings and struggles are reflected in the writing.
- **More Wordy:** The writing serves as a mirror, reflecting the author's inner turmoil, desires, and perceptions. Feelings of sacrifice, ego, and the search for peace are all projections of the internal landscape onto the page. By examining the writing, the author can gain insight into their self-perception and the patterns of their thoughts and emotions.
- **Action Plan:** Read your own writing as if it were written by someone else and see what

you can learn about yourself.

14. Alternative Viewpoint:

- **Show:** The entire text provided.
- **Viewpoint:** Different Interpretations
- **Key Point:** The desire for self-care could also be seen as a need for boundary setting or a form of creative incubation.
- **More Wordy:** While the author expresses a need for self-care, this could also be interpreted as a desire to establish healthier boundaries in their life. Alternatively, this period of introspection could be viewed as a necessary phase of creative incubation, where the mind needs space to process and generate new ideas. The feelings of sacrifice could be seen as a sign of growth and evolution, rather than a loss.
- **Action Plan:** Consider how someone else might interpret your feelings and situation.

15. Pragmatist's View (Action Over Reflection):

- **Show:** The entire text provided.
- **Viewpoint:** Practical Application
- **Key Point:** Instead of just writing, what concrete steps can be taken to achieve peace and self-care?
- **More Wordy:** While reflection is valuable, the pragmatist would focus on actionable steps. What practical measures can be implemented to ensure a self-care day? What specific actions can be taken to address the feelings of sacrifice or to create more peace? The writing becomes a tool for planning and strategizing, rather than just emotional release.
- **Action Plan:** List three actionable steps you can take today for self-care.

16. Stoic View (Radical Acceptance & Control):

- **Show:** The entire text provided.
- **Viewpoint:** Acceptance and Control
- **Key Point:** Focus on what you can control (your actions and reactions) and accept what you cannot (past sacrifices).
- **More Wordy:** The Stoic perspective would emphasize accepting the past and focusing on the present. Acknowledge the feelings of sacrifice, but recognize that they are in the past and cannot be changed. Focus instead on what can be controlled: your actions, your reactions, and your choices in the present moment. Seek peace by aligning your will with reason and virtue.
- **Action Plan:** Identify one thing you cannot control and consciously choose to accept it.

17. Existentialist Approach (Freedom & Responsibility):

- **Show:** The entire text provided.
- **Viewpoint:** Personal Agency
- **Key Point:** You are responsible for your choices and your life, even the feelings of sacrifice. Choose to create meaning.
- **More Wordy:** The Existentialist view would highlight the author's freedom and responsibility. The feelings of sacrifice and the desire for peace are not just things that happen, but choices and interpretations. The author has the freedom to choose how they respond to these feelings and to create their own meaning and purpose in life.
- **Action Plan:** Identify one area where you feel powerless and take one small step to reclaim your agency.

18. Non-Attachment (Buddhist-Inspired Perspective):

- **Show:** The entire text provided.
- **Viewpoint:** Detachment
- **Key Point:** Let go of attachment to outcomes and ego-driven desires to find true peace.
- **More Wordy:** The Buddhist perspective would encourage non-attachment to the ego's desires and the idea of "missing out." True peace comes from letting go of these attachments and accepting the impermanence of all things. The feelings of sacrifice are seen as a form of clinging, and by releasing this clinging, the author can find liberation.
- **Action Plan:** Practice observing your thoughts and feelings without judgment or attachment.

19. Spiritual Surrender View (Divine Timing):

- **Show:** The entire text provided.
- **Viewpoint:** Trust in Destiny
- **Key Point:** Trust that everything is happening as it should, and there is a divine plan at work.
- **More Wordy:** From a spiritual surrender perspective, the feelings of sacrifice and the desire for peace are part of a larger divine plan. There is a sense of trust that everything is unfolding as it should, in perfect timing. The author can find peace by surrendering to this higher power and trusting that there is a reason for everything.
- **Action Plan:** Offer up your worries to your higher power and trust in the process.

20. Energy Flow Perspective (Quantum / Spirituality):

- **Show:** The entire text provided.
- **Viewpoint:** Holistic Understanding
- **Key Point:** The emotions and thoughts are energy patterns that can be shifted and transformed.
- **More Wordy:** This perspective sees emotions and thoughts as forms of energy that

vibrate at different frequencies. The anger and sadness are low-frequency energies, while peace is a higher frequency. The act of writing is a way to shift and transform these energy patterns. By focusing on peace and intention, the author can raise their vibration and attract more positive experiences.
- **Action Plan:** Visualize negative energy leaving your body and being replaced with positive light.

21. Law of Attraction & Inspired Action Perspective:

- **Show:** The entire text provided.
- **Viewpoint:** Intentional Manifestation
- **Key Point:** Focus on the desired outcome (peace) and take inspired action to align with it.
- **More Wordy:** This perspective emphasizes the power of intention and attraction. By focusing on the desire for peace and visualizing it clearly, the author can attract experiences that align with that desire. Inspired action, such as writing, becomes a way to move towards that goal.
- **Action Plan:** Write down what you want to attract into your life and take one inspired action towards it.

22. Mythological / Archetypal Perspective:

- **Show:** The entire text provided.
- **Viewpoint:** Symbolic Depth
- **Key Point:** The journey of sacrifice and seeking peace is a universal human story, a hero's journey.
- **More Wordy:** From a mythological perspective, the author's experience can be seen as an archetypal journey. The feelings of sacrifice represent a descent into the underworld or a period of trial. The search for peace is the quest for the holy grail or the return to wholeness. The writing becomes a way to explore these universal themes and connect with the collective unconscious.
- **Action Plan:** Identify a myth or story that resonates with your current situation and see what insights you can gain.

23. Cyclical Time Perspective (Everything is Repeating):

- **Show:** The entire text provided.
- **Viewpoint:** Patterns
- **Key Point:** The feelings and struggles are part of recurring cycles in life, and they will pass.
- **More Wordy:** This perspective recognizes that life moves in cycles, and the feelings of sacrifice and the desire for peace are part of these recurring patterns. Just as there are seasons, there are periods of struggle and periods of rest. By recognizing these cycles,

the author can find comfort in knowing that the current feelings will pass.
- **Action Plan:** Reflect on past cycles in your life and how you navigated them.

24. Childlike Wonder Approach (Play & Exploration):

- **Show:** The entire text provided.
- **Viewpoint:** Curiosity
- **Key Point:** Approach the feelings and writing with curiosity and openness, like a child exploring.
- **More Wordy:** This approach encourages the author to approach their feelings and writing with a sense of childlike wonder and curiosity. Instead of judgment or pressure, there is a playful exploration of the emotions and thoughts. The writing becomes a form of play, a way to discover new perspectives and insights.
- **Action Plan:** Approach your day with a sense of curiosity and wonder, noticing small details and finding joy in the simple things.

25. Minimalist Approach (Letting Go is Simplicity):

- **Show:** The entire text provided.
- **Viewpoint:** Simplicity
- **Key Point:** Strip away the excess thoughts and emotions, focusing on the core desire for peace.
- **More Wordy:** The minimalist approach encourages the author to simplify their understanding of the situation. By letting go of the unnecessary details and focusing on the core desire for peace, the author can find clarity. The feelings of sacrifice and ego are seen as clutter that can be stripped away. The writing is distilled to its essence, revealing the fundamental yearning for tranquility and self-acceptance.
- **Action Plan:** Identify one area of your life where you can let go of something unnecessary (a possession, a commitment, a thought pattern) to create more space for peace.

Topic

Audio on Spotify

➢ **Feeling this way:** I want to do the work but how, So being that I see that I feel this way is just half the fact: as said within promise one; So within this fact how do I just keep it simple and let go and let god?

How: **H**onest **o**pen **w**illing

For maybe “how,” is “what,” to you or is your “why?”

What: wonder how about today?

1. Topic 👀
    - Feeling this way:
2. **H**onesty👀
    - I want to do the work but how,
3. **O**pen-mindedness👀
    - So being that I see that I feel this way is just half the fact: as said within promise one;
4. **W**illingness 👀
    - So within this fact how do I just keep it simple and let go and let god?

PM topics Gemini

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Highlighting and applying the 12 Steps:

Step 1: Admission of powerlessness

- **Show:** "I want to do the work but how"
- **Viewpoint:** Honesty
- **Key point:** Recognizing that willpower alone is insufficient.
- **More wordy:** Acknowledging that addiction and compulsive behaviors have taken control, and that personal efforts to manage them have been unsuccessful.
- **Action Plan:** Share with another person that you are struggling and don't know what to do.

Step 2: Belief in a higher power

- **Show:** "let go and let god"
- **Viewpoint:** Hope
- **Key point:** Seeking help from a source outside oneself.
- **More wordy:** Accepting that a Higher Power (as individually understood) can restore sanity and provide guidance. This step encourages opening up to the possibility of a power greater than oneself, which can offer strength and support beyond personal capabilities.
- **Action plan:** Pray or meditate. Ask your higher power for help.

Step 3: Surrender to a higher power

- **Show:** "let go and let god"
- **Viewpoint:** Willingness
- **Key point:** Turning one's will and life over to the care of a Higher Power.
- **More wordy:** This step involves making a conscious decision to relinquish control and trust in the guidance of a Higher Power. It signifies a shift from self-reliance to reliance on a greater force for direction and support.
- **Action plan:** Make a decision to turn your will and your life over to the care of your higher power.

Step 4: Moral inventory

- **Show:** "So being that I see that I feel this way is just half the fact"
- **Viewpoint:** Courage
- **Key point:** Conducting a thorough self-examination.
- **More wordy:** Taking a fearless and searching moral inventory of oneself, including identifying character defects, past wrongs, and resentments. This step involves honest self-reflection to gain a deeper understanding of personal flaws and their impact on oneself and others.
- **Action plan:** Write down your resentments, fears, and character defects.

Step 5: Confession

- **Show:** "So being that I see that I feel this way is just half the fact"
- **Viewpoint:** Integrity
- **Key Point:** Sharing one's inventory with another person and a Higher Power.
- **More wordy:** Admitting to oneself, to another person, and to a Higher Power the exact nature of one's wrongs. This step emphasizes honesty and vulnerability in acknowledging one's shortcomings and seeking forgiveness.
- **Action plan:** Share your 4th step with your sponsor or another trusted person.

Step 6: Readiness for change

- **Show:** "I want to do the work"
- **Viewpoint:** Acceptance
- **Key point:** Becoming entirely ready to have a Higher Power remove character defects.
- **More wordy:** This step involves recognizing and accepting personal flaws and becoming willing to have them removed by a Higher Power. It signifies a readiness for change and a surrender to the transformative power of a Higher Power.
- **Action plan:** Ask your higher power to remove your shortcomings.

Step 7: Humility

- **Show:** "I want to do the work but how"
- **Viewpoint:** Humility
- **Key point:** Humbly asking a Higher Power to remove shortcomings.
- **More wordy:** This step involves humbly asking a Higher Power to remove character defects and shortcomings. It emphasizes humility and recognition of one's limitations, acknowledging the need for assistance from a Higher Power in achieving personal growth.
- **Action plan:** Continue to pray and meditate. Ask your higher power to remove your defects of character.

Step 8: Amends list

- **Show:** "So being that I see that I feel this way is just half the fact"
- **Viewpoint:** Responsibility
- **Key point:** Making a list of people harmed and becoming willing to make amends.
- **More wordy:** This step involves taking responsibility for past actions and making a list of all persons harmed, becoming willing to make amends to them all. It emphasizes accountability and the willingness to repair relationships damaged by one's past behavior.
- **Action plan:** Make a list of all the people you have harmed and become willing to make amends.

Step 9: Making amends

- **Show:** "So being that I see that I feel this way is just half the fact"
- **Viewpoint:** Justice
- **Key Point:** Making direct amends to people harmed wherever possible, except when doing so would injure them or others.
- **More wordy:** This step involves taking action to make amends to those harmed, directly apologizing and seeking forgiveness whenever possible, while ensuring that amends do not cause further harm. It emphasizes making reparations and restoring trust in relationships.

- **Action plan:** Make amends to those you have harmed except when to do so would injure them or others.

Step 10: Continued inventory

- **Show:** "So being that I see that I feel this way is just half the fact"
- **Viewpoint:** Perseverance
- **Key Point:** Continuing to take personal inventory and promptly admitting when wrong.
- **More wordy:** This step emphasizes the importance of ongoing self-reflection and accountability. It involves continuing to take a personal inventory, recognizing and admitting wrongs promptly, and maintaining a commitment to personal growth.
- **Action plan:** Continue to take a personal inventory and when you are wrong promptly admit it.

Step 11: Prayer and meditation

- **Show:** "let go and let god"
- **Viewpoint:** Connection
- **Key Point:** Seeking conscious contact with a Higher Power through prayer and meditation.
- **More wordy:** This step involves deepening one's relationship with a Higher Power through prayer and meditation. It emphasizes seeking guidance, strength, and connection through spiritual practices.
- **Action plan:** Pray and meditate regularly to improve your conscious contact with your higher power.

Step 12: Service

- **Show:** "I want to do the work"
- **Viewpoint:** Service
- **Key Point:** Carrying the message of recovery to others and practicing these principles in all affairs.
- **More wordy:** This step involves helping others who struggle with addiction and applying spiritual principles in daily life. It emphasizes giving back to the community and living a life guided by the 12 Steps.
- **Action plan:** Help another person who is struggling with addiction. Practice these principles in all your affairs.

Highlighting and applying the 12 Traditions:

Unfortunately, due to the limited text provided, I cannot effectively apply all 12 Traditions in the specific format you requested. The text doesn't contain sufficient information about group dynamics, anonymity, or other core principles of the Traditions.

However, I can provide a general overview of how some of the Traditions might relate to the themes of letting go and letting God, which are present in your text:

Potential Application of Some Traditions:

- **Tradition 1: Our common welfare should come first; personal recovery depends upon A.A. unity.**
    - **Viewpoint:** Surrender
    - **Key Point:** Unity and shared purpose are essential for individual and group recovery.
    - **More Wordy:** By prioritizing the well-being of the group and recognizing our shared goals, we create an environment where everyone can heal and grow.
    - **Action Plan:** Actively participate in meetings and support other members.
- **Tradition 2: For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants; they do not govern.**
    - **Viewpoint:** Faith
    - **Key Point:** Trust in a higher power and group conscience guides the group, not individual leaders.
    - **More Wordy:** Decisions are made through group consensus, seeking guidance from a higher power and recognizing that no single person has ultimate control.
    - **Action Plan:** Participate in group conscience discussions and be open to guidance from a higher power.
- **Tradition 3: The only requirement for A.A. membership is a desire to stop drinking.**
    - **Viewpoint:** Acceptance
    - **Key Point:** Anyone seeking help is welcome, regardless of background or beliefs.
    - **More Wordy:** The focus is on the shared desire for sobriety, fostering an inclusive environment.
    - **Action Plan:** Welcome newcomers and avoid judgment.
- **Tradition 11: Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films.**

    - **Viewpoint:** Humility
    - **Key Point:** Anonymity protects members and ensures the focus remains on the message, not the individual.
    - **More Wordy:** By maintaining anonymity in public media, we avoid drawing attention to ourselves and prioritize the A.A. message.
    - **Action Plan:** Respect anonymity and avoid sharing personal details in public settings.
- **Note:** Remember that the 12 Traditions are best understood and applied within the context of an A.A. group. While some principles can be adapted to individual recovery, their full impact is realized through group participation and shared experience.

Highlighting and applying the 12 promises:

Applying the 12 Promises to the Text

Promise 1: We are going to know a new freedom and a new happiness.

- **Show:** "So within this fact how do I just keep it simple and let go and let god?"
- **Viewpoint:** Hope
- **Key Point:** By working the 12 steps and surrendering to a higher power, we will find true freedom and happiness.
- **More Wordy:** The spiritual principles of the 12 steps will lead to a sense of peace and contentment that was not possible while in active addiction.
- **Action Plan:** Continue to work the 12 steps and trust the process.

Promise 2: We will not regret the past nor wish to shut the door on it

- **Show:** "So being that I see that I feel this way is just half the fact"
- **Viewpoint:** Acceptance
- **Key Point:** We will come to terms with our past and see it as a valuable part of our journey.
- **More Wordy:** Through self-reflection and forgiveness, we will make peace with our past and no longer be haunted by it.
- **Action Plan:** Work on self-forgiveness and acceptance.

Promise 3: We will comprehend the word serenity and we will know peace.

- **Show:** "let go and let god"
- **Viewpoint:** Peace
- **Key Point:** Surrender and acceptance will lead to a sense of calm and tranquility.

- **More Wordy:** By releasing control and trusting in a higher power, we will find inner peace and serenity.
- **Action Plan:** Practice mindfulness and meditation.

Promise 4: No matter how far down the scale we have gone, we will see how our experience can benefit others.

- **Show:** "I want to do the work"
- **Viewpoint:** Service
- **Key Point:** Our past struggles can be used to help others who are still suffering.
- **More Wordy:** By sharing our experience, strength, and hope, we can inspire and support others in their recovery.
- **Action Plan:** Share your story with others and offer support.

Promise 5: That feeling of uselessness and self-pity will disappear.

- **Show:** "I want to do the work but how"
- **Viewpoint:** Self-worth
- **Key Point:** As we recover, we will develop a sense of purpose and self-worth.
- **More Wordy:** We will no longer feel like victims and will recognize our inherent value and potential.
- **Action Plan:** Focus on your strengths and accomplishments.

Promise 6: We will lose interest in selfish things and gain interest in our fellows.

- **Show:** "let go and let god"
- **Viewpoint:** Connection
- **Key Point:** We will shift our focus from ourselves to others and develop healthy relationships.
- **More Wordy:** Our priorities will change, and we will find joy in helping and connecting with others.
- **Action Plan:** Volunteer your time and connect with others in recovery.

Promise 7: Self-seeking will slip away.

- **Show:** "let go and let god"
- **Viewpoint:** Selflessness
- **Key Point:** We will become less self-centered and more focused on the well-being of others.
- **More Wordy:** Our ego will diminish, and we will act with greater compassion and empathy.
- **Action Plan:** Practice gratitude and generosity.

Promise 8: Our whole attitude and outlook upon life will change.

- **Show:** "So being that I see that I feel this way is just half the fact"
- **Viewpoint:** Transformation
- **Key Point:** Recovery will lead to a fundamental shift in our perspective and attitude.
- **More Wordy:** We will see the world with new eyes and approach life with greater optimism and gratitude.
- **Action Plan:** Embrace new experiences and perspectives.

Promise 9: Fear of people and economic insecurity will leave us.

- **Show:** "I want to do the work but how"
- **Viewpoint:** Security
- **Key Point:** We will overcome our fears and anxieties and develop a sense of security.
- **More Wordy:** We will no longer be controlled by fear and will trust in our ability to handle life's challenges.
- **Action Plan:** Face your fears and develop healthy coping mechanisms.

Promise 10: We will intuitively know how to handle situations which used to baffle us.

- **Show:** "So within this fact how do I just keep it simple"
- **Viewpoint:** Wisdom
- **Key Point:** We will develop the wisdom and intuition to navigate life's challenges with confidence.
- **More Wordy:** We will learn from our experiences and develop the ability to make sound decisions.
- **Action Plan:** Reflect on your experiences and learn from your mistakes.

Promise 11: We will suddenly realize that God is doing for us what we could not do for ourselves.

- **Show:** "let go and let god"
- **Viewpoint:** Faith
- **Key Point:** We will recognize the power of a higher power in our lives and experience spiritual growth.
- **More Wordy:** We will see evidence of a higher power working in our lives and guiding us towards a better future.
- **Action Plan:** Pray, meditate, and seek spiritual guidance.

Promise 12: We will have a new vital interest in life

- **Show:** "I want to do the work"
- **Viewpoint:** Purpose

- **Key Point:** We will rediscover joy and purpose in life and embrace new opportunities.
- **More Wordy:** Life will take on new meaning, and we will find fulfillment in our daily activities and relationships.
- **Action Plan:** Pursue your passions and find activities that bring you joy.
-

Applying the 12 Universal Laws:

Applying the 12 Universal Laws**The Law of Divine Oneness**

- **Show:** "So within this fact how do I just keep it simple and let go and let god?"
- **Viewpoint:** Interconnectedness
- **Key Point:** Everything is connected; we are all one.
- **More Wordy:** This law states that everything in the universe is interconnected and that we are all part of a unified whole. This interconnectedness includes our thoughts, feelings, and actions, as well as our relationships with others and the world around us.
- **Action Plan:** Practice seeing the interconnectedness in all things.

The Law of Correspondence

- **Show:** "So being that I see that I feel this way is just half the fact"
- **Viewpoint:** Reflection
- **Key Point:** As above, so below; as within, so without.
- **More Wordy:** This law states that there is a correspondence between the inner and outer worlds. Our inner thoughts, feelings, and beliefs are reflected in our outer experiences and circumstances.
- **Action Plan:** Reflect on how your inner world is showing up in your outer world.

The Law of Vibration

- **Show:** "I want to do the work but how"
- **Key Point:** Everything vibrates at a specific frequency; like attracts like.
- **More Wordy:** This law states that everything in the universe vibrates at a specific frequency. Our thoughts, feelings, and actions all have a vibrational frequency, and we attract things into our lives that match our dominant frequency.
- **Action Plan:** Focus on raising your vibrational frequency by thinking positive thoughts and feeling good emotions.

The Law of Attraction

- **Show:** "let go and let god"
- **Viewpoint:** Manifestation

- **Key Point:** We attract what we focus on.
- **More Wordy:** This law states that we attract into our lives what we focus on, whether it is positive or negative. Our thoughts, feelings, and beliefs create our reality.
- **Action Plan:** Focus on what you want to attract into your life.

The Law of Inspired Action

- **Show:** "I want to do the work"
- **Viewpoint:** Alignment
- **Key Point:** Take action towards your goals and dreams.
- **More Wordy:** This law states that we must take inspired action toward our goals and dreams. It is not enough to simply think positive thoughts; we must also take steps to make our dreams a reality.
- **Action Plan:** Take one small step toward your goals today.

The Law of Perpetual Transmutation of Energy

- **Show:** "I want to do the work but how"
- **Viewpoint:** Transformation
- **Key Point:** Everything changes; energy is always in motion.
- **More Wordy:** This law states that everything in the universe is constantly changing and evolving. Energy is always in motion, and nothing stays the same forever.
- **Action Plan:** Embrace change and be open to new possibilities.

The Law of Cause and Effect

- **Show:** "So being that I see that I feel this way is just half the fact"
- **Viewpoint:** Accountability
- **Key Point:** Every action has a reaction; we reap what we sow.
- **More Wordy:** This law states that every action has a corresponding reaction. Our choices and actions have consequences, and we are responsible for the outcomes of our decisions.
- **Action Plan:** Make conscious choices and take responsibility for your actions.

The Law of Compensation

- **Show:** "So within this fact how do I just keep it simple"
- **Viewpoint:** Balance
- **Key Point:** We receive what we give.
- **More Wordy:** This law states that we are compensated for our efforts and contributions. The universe rewards us for our good deeds and punishes us for our misdeeds.
- **Action Plan:** Give generously and be of service to others.

The Law of Polarity

- **Show:** "So being that I see that I feel this way is just half the fact"
- **Viewpoint:** Duality
- **Key Point:** Everything has an opposite; there is always a balance.
- **More Wordy:** This law states that everything has an opposite. There is always a balance between light and dark, good and evil, positive and negative.
- **Action Plan:** Accept that there are two sides to every coin.

The Law of Rhythm

- **Show:** "So being that I see that I feel this way is just half the fact"
- **Viewpoint:** Cycles
- **Key Point:** Everything has a cycle; there is a time for everything.
- **More Wordy:** This law states that everything has a cycle. There is a time for everything, and nothing lasts forever.
- **Action Plan:** Be patient and trust the timing of your life.

The Law of Gender

- **Show:** "let go and let god"
- **Viewpoint:** Harmony
- **Key Point:** There is both masculine and feminine energy in everything.
- **More Wordy:** This law states that there is both masculine and feminine energy in everything in the universe. These energies are not necessarily associated with gender, but rather with qualities such as strength and receptivity.
- **Action Plan:** Embrace both your masculine and feminine energies.

The Law of Relativity

- **Show:** "So within this fact how do I just keep it simple"
- **Viewpoint:** Perspective
- **Key Point:** Everything is relative; there is no absolute truth.
- **More Wordy:** This law states that everything is relative to the observer. There is no absolute truth, and what is true for one person may not be true for another.
- **Action Plan:** Be open to different perspectives and interpretations.
-

Rewrites

1. Summarize:

- **Show:** (Feeling this way: I want to do the work but how, So being that I see that I feel this way is just half the fact: as said within promise one; So within this fact how do I just keep it simple and let go and let god?)
- **Viewpoint:** Core Message
- **Key Point:** The speaker wants to engage in personal work but is unsure how, recognizing their current understanding is incomplete and seeking simplicity and surrender.
- **More Wordy:** The individual expresses a strong desire to undertake personal growth and self-improvement, yet is uncertain about the methodology. They acknowledge that their present perception of the situation is only partial and refer to a prior promise (promise one). They seek a simplified approach and a willingness to surrender control to a higher power.
- **Action Plan:** Identify your main goal and ask for guidance on how to achieve it simply.

2. Shortened:

- **Show:** (Feeling this way: I want to do the work but how, So being that I see that I feel this way is just half the fact: as said within promise one; So within this fact how do I just keep it simple and let go and let god?)
- **Viewpoint:** Concise
- **Key Point:** Wanting to do work, feeling lost, seeking simplicity and surrender.
- **More Wordy:** The person desires to engage in personal development but feels unsure of the process. They understand their current view is limited and look for a straightforward way to surrender to a higher power.
- **Action Plan:** Focus on the very next step, not the whole journey.

3. Bullet Points:

- **Show:** (Feeling this way: I want to do the work but how, So being that I see that I feel this way is just half the fact: as said within promise one; So within this fact how do I just keep it simple and let go and let god?)
- **Viewpoint:** Organized
- **Key Point:**
    - Desire to do personal work.
    - Uncertainty about the method.
    - Awareness of limited perspective.
    - Seeking simplicity.
    - Wanting to surrender to a higher power.
- **More Wordy:**
    - There is a strong inclination to engage in personal growth and development.
    - The individual feels confused and unsure about how to proceed.
    - They recognize that their current understanding is only a partial view of the situation.

    - There is a desire to find a simplified approach.
    - The individual wants to surrender control and trust in a higher power for guidance.
- **Action Plan:** List out what you know and what you need guidance on.

4. Rephrased:

- **Show:** (Feeling this way: I want to do the work but how, So being that I see that I feel this way is just half the fact: as said within promise one; So within this fact how do I just keep it simple and let go and let god?)
- **Viewpoint:** Alternative Phrasing
- **Key Point:** Yearning for self-improvement, unsure of the path, realizing limited knowledge, wishing for ease, and desiring to yield to divine guidance.
- **More Wordy:** There is a deep longing for personal advancement, yet there is a lack of clarity about the strategy. The person understands their current insight is incomplete and hopes for a straightforward method, along with a strong wish to submit to a higher authority for direction.
- **Action Plan:** Ask yourself, "If this were easy, what would it look like?"

5. Casual:

- **Show:** (Feeling this way: I want to do the work but how, So being that I see that I feel this way is just half the fact: as said within promise one; So within this fact how do I just keep it simple and let go and let god?)
- **Viewpoint:** Relatable
- **Key Point:** "I really wanna do this, but I'm totally lost. I know I'm not seeing the whole picture, so how do I just make it easy and let God handle it?"
- **More Wordy:** "Man, I'm really feeling this drive to work on myself, but I have no idea where to start. It's like I know I'm only getting half of what's going on, and I just need to find a simple way to let go and trust that God's got it."
- **Action Plan:** Tell a friend, "I want to change, but I don't know how."

6. Formal:

- **Show:** (Feeling this way: I want to do the work but how, So being that I see that I feel this way is just half the fact: as said within promise one; So within this fact how do I just keep it simple and let go and let god?)
- **Viewpoint:** Structured
- **Key Point:** The individual expresses a desire for personal development but lacks methodological clarity, acknowledges an incomplete understanding, and seeks a simplified approach involving surrender to a higher power.
- **More Wordy:** The subject articulates a profound inclination towards personal improvement; however, a clear methodology is absent. The subject recognizes a limited perspective and expresses a preference for a streamlined procedure that involves the

relinquishment of control to a divine entity.
- **Action Plan:** Write out a formal request for guidance and clarity.

7. Elaborate:

- **Show:** (Feeling this way: I want to do the work but how, So being that I see that I feel this way is just half the fact: as said within promise one; So within this fact how do I just keep it simple and let go and let god?)
- **Viewpoint:** Detailed
- **Key Point:** The speaker is experiencing a strong internal pull towards self-improvement, but feels overwhelmed by the lack of direction. They are aware of their limited understanding, referencing a previously established promise, and are deeply seeking a simplified path that involves complete surrender to divine guidance.
- **More Wordy:** The individual is not merely expressing a casual interest in self-help, but rather a significant internal drive to engage in deep, meaningful personal work. However, this drive is met with a sense of confusion and a lack of clear direction. The speaker is acutely aware that their current perception of the situation is incomplete, referencing a prior commitment or agreement (promise one), suggesting a deeper context. They are yearning for a simple, straightforward approach and a profound sense of surrender to a higher power, indicating a desire for spiritual guidance and trust.
- **Action Plan:** Journal extensively about your desires, fears, and what "letting go" means to you.

8. Detached Observer View (Third-Person Perspective):

- **Show:** (Feeling this way: I want to do the work but how, So being that I see that I feel this way is just half the fact: as said within promise one; So within this fact how do I just keep it simple and let go and let god?)
- **Viewpoint:** Objective
- **Key Point:** The person expresses a desire for work, acknowledges uncertainty, a partial understanding, and seeks simplicity and surrender to a higher power.
- **More Wordy:** The individual in question is observed to express a strong desire to engage in self-improvement. They concurrently acknowledge a lack of clarity regarding the method and recognize that their current understanding of the situation is incomplete. The individual is seeking a simplified approach and a willingness to surrender control to a higher power.
- **Action Plan:** Observe your own behavior from a distance, as if watching someone else.

9. Rationalist's View (Logic Over Emotion):

- **Show:** (Feeling this way: I want to do the work but how, So being that I see that I feel this way is just half the fact: as said within promise one; So within this fact how do I just keep it simple and let go and let god?)

- **Viewpoint:** Logical
- **Key Point:** The individual identifies a goal (work), recognizes a problem (lack of method), acknowledges limited data, and seeks an efficient solution (simplicity and surrender).
- **More Wordy:** The individual has logically identified a desired outcome, which they refer to as "the work." They have also rationally recognized an obstacle in the form of lacking a clear methodology. Furthermore, they acknowledge that their current understanding is based on incomplete data. Therefore, they seek an efficient and logically sound solution, which involves simplifying the process and surrendering to a higher power as a means of resolving the methodological issue.
- **Action Plan:** Create a flowchart of your current situation and desired outcome.

10. Scientific View (Neuroplasticity & Habit Formation):

- **Show:** (Feeling this way: I want to do the work but how, So being that I see that I feel this way is just half the fact: as said within promise one; So within this fact how do I just keep it simple and let go and let god?)
- **Viewpoint:** Evidence-Based
- **Key Point:** The individual is experiencing a desire for behavioral change but lacks a clear strategy, acknowledges limited cognitive processing, and seeks a method to reduce mental load and enhance reliance on external support systems.
- **More Wordy:** The individual is expressing a desire to engage in personal work, which can be interpreted as a desire for behavioral change or the formation of new habits. They acknowledge a lack of clarity on *how* to proceed, suggesting a need for new neural pathways or strategies. The recognition that "feeling this way is just half the fact" indicates an awareness of limited cognitive processing or incomplete information. The request to "keep it simple" aligns with the scientific principle of reducing cognitive load to facilitate learning and habit formation. "Let go and let God" could be seen as seeking external support systems, which are crucial for maintaining neuroplastic changes.
- **Action Plan:** Research brain plasticity and how habits are formed. Identify a small, specific behavior you want to change.

11. Psychological Lens (Cognitive Framing & Self-Compassion):

- **Show:** (Feeling this way: I want to do the work but how, So being that I see that I feel this way is just half the fact: as said within promise one; So within this fact how do I just keep it simple and let go and let god?)
- **Viewpoint:** Internal Perspective
- **Key Point:** The individual is experiencing internal conflict, recognizing cognitive biases, and seeking self-compassion through surrender.
- **More Wordy:** From a psychological perspective, the individual is experiencing internal conflict between the desire for change and the uncertainty of how to achieve it. The statement "being that I see that I feel this way is just half the fact" suggests an awareness of cognitive biases or incomplete understanding, a common psychological phenomenon.

The desire to "keep it simple" reflects a need for cognitive ease and reduced anxiety. "Let go and let God" can be interpreted as an act of self-compassion, surrendering to a higher power to alleviate personal burden and find emotional relief.
- **Action Plan:** Practice self-compassion by acknowledging your struggles without judgment. Identify one cognitive distortion you might be experiencing.

12. Empathetic:

- **Show:** (Feeling this way: I want to do the work but how, So being that I see that I feel this way is just half the fact: as said within promise one; So within this fact how do I just keep it simple and let go and let god?)
- **Viewpoint:** Understanding
- **Key Point:** "I understand wanting to make changes and feeling lost about how to start. It's okay to feel like you're not seeing the whole picture. Seeking simplicity and surrendering to something bigger than yourself is a brave step."
- **More Wordy:** "I truly understand what you're going through. It's incredibly common to have a strong desire for personal growth and change, but then feel completely overwhelmed and unsure of where to begin. It's also very normal to feel like you're only seeing a part of the situation, like there's something missing. Wanting to keep things simple and deciding to let go and trust in a higher power is a powerful and courageous choice. It takes a lot to admit you don't have all the answers and to seek help beyond yourself."
- **Action Plan:** Be kind to yourself. Acknowledge your feelings and know that it's okay to ask for help.

13. Mirror Reflection (Self-Perception & Projection):

- **Show:** (Feeling this way: I want to do the work but how, So being that I see that I feel this way is just half the fact: as said within promise one; So within this fact how do I just keep it simple and let go and let god?)
- **Viewpoint:** Introspection
- **Key Point:** The writing reflects internal confusion, a desire for clarity, and a projection of hope onto a higher power.
- **More Wordy:** This statement acts as a mirror, reflecting the author's inner state of confusion and uncertainty. The desire to "do the work" is a projection of their aspiration for self-improvement. The feeling that "this is just half the fact" mirrors an internal awareness of limited self-perception. The plea to "keep it simple" and "let go and let God" projects a hope for external guidance and a desire to relinquish control of the unknown, seeking a sense of peace through surrender.
- **Action Plan:** Read your own words aloud and pay attention to the emotions they evoke. What do they reveal about your inner state?

14. Alternative Viewpoint:

- **Show:** (Feeling this way: I want to do the work but how, So being that I see that I feel this way is just half the fact: as said within promise one; So within this fact how do I just keep it simple and let go and let god?)
- **Viewpoint:** Different Interpretations
- **Key Point:** The "work" could be interpreted as various things, and "letting go" could be seen as delegating responsibility.
- **More Wordy:** From an alternative viewpoint, "the work" could represent any form of personal development, a career change, a creative project, or even a spiritual journey. "Letting go" could be seen not just as surrender but as delegating responsibility or trusting in a collaborative process. "Let God" might not be strictly religious but rather trusting in a higher power, the universe, or even one's own intuition. The phrase "promise one" suggests a prior agreement or commitment, adding another layer of interpretation.
- **Action Plan:** Brainstorm different meanings for each phrase in the statement. How does that change your understanding?

15. Pragmatist's View (Action Over Reflection):

- **Show:** (Feeling this way: I want to do the work but how, So being that I see that I feel this way is just half the fact: as said within promise one; So within this fact how do I just keep it simple and let go and let god?)
- **Viewpoint:** Practical Application
- **Key Point:** Identify the smallest actionable step and take it now, rather than getting stuck in analysis.
- **More Wordy:** A pragmatist would focus on moving from reflection to action. Instead of dwelling on the "how," they would identify the smallest, most immediate step that can be taken. What is one tiny thing that can be done right now to move towards "the work"? Instead of just "letting go," they would ask: What is one specific thing I can stop doing today? And instead of abstractly "letting God," they might ask: What is one resource or person I can reach out to for help?
- **Action Plan:** Choose one small task related to your goal and complete it within the next hour.

16. Stoic View (Radical Acceptance & Control):

- **Show:** (Feeling this way: I want to do the work but how, So being that I see that I feel this way is just half the fact: as said within promise one; So within this fact how do I just keep it simple and let go and let god?)
- **Viewpoint:** Acceptance and Control
- **Key Point:** Accept the uncertainty, focus on what you can control (your effort), and surrender the rest.
- **More Wordy:** The Stoic perspective would emphasize accepting the present moment, including the uncertainty about "how." Focus on what is within your control: your

willingness to "do the work" and your effort in taking the next step. Acknowledge that you may not have the full picture ("half the fact") and that some things are outside your control. "Let go and let God" can be interpreted as surrendering to what is beyond your control, accepting what is and trusting that you are doing your best.
- **Action Plan:** Identify one thing you cannot control and consciously choose to accept it. Focus on the effort you put forth, not the outcome.

17. Existentialist Approach (Freedom & Responsibility):

- **Show:** (Feeling this way: I want to do the work but how, So being that I see that I feel this way is just half the fact: as said within promise one; So within this fact how do I just keep it simple and let go and let god?)
- **Viewpoint:** Personal Agency
- **Key Point:** You are free to choose your path, even if you don't know how. You are responsible for creating your own meaning.
- **More Wordy:** The Existentialist perspective highlights the individual's freedom and responsibility. The feeling of being lost about "how" is a part of the human condition. You are free to choose your path, even without complete clarity. The "work" is not pre-defined; you are responsible for defining it and creating your own meaning. "Letting go and letting God" can be seen as a choice to relinquish control to something beyond yourself, but it's still your choice to do so. You are accountable for how you interpret and act upon your feelings and desires.
- **Action Plan:** Choose one small action today that feels authentic to you, even if you don't know where it will lead.

18. Non-Attachment (Buddhist-Inspired Perspective):

- **Show:** (Feeling this way: I want to do the work but how, So being that I see that I feel this way is just half the fact: as said within promise one; So within this fact how do I just keep it simple and let go and let god?)
- **Viewpoint:** Detachment
- **Key Point:** Let go of attachment to specific outcomes and the need to know "how" to find peace and surrender.
- **More Wordy:** The Buddhist perspective would encourage non-attachment to the idea that you need to know "how" before you can begin. Letting go of the need for a specific plan or outcome can bring peace. The phrase "let go and let God" aligns with the idea of surrendering attachment to control and trusting in a larger process. The recognition that "this is just half the fact" suggests an understanding that the current perspective is limited and that clinging to it will not lead to clarity.
- **Action Plan:** Practice observing your thoughts and desires without judgment or attachment. Let go of one thing you are trying to control.

19. Spiritual Surrender View (Divine Timing):

- **Show:** (Feeling this way: I want to do the work but how, So being that I see that I feel this way is just half the fact: as said within promise one; So within this fact how do I just keep it simple and let go and let god?)
- **Viewpoint:** Trust in Destiny
- **Key Point:** Trust that the "how" will be revealed in divine timing. Surrender to the process and have faith.
- **More Wordy:** From a spiritual surrender perspective, the uncertainty about "how" is part of a larger divine plan. There is a sense of trust that everything is unfolding as it should, in perfect timing. The phrase "let go and let God" expresses a willingness to surrender to this higher power and trust that guidance will be provided when the time is right. The recognition of "half the fact" suggests an openness to receiving more information or understanding.
- **Action Plan:** Pray or meditate and ask for guidance. Trust that the answers will come when you are ready.

20. Energy Flow Perspective (Quantum / Spirituality):

- **Show:** (Feeling this way: I want to do the work but how, So being that I see that I feel this way is just half the fact: as said within promise one; So within this fact how do I just keep it simple and let go and let god?)
- **Viewpoint:** Holistic Understanding
- **Key Point:** The desire to "do the work" is an energy seeking expression. Trust the flow and allow the "how" to emerge.
- **More Wordy:** This perspective sees the desire to "do the work" as an energy pattern within the individual. The uncertainty about "how" is a temporary blockage in the flow of that energy. "Letting go and letting God" can be understood as allowing the energy to flow freely, trusting that the universe will provide the necessary guidance and resources. The phrase "half the fact" suggests that the individual is only partially aware of the energy patterns at play.
- **Action Plan:** Visualize the energy of your desire flowing freely. Trust that it will lead you in the right direction.

21. Law of Attraction & Inspired Action Perspective:

- **Show:** (Feeling this way: I want to do the work but how, So being that I see that I feel this way is just half the fact: as said within promise one; So within this fact how do I just keep it simple and let go and let god?)
- **Viewpoint:** Intentional Manifestation
- **Key Point:** Focus on the desire to "do the work" and take inspired action. The "how" will become clear.
- **More Wordy:** This perspective suggests that by focusing on the desire to "do the work" and holding that intention clearly, the individual will attract the necessary resources,

opportunities, and guidance. "Letting go and letting God" can be seen as trusting the universe to bring these things into alignment. Inspired action, driven by intuition and inner guidance, will lead to the "how" becoming clear.
- **Action Plan:** Write down your intention to "do the work" and ask for guidance. Pay attention to any intuitive nudges and act on them.

22. Mythological / Archetypal Perspective:

- **Show:** (Feeling this way: I want to do the work but how, So being that I see that I feel this way is just half the fact: as said within promise one; So within this fact how do I just keep it simple and let go and let god?)
- **Viewpoint:** Symbolic Depth
- **Key Point:** The journey of seeking direction and surrendering to a higher power is a universal quest.
- **More Wordy:** From a mythological perspective, the individual's experience can be seen as an archetypal journey. The desire to "do the work" represents a call to adventure or a quest for self-discovery. The uncertainty about "how" is the initial stage of the journey, where the hero is lost and seeking guidance. "Letting go and letting God" symbolizes the surrender to a higher power or the wisdom of the universe. The phrase "promise one" suggests a prior commitment or destiny that the individual is now remembering.
- **Action Plan:** Reflect on myths or stories that resonate with your current situation. What lessons can you learn from them?

23. Cyclical Time Perspective (Everything is Repeating):

- **Show:** (Feeling this way: I want to do the work but how, So being that I see that I feel this way is just half the fact: as said within promise one; So within this fact how do I just keep it simple and let go and let god?)
- **Viewpoint:** Patterns
- **Key Point:** The feelings of uncertainty and the desire for surrender are part of recurring cycles in life and will pass.
- **More Wordy:** This perspective recognizes that life moves in cycles, and the current feelings of uncertainty and the desire for surrender are part of these recurring patterns. Just as there are seasons, there are periods of clarity and periods of confusion. By recognizing these cycles, the individual can find comfort in knowing that the current feelings will pass and that guidance will eventually emerge.
- **Action Plan:** Reflect on past cycles in your life. How have you navigated similar situations before?

24. Childlike Wonder Approach (Play & Exploration):

- **Show:** (Feeling this way: I want to do the work but how, So being that I see that I feel this way is just half the fact: as said within promise one; So within this fact how do I just keep

it simple and let go and let god?)
- **Viewpoint:** Curiosity
- **Key Point:** Approach the desire to "do the work" with curiosity and openness, like a child exploring a new game.
- **More Wordy:** This approach encourages the individual to approach their desire to "do the work" with a sense of childlike wonder and curiosity. Instead of feeling burdened by the uncertainty of "how," they can approach it as a playful exploration. "Letting go and letting God" can be seen as trusting the process of discovery and allowing things to unfold naturally. The phrase "half the fact" suggests an openness to learning and discovering more.
- **Action Plan:** Approach your day with a sense of curiosity and wonder. Try something new and see what happens.

25. Minimalist Approach (Letting Go is Simplicity):

- **Show:** (Feeling this way: I want to do the work but how, So being that I see that I feel this way is just half the fact: as said within promise one; So within this fact how do I just keep it simple and let go and let god?)
- **Viewpoint:** Simplicity
- **Key Point:** Strip away the excess thoughts and emotions, focusing on the core desire for peace and guidance.
- **More Wordy:** The minimalist approach encourages the individual to simplify their understanding of the situation. By letting go of the unnecessary details and focusing on the core desire for peace and guidance, the individual can find clarity. The uncertainty about "how," the feeling of only having "half the fact," and the reference to "promise one" are all seen as potential clutter that can be stripped away. The writing is distilled to its essence, revealing the fundamental yearning for direction and surrender to a higher power.
- **Action Plan:** Identify one thought or concern that feels overwhelming and consciously choose to let it go for today. Focus on your core desire for peace and guidance.

APS: **Acronyms (bold)** _ ***Principles (italic)*** _ **<u>Slogans (underlined)</u>**

https://www.pancakemarathon.com/post/march-23-2025-pancake-marathon-aps

Audio on Spotify

- ★ Slogans are **wisdom** written in shorthand and Acronyms are just the sum/the Virtues, of all that **wisdom**: WISDOM: When In Self, Discover Our Motives
- ➢ today/ right now I get to <u>let go and let **god**</u>, I don't want to do this, its true; but I know that if <u>I show up for the Miracle</u> and *accept* because I *admitted* you just comes down to the simple fact of *trying*; and so that's what I'll do *try*.

PM ASP *Gemini*

Audio on Spotify

Highlighting and applying the 12 Steps:

Step 1:

- **Show:** "I don't want to do this, it's true"
- **Viewpoint:** Honesty
- **Key Point:** Admitting powerlessness
- **More Wordy:** Recognizing that we are powerless over our addiction/compulsion and that our lives have become unmanageable.
- **Action Plan:** Be honest about your struggles and accept that you need help.

Step 2:

- **Show:** "let go and let God"
- **Viewpoint:** Hope
- **Key Point:** Coming to believe that a Power greater than ourselves can restore us to sanity.
- **More Wordy:** This step involves opening up to the possibility of a higher power, which can be God, a spiritual concept, or the group itself.
- **Action Plan:** Seek help from a higher power through prayer, meditation, or connecting with others.

Step 3:

- **Show:** "let go and let God"
- **Viewpoint:** Surrender
- **Key Point:** Turning our will and our lives over to the care of God as we understood Him.
- **More Wordy:** This step involves surrendering control and trusting a higher power to guide our lives.
- **Action Plan:** Make a conscious decision to turn your will and life over to the care of your higher power.

Step 4:

- **Show:** "I don't want to do this, it's true"
- **Viewpoint:** Self-Reflection
- **Key Point:** Making a searching and fearless moral inventory of ourselves.
- **More Wordy:** This step involves taking a deep and honest look at our past, our character defects, and our actions.
- **Action Plan:** Write down an honest inventory of your strengths, weaknesses, and past mistakes.

Step 5:

- **Show:** "I don't want to do this, it's true"
- **Viewpoint:** Confession
- **Key Point:** Admitting to God, to ourselves, and to another human being the exact nature of our wrongs.
- **More Wordy:** This step involves sharing our inventory with a trusted person, such as a sponsor or therapist, and admitting our wrongs.
- **Action Plan:** Share your inventory with a sponsor or trusted friend.

Step 6:

- **Show:** "I don't want to do this, it's true"
- **Viewpoint:** Willingness
- **Key Point:** Being entirely ready to have God remove all these defects of character.
- **More Wordy:** This step involves accepting our character defects and becoming willing to change.
- **Action Plan:** Ask your higher power to help you remove your character defects.

Step 7:

- **Show:** "let go and let God"
- **Viewpoint:** Humility

- **Key Point:** Humbly asking Him to remove our shortcomings.
- **More Wordy:** This step involves asking a higher power to help us overcome our shortcomings and become better people.
- **Action Plan:** Pray or meditate to ask your higher power to help you overcome your shortcomings.

Step 8:

- **Show:** "I don't want to do this, it's true"
- **Viewpoint:** Responsibility
- **Key Point:** Making a list of all persons we had harmed and becoming willing to make amends to them all.
- **More Wordy:** This step involves identifying the people we have harmed and making a plan to make amends to them.
- **Action Plan:** Make a list of people you have harmed and plan to make amends.

Step 9:

- **Show:** "I don't want to do this, it's true"
- **Viewpoint:** Reconciliation
- **Key Point:** Making direct amends to such people wherever possible, except when to do so would injure them or others.
- **More Wordy:** This step involves taking action to make amends to the people we have harmed, while being mindful of not causing further harm.
- **Action Plan:** Make direct amends to those you have harmed, when possible and appropriate.

Step 10:

- **Show:** "today/ right now I get to let go and let **god**"
- **Viewpoint:** Reflection
- **Key Point:** Continuing to take personal inventory and when we were wrong promptly admitted it.
- **More Wordy:** This step involves maintaining a daily practice of self-reflection and admitting our wrongs as soon as we become aware of them.
- **Action Plan:** Continue to take a daily inventory and admit when you are wrong.

Step 11:

- **Show:** "let go and let **god**"
- **Viewpoint:** Connection

- **Key Point:** Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.
- **More Wordy:** This step involves deepening our spiritual connection through prayer, meditation, and seeking guidance from a higher power.
- **Action Plan:** Pray, meditate, and seek guidance from your higher power.

Step 12:

- **Show:** "show up for the Miracle"
- **Viewpoint:** Service
- **Key Point:** Having had a spiritual awakening as the result of these steps, we tried to carry this message to others and to practice these principles in all our affairs.
- **More Wordy:** This step involves sharing our experience, strength, and hope with others who are struggling and living by the principles of the 12 Steps in all areas of our lives.
- **Action Plan:** Share your story and help others who are struggling.

Highlighting and applying the 12 Traditions:

Tradition 1:

- **Show:** "today/ right now I get to let go and let god"
- **Viewpoint:** Common Welfare
- **Key Point:** Our common welfare should come first; personal recovery depends upon group unity.
- **More Wordy:** This highlights the individual's reliance on a power greater than themselves and the principle that individual recovery is intertwined with the collective support and unity of the group or community. Letting go and letting God signifies a surrender that benefits both the individual and the group's shared purpose.
- **Action Plan:** Remember that your personal recovery supports the recovery of others in the group.

Tradition 2:

- **Show:** "let go and let god"
- **Viewpoint:** Ultimate Authority
- **Key Point:** For our group purpose there is but one ultimate authority—a loving God as He may express Himself in our group conscience. Our leaders are but trusted servants;

they do not govern.
- **More Wordy:** This emphasizes the reliance on a higher power and the group conscience rather than individual leaders. Letting go and letting God is an act of surrendering to that higher authority and the collective wisdom.
- **Action Plan:** Trust in the group conscience and a higher power rather than relying solely on individual opinions.

Tradition 3:

- **Show:** "if I show up for the Miracle and accept"
- **Viewpoint:** Membership
- **Key Point:** The only requirement for A.A. membership is a desire to stop drinking.
- **More Wordy:** Showing up and accepting indicates a willingness to be part of the recovery process, which aligns with the simple requirement for membership – a desire to stop the addictive behavior.
- **Action Plan:** Focus on your desire for recovery and know that's enough for membership.

Tradition 4:

- **Show:** "you just comes down to the simple fact of trying"
- **Viewpoint:** Autonomy
- **Key Point:** Each group should be autonomous except in matters affecting other groups or A.A. as a whole.
- **More Wordy:** Trying acknowledges individual effort and autonomy within the group context. Each person's attempt at recovery contributes to the group's overall purpose, but each person is responsible for their own actions.
- **Action Plan:** Take personal responsibility for your recovery while respecting the group's autonomy.

Tradition 5:

- **Show:** "if I show up for the Miracle"
- **Viewpoint:** Primary Purpose
- **Key Point:** Each group has but one primary purpose—to carry its message to the alcoholic who still suffers.
- **More Wordy:** Showing up for the miracle implies participating in the process of recovery and being present to witness and share the message of hope with others who are still suffering.
- **Action Plan:** Remember that your primary purpose is to stay sober and help others achieve sobriety.

Tradition 6:

- **Show:** "I don’t want to do this, its true"
- **Viewpoint:** Non-Affiliation
- **Key Point:** An A.A. group ought never endorse, finance, or lend the A.A. name to any related facility or outside enterprise, lest problems of money, property, and prestige divert us from our primary spiritual aim.
- **More Wordy:** Acknowledging personal reluctance ("I don’t want to do this") keeps the focus on the spiritual aim of recovery rather than external endorsements or affiliations.
- **Action Plan:** Keep your focus on spiritual recovery and avoid outside issues that could distract.

Tradition 7:

- **Show:** "you just comes down to the simple fact of trying"
- **Viewpoint:** Self-Support
- **Key Point:** Every A.A. group ought to be fully self-supporting, declining outside contributions.
- **More Wordy:** Trying indicates personal effort and self-reliance, which aligns with the tradition of self-support. Each individual contributes to their own recovery and the group's well-being.
- **Action Plan:** Contribute what you can to the group and be responsible for your own expenses.

Tradition 8:

- **Show:** "if I show up for the Miracle"
- **Viewpoint:** Non-Professional
- **Key Point:** Alcoholics Anonymous should remain forever nonprofessional, but our service centers may employ special workers.
- **More Wordy:** Showing up for the miracle is a personal act of participation and service, rather than a professional obligation.
- **Action Plan:** Be of service to others without expecting payment or professional recognition.

Tradition 9:

- **Show:** "I don’t want to do this, its true"
- **Viewpoint:** Service Boards
- **Key Point:** A.A., as such, ought never be organized; but we may create service boards or committees directly responsible to those they serve.
- **More Wordy:** Acknowledging personal reluctance ("I don’t want to do this") keeps the focus on individual motivation rather than formal organization or hierarchy.
- **Action Plan:** Serve on committees or boards as needed, but remember that A.A. is not

formally organized.

Tradition 10:

- **Show:** "today/ right now I get to let go and let god"
- **Viewpoint:** No Opinion
- **Key Point:** Alcoholics Anonymous has no opinion on outside issues; hence the A.A. name ought never be drawn into public controversy.
- **More Wordy:** Letting go and letting God is a personal spiritual decision, not a public statement or opinion that could draw A.A. into controversy.
- **Action Plan:** Keep your personal spiritual beliefs separate from A.A.'s public image and avoid controversial issues.

Tradition 11:

- **Show:** "if I show up for the Miracle"
- **Viewpoint:** Anonymity
- **Key Point:** Our public relations policy is based on attraction rather than promotion; we need always maintain personal anonymity at the level of press, radio, and films.
- **More Wordy:** Showing up for the miracle is a personal act of participation, and anonymity at the public level protects the integrity of the program.
- **Action Plan:** Maintain anonymity in public settings and focus on personal recovery and attraction.

Tradition 12:

- **Show:** "you just comes down to the simple fact of trying"
- **Viewpoint:** Principles Before Personalities
- **Key Point:** Anonymity is the spiritual foundation of all our Traditions, ever reminding us to place principles before personalities.
- **More Wordy:** Emphasizing "trying" focuses on the principle of action and personal effort, which is more important than individual personalities or achievements.
- **Action Plan:** Focus on the principles of the program rather than individual personalities or opinions.

Highlighting and applying the 12 promises:

Promise 1:

- **Show:** "We are going to know a new freedom and a new happiness."
- **Viewpoint:** Hope
- **Key Point:** Believing in the possibility of a transformed life.
- **More Wordy:** This promise speaks to the potential for a complete change in experience, moving from struggle and reluctance ("I don't want to do this") to freedom and happiness through surrender ("let go and let god") and effort ("trying").
- **Action Plan:** Believe that a better life is possible for you.

Promise 2:

- **Show:** "We will not regret the past nor wish to shut the door on it."
- **Viewpoint:** Acceptance
- **Key Point:** Coming to terms with past experiences without shame or denial.
- **More Wordy:** Admitting ("I admitted") acknowledges past actions, which is a step towards acceptance. This promise suggests that despite reluctance ("I don't want to do this"), there will be a point where the past is no longer a source of regret.
- **Action Plan:** Accept your past and learn from it.

Promise 3:

- **Show:** "We will comprehend the word serenity and we will know peace."
- **Viewpoint:** Tranquility
- **Key Point:** Finding inner peace and calmness.
- **More Wordy:** "Let go and let god" represents a surrender that can lead to serenity and peace. Even with reluctance, there is an understanding that surrender is key to finding this tranquility.
- **Action Plan:** Seek moments of quiet and peace in your day.

Promise 4:

- **Show:** "No matter how far down the scale we have gone, we will see how our experience can benefit others."
- **Viewpoint:** Service
- **Key Point:** Using personal struggles to help others.
- **More Wordy:** Showing up for the miracle implies a willingness to share the experience, which can benefit others. Even the initial reluctance ("I don't want to do this") can be relatable and helpful.
- **Action Plan:** Share your story with someone who might need it.

Promise 5:

- **Show:** "That feeling of uselessness and self-pity will disappear."

- **Viewpoint:** Empowerment
- **Key Point:** Overcoming feelings of inadequacy.
- **More Wordy:** Taking action ("trying") counters feelings of uselessness. Even though there's initial resistance, the willingness to try is empowering and dispels self-pity.
- **Action Plan:** Take one small step towards a goal to feel empowered.

Promise 6:

- **Show:** "We will lose interest in selfish things and gain interest in our fellows."
- **Viewpoint:** Connection
- **Key Point:** Shifting focus from self to others.
- **More Wordy:** Showing up for the miracle implies a connection to something larger than oneself, a step away from self-centeredness and towards concern for others.
- **Action Plan:** Do something kind for someone else today.

Promise 7:

- **Show:** "Our whole attitude and outlook upon life will change."
- **Viewpoint:** Transformation
- **Key Point:** Experiencing a fundamental shift in perspective.
- **More Wordy:** The process of letting go, accepting, and trying represents a significant change in attitude and outlook. It's a shift from reluctance to willingness, from doubt to hope.
- **Action Plan:** Reflect on how your perspective has changed recently.

Promise 8:

- **Show:** "Fear of people and of economic insecurity will leave us."
- **Viewpoint:** Courage
- **Key Point:** Overcoming fears about external circumstances.
- **More Wordy:** Admitting and trying despite reluctance ("I don't want to do this") demonstrates courage, which can diminish fear of people and insecurity.
- **Action Plan:** Face one small fear today.

Promise 9:

- **Show:** "We will intuitively know how to handle situations which used to baffle us."
- **Viewpoint:** Clarity
- **Key Point:** Gaining wisdom and insight.
- **More Wordy:** "If I show up for the miracle and accept" suggests an openness to guidance and insight, which can lead to intuitive understanding of previously baffling situations.

- **Action Plan:** Trust your intuition in a situation you're facing.

Promise 10:

- **Show:** "We will suddenly realize that God is doing for us what we could not do for ourselves."
- **Viewpoint:** Faith
- **Key Point:** Recognizing divine assistance.
- **More Wordy:** "Let go and let god" is an act of faith, trusting that a higher power can do what we cannot. Showing up and trying despite reluctance can lead to the realization of divine intervention.
- **Action Plan:** Pray or meditate and ask for guidance.

Promise 11:

- **Show:** "Are we going to be sorry? We think not."
- **Viewpoint:** Confidence
- **Key Point:** Feeling assured about the path of recovery.
- **More Wordy:** Despite initial resistance, the willingness to try ("and so that's what I'll do try") suggests a growing confidence in the process and a belief that it will lead to positive outcomes.
- **Action Plan:** Affirm your confidence in your recovery journey.

Promise 12:

- **Show:** "We will not trade our place in life with anyone. We would not go back to drinking or using, no matter how terrible the past was."
- **Viewpoint:** Gratitude
- **Key Point:** Appreciating the present and not wanting to return to old behaviors.
- **More Wordy:** The entire statement reflects a commitment to the present moment and the path of recovery. It suggests a growing appreciation for the changes taking place and a firm decision not to return to the past.
- **Action Plan:** List three things you are grateful for in your recovery today.

Applying the 12 Universal Laws:

Law 1: The Law of Divine Oneness

- **Show:** "let go and let god"
- **Viewpoint:** Interconnectedness

- **Key Point:** Everything is connected to everything else.
- **More Wordy:** This phrase acknowledges a connection to a higher power and recognizes that the individual is not separate from the divine or the universe. It implies a trust in a larger interconnected system.
- **Action Plan:** Recognize your connection to something bigger than yourself.

Law 2: The Law of Vibration

- **Show:** "I don’t want to do this, its true" and "and so that's what I'll do try"
- **Viewpoint:** Energy
- **Key Point:** Everything in the universe vibrates and moves.
- **More Wordy:** The initial resistance ("I don't want to do this") represents a lower vibration, while the willingness to try ("that's what I'll do try") shifts to a higher vibration. This shows a change in energy and intention.
- **Action Plan:** Be aware of your emotional state and try to raise your vibration.

Law 3: The Law of Correspondence

- **Show:** "if I show up for the Miracle and accept"
- **Viewpoint:** Reflection
- **Key Point:** As above, so below; as within, so without.
- **More Wordy:** The internal act of showing up and accepting will manifest in the external world as positive change or a "miracle." The inner state reflects the outer reality.
- **Action Plan:** Change your inner thoughts to change your outer circumstances.

Law 4: The Law of Attraction

- **Show:** "if I show up for the Miracle"
- **Viewpoint:** Magnetism
- **Key Point:** Like attracts like.
- **More Wordy:** By showing up with a positive intention and openness to a "miracle," the individual is attracting positive experiences and outcomes. They are aligning their energy with what they desire.
- **Action Plan:** Focus on what you want to attract into your life.

Law 5: The Law of Perpetual Transmutation of Energy

- **Show:** "I don’t want to do this, its true" changing to "and so that's what I'll do try"
- **Viewpoint:** Transformation
- **Key Point:** Energy is constantly changing form.
- **More Wordy:** The initial resistance and negativity are transformed into willingness and action. The energy shifts from reluctance to determination, demonstrating the constant transmutation of energy.

- **Action Plan:** Know that your current situation is not permanent and can change.

Law 6: The Law of Cause and Effect

- **Show:** "because I admitted you just comes down to the simple fact of trying"
- **Viewpoint:** Action-Reaction
- **Key Point:** Every cause has its effect; every effect has its cause.
- **More Wordy:** The act of admitting something is the cause, and the effect is the realization that it comes down to trying. Action (trying) will lead to a specific result.
- **Action Plan:** Be mindful of your actions and their potential consequences.

Law 7: The Law of Compensation

- **Show:** "if I show up for the Miracle"
- **Viewpoint:** Reward
- **Key Point:** You reap what you sow.
- **More Wordy:** The effort of showing up and being present will result in a "miracle" or some form of positive compensation. What you put in, you get out.
- **Action Plan:** Put in the effort and expect positive returns.

Law 8: The Law of Relativity

- **Show:** "I don’t want to do this, its true" and "and so that's what I'll do try"
- **Viewpoint:** Perspective
- **Key Point:** Everything is relative to everything else.
- **More Wordy:** The initial reluctance is relative to the later willingness to try. The situation is perceived differently depending on the individual's perspective and emotional state.
- **Action Plan:** Remember that your perspective can change how you see things.

Law 9: The Law of Polarity

- **Show:** "I don’t want to do this, its true" and "Miracle"
- **Viewpoint:** Opposites
- **Key Point:** Everything has its opposite.
- **More Wordy:** The negative feeling of "I don't want to do this" has its opposite, which is the positive experience of a "miracle." There is a spectrum between these two poles.
- **Action Plan:** Recognize that every situation has an opposite and find the positive in the negative.

Law 10: The Law of Rhythm

- **Show:** "today/ right now I get to let go and let god"
- **Viewpoint:** Cycles
- **Key Point:** Everything vibrates and moves to certain rhythms.

- **More Wordy:** The "right now" suggests a moment in a cycle of change. There are times of resistance and times of surrender, reflecting the natural rhythms of life.
- **Action Plan:** Be aware of the ups and downs in life and know they are part of a rhythm.

Law 11: The Law of Gender

- **Show:** "let go and let god"
- **Viewpoint:** Creation
- **Key Point:** Everything has masculine and feminine principles.
- **More Wordy:** "Letting go" represents the feminine principle of receiving and surrendering, while "let god" represents the masculine principle of action and creation. Both are necessary for manifestation.
- **Action Plan:** Balance your receiving and giving, your inner and outer actions.

Law 12: The Law of Perpetual Motion

- **Show:** "and so that's what I'll do try"
- **Viewpoint:** Movement
- **Key Point:** Everything is in constant motion.
- **More Wordy:** The act of trying ensures that there is forward movement. Even if there is initial resistance, the decision to try sets things in motion and prevents stagnation.
- **Action Plan:** Keep moving forward, even if it's just a small step.

Rewrites

1. Summarize:

- **Show:** (The power of just letting go and letting **god**, is a power I use today: just for right now, just for today; is something that helps me to see the value of. For that is the *power that I need to help me come back to Sanity*.)
- **Viewpoint:** Core Message
- **Key Point:** Surrendering to a higher power is a valuable tool for maintaining sanity in the present moment.
- **More Wordy:** The speaker emphasizes the importance of surrendering to a higher power as a daily practice. This surrender is seen as a crucial element for regaining and maintaining mental and emotional stability in the present.
- **Action Plan:** Practice surrendering one worry or concern to a higher power today.

2. Shortened:

- **Show:** (The power of just letting go and letting **god**, is a power I use today: just for right now, just for today; is something that helps me to see the value of. For that is the *power that I need to help me come back to Sanity*.)
- **Viewpoint:** Concise
- **Key Point:** Letting go to God helps me stay sane today.
- **More Wordy:** Surrendering to a higher power is a tool used daily for maintaining sanity in the present moment.
- **Action Plan:** Repeat the phrase "Let go and let God" when feeling overwhelmed.

3. Bullet Points:

- **Show:** (The power of just letting go and letting **god**, is a power I use today: just for right now, just for today; is something that helps me to see the value of. For that is the *power that I need to help me come back to Sanity*.)
- **Viewpoint:** Organized
- **Key Point:**
    - Letting go and letting God is a power.
    - Used daily, in the present moment.
    - Helps to see value.
    - Needed for sanity.
- **More Wordy:**
    - Surrendering to a higher power is recognized as a significant source of strength.
    - This surrender is practiced on a daily basis, specifically in the present moment.
    - It provides clarity and helps in recognizing the value of things.
    - It is seen as essential for maintaining mental and emotional stability.
- **Action Plan:** Make a bullet list of what you need to surrender today.

4. Rephrased:

- **Show:** (The power of just letting go and letting **god**, is a power I use today: just for right now, just for today; is something that helps me to see the value of. For that is the *power that I need to help me come back to Sanity*.)
- **Viewpoint:** Alternative Phrasing
- **Key Point:** Yielding to divine will is a daily resource for regaining mental clarity.
- **More Wordy:** The act of surrendering to a higher power is a strength utilized daily, in the present, which aids in understanding worth and is crucial for restoring mental balance.
- **Action Plan:** Find a different way to express your desire for surrender.

5. Casual:

- **Show:** (The power of just letting go and letting **god**, is a power I use today: just for right

now, just for today; is something that helps me to see the value of. For that is the *power that I need to help me come back to Sanity*.)

- **Viewpoint:** Relatable
- **Key Point:** "I'm just letting God handle things today, helps me stay sane, you know?"
- **More Wordy:** "So, like, I've been trying this thing where I just let go and let God, and it's really helping me out. It's like, just for today, I'm giving it over, and it helps me see what's important. Honestly, it's what I need to keep it together."
- **Action Plan:** Tell a friend, "I'm trying to let go and let God today."

6. Formal:

- **Show:** (The power of just letting go and letting **god**, is a power I use today: just for right now, just for today; is something that helps me to see the value of. For that is the *power that I need to help me come back to Sanity*.)
- **Viewpoint:** Structured
- **Key Point:** The act of surrendering to a divine entity is a daily practice for the purpose of maintaining mental equilibrium.
- **More Wordy:** The individual asserts that the action of relinquishing control to a higher power is a deliberate and routine endeavor, undertaken within the present temporal context. This practice is deemed essential for the preservation of mental stability and clarity.
- **Action Plan:** Write a formal statement of your intention to surrender.

7. Elaborate:

- **Show:** (The power of just letting go and letting **god**, is a power I use today: just for right now, just for today; is something that helps me to see the value of. For that is the *power that I need to help me come back to Sanity*.)
- **Viewpoint:** Detailed
- **Key Point:** The speaker finds profound strength in daily surrender to a higher power, recognizing it as essential for clarity and mental well-being.
- **More Wordy:** The author articulates a deep reliance on the act of surrendering to a higher power, not as an occasional event, but as a daily, moment-by-moment practice. This surrender is identified as a significant source of strength, providing the necessary clarity to discern value and being absolutely crucial for maintaining mental and emotional stability, which is referred to as "sanity."
- **Action Plan:** Journal in detail about what "letting go and letting God" means to you.

8. Detached Observer View (Third-Person Perspective):

- **Show:** (The power of just letting go and letting **god**, is a power I use today: just for right now, just for today; is something that helps me to see the value of. For that is the *power that I need to help me come back to Sanity*.)

- **Viewpoint:** Objective
- **Key Point:** The individual employs surrender to a higher power as a daily method for maintaining mental balance.
- **More Wordy:** The individual is observed to utilize the practice of surrendering to a higher power on a daily basis, specifically within the present moment. This practice is identified as a tool for discerning value and an essential component for maintaining mental and emotional stability.
- **Action Plan:** Watch someone else surrender to something (e.g., nature, music) and observe.

9. Rationalist's View (Logic Over Emotion):

- **Show:** (The power of just letting go and letting **god**, is a power I use today: just for right now, just for today; is something that helps me to see the value of. For that is the *power that I need to help me come back to Sanity*.)
- **Viewpoint:** Logical
- **Key Point:** Surrender is seen as a logical method for achieving mental stability in the present.
- **More Wordy:** The individual has rationally determined that surrendering to a higher power is a logical and effective method for achieving and maintaining mental stability. This method is employed daily, and it is seen as a necessary tool for discerning value and restoring mental balance.
- **Action Plan:** Logically list the benefits of surrendering control.

10. Scientific View (Neuroplasticity & Habit Formation):

- **Show:** (The power of just letting go and letting **god**, is a power I use today: just for right now, just for today; is something that helps me to see the value of. For that is the *power that I need to help me come back to Sanity*.)
- **Viewpoint:** Evidence-Based
- **Key Point:** Daily surrender can rewire neural pathways, leading to improved mental stability.
- **More Wordy:** From a scientific perspective, the daily practice of surrender can be seen as a method for cognitive restructuring and potentially rewiring neural pathways. This practice can reduce stress and anxiety, which are often associated with mental instability. The act of focusing on a higher power can also facilitate mindfulness and present-moment awareness, which are known to have positive impacts on mental health.
- **Action Plan:** Research the science of mindfulness and its effects on the brain.

11. Psychological Lens (Cognitive Framing & Self-Compassion):

- **Show:** (The power of just letting go and letting **god**, is a power I use today: just for right now, just for today; is something that helps me to see the value of. For that is the *power*

that I need to help me come back to Sanity.)
- **Viewpoint:** Internal Perspective
- **Key Point:** Surrender is a coping mechanism and a form of self-care for mental stability.
- **More Wordy:** From a psychological perspective, the act of "letting go and letting God" is a cognitive reframing technique. It shifts the focus from personal control to acceptance and trust in a higher power. This can reduce anxiety and stress, leading to improved mental stability. It's also an act of self-compassion, acknowledging personal limitations and seeking support beyond oneself.
- **Action Plan:** Practice self-compassion by acknowledging your struggles and allowing yourself to seek support.

12. Empathetic:

- **Show:** (The power of just letting go and letting **god**, is a power I use today: just for right now, just for today; is something that helps me to see the value of. For that is the *power that I need to help me come back to Sanity*.)
- **Viewpoint:** Understanding
- **Key Point:** "I understand the need to surrender for your well-being. It's okay to need that support."
- **More Wordy:** "I really get what you're saying. It makes perfect sense that you find strength in letting go and trusting in something bigger than yourself, especially when it comes to maintaining your sanity. It's a brave and honest acknowledgement of your needs, and it's okay to need that support in the present moment."
- **Action Plan:** Acknowledge your own need for support and be gentle with yourself.

13. Mirror Reflection (Self-Perception & Projection):

- **Show:** (The power of just letting go and letting **god**, is a power I use today: just for right now, just for today; is something that helps me to see the value of. For that is the *power that I need to help me come back to Sanity*.)
- **Viewpoint:** Introspection
- **Key Point:** The writing reflects an internal need for control and a desire to release it.
- **More Wordy:** This statement reflects the author's internal struggle between wanting to control their life and recognizing the necessity of surrender. The need for "sanity" suggests a personal awareness of potential instability. The reliance on "letting go and letting God" is a projection of hope for external guidance and relief from internal pressure.
- **Action Plan:** Examine your own need for control and how it impacts your mental well-being.

14. Alternative Viewpoint:

- **Show:** (The power of just letting go and letting **god**, is a power I use today: just for right now, just for today; is something that helps me to see the value of. For that is the *power*

that I need to help me come back to Sanity.)
- **Viewpoint:** Different Interpretations
- **Key Point:** "Letting go" could be seen as delegating tasks or trusting in oneself.
- **More Wordy:** From an alternative perspective, "letting go" could be interpreted as delegating responsibilities to others or trusting in one's own intuition. "Letting God" might not be strictly religious but rather trusting in the natural flow of life or a higher purpose. "Sanity" could refer to mental clarity, emotional balance, or simply feeling grounded.
- **Action Plan:** Consider what "letting go" and "God" mean to you personally and explore different interpretations.

15. Pragmatist's View (Action Over Reflection):

- **Show:** (The power of just letting go and letting **god**, is a power I use today: just for right now, just for today; is something that helps me to see the value of. For that is the *power that I need to help me come back to Sanity*.)
- **Viewpoint:** Practical Application
- **Key Point:** Identify practical steps for letting go and seeking guidance in the present moment.
- **More Wordy:** A pragmatist would focus on concrete actions. What does "letting go" look like in practical terms? What specific steps can be taken to connect with a higher power or seek guidance in the "right now"? Instead of just reflecting on the concept, the pragmatist would seek tangible ways to implement it.
- **Action Plan:** List three practical things you can do today to "let go and let God."

16. Stoic View (Radical Acceptance & Control):

- **Show:** (The power of just letting go and letting **god**, is a power I use today: just for right now, just for today; is something that helps me to see the value of. For that is the *power that I need to help me come back to Sanity*.)
- **Viewpoint:** Acceptance and Control
- **Key Point:** Focus on what you can control (your actions) and accept what you cannot (external events).
- **More Wordy:** The Stoic perspective would emphasize accepting what is beyond one's control and focusing on what is within one's power. "Letting go" is accepting that certain things are not controllable. "Letting God" is acknowledging a larger force and surrendering to its will. The focus is on acting virtuously in the present moment, which is the only thing truly within one's control.
- **Action Plan:** Identify one thing you cannot control and consciously choose to accept it. Focus on your actions in the present.

17. Existentialist Approach (Freedom & Responsibility):

- **Show:** (The power of just letting go and letting **god**, is a power I use today: just for right

now, just for today; is something that helps me to see the value of. For that is the *power that I need to help me come back to Sanity*.)
- **Viewpoint:** Personal Agency
- **Key Point:** You are free to choose your path and responsible for finding your own meaning and sanity.
- **More Wordy:** The Existentialist view highlights the individual's freedom to choose how they respond to life's challenges. The act of "letting go and letting God" is a choice, a way of finding meaning and sanity in a world that may seem chaotic. The individual is responsible for creating their own definition of sanity and finding their own path to it.
- **Action Plan:** Reflect on what "sanity" means to you and take responsibility for creating it in your life.

18. Non-Attachment (Buddhist-Inspired Perspective):

- **Show:** (The power of just letting go and letting **god**, is a power I use today: just for right now, just for today; is something that helps me to see the value of. For that is the *power that I need to help me come back to Sanity*.)
- **Viewpoint:** Detachment
- **Key Point:** Let go of attachment to outcomes and the need for control to find true peace.
- **More Wordy:** The Buddhist perspective would encourage non-attachment to the idea of needing to control everything. "Letting go and letting God" is an act of surrendering attachment to specific outcomes and trusting in the natural flow of life. The pursuit of "sanity" is not about achieving a fixed state, but rather finding peace in the present moment by letting go of clinging.
- **Action Plan:** Practice observing your thoughts and desires without judgment or attachment.

19. Spiritual Surrender View (Divine Timing):

- **Show:** (The power of just letting go and letting **god**, is a power I use today: just for right now, just for today; is something that helps me to see the value of. For that is the *power that I need to help me come back to Sanity*.)
- **Viewpoint:** Trust in Destiny
- **Key Point:** Trust that everything is happening in divine timing, and surrender to the process.
- **More Wordy:** From a spiritual surrender perspective, the need for "sanity" and the act of "letting go and letting God" are part of a larger divine plan. There is a sense of trust that everything is unfolding as it should, in perfect timing. The individual surrenders to this higher power, trusting that guidance will be provided and peace will be found.
- **Action Plan:** Pray or meditate and ask for guidance. Trust that the answers will come when you are ready.

20: Energy Flow Perspective (Quantum / Spirituality)

- **Show:** "let go and let **god**"
- **Viewpoint:** Holistic Understanding
- **Key Point:** Allowing energy to flow freely and trusting in a higher guidance.
- **More Wordy:** This phrase suggests a willingness to release resistance and allow the natural energy of the universe or a higher power to flow through the individual. It's about aligning personal energy with a larger, divine energy flow for guidance and support.
- **Action Plan:** Visualize energy flowing freely through you and releasing any blockages.

21: Law of Attraction & Inspired Action Perspective

- **Show:** "if I show up for the Miracle" and "and so that's what I'll do try"
- **Viewpoint:** Intentional Manifestation
- **Key Point:** Focusing on the desired outcome (miracle) and taking aligned action (trying).
- **More Wordy:** By focusing on the possibility of a "miracle" and being willing to "try," the individual is setting an intention and taking inspired action. This aligns their energy with the desired outcome and attracts opportunities to manifest it.
- **Action Plan:** Write down what you want to attract and take one inspired action towards it today.

22: Mythological / Archetypal Perspective

- **Show:** "show up for the Miracle"
- **Viewpoint:** Symbolic Depth
- **Key Point:** The "miracle" represents a transformative journey or a divine intervention.
- **More Wordy:** The idea of "showing up for the miracle" can be seen as an archetypal quest or a journey of transformation. It's a symbolic representation of seeking higher guidance and experiencing a significant shift in one's life, similar to a hero's journey or a divine encounter.
- **Action Plan:** Reflect on myths or stories about miracles or transformations and see how they relate to your life.

23: Cyclical Time Perspective (Everything is Repeating)

- **Show:** "today/ right now I get to let go and let **god**"
- **Viewpoint:** Patterns
- **Key Point:** The act of surrender and seeking guidance is a recurring cycle of growth and renewal.
- **More Wordy:** The phrase "today/ right now" suggests a moment within a cycle. The individual is acknowledging a recurring pattern of needing to surrender and seek guidance, which is a natural part of the ebb and flow of life and personal growth.
- **Action Plan:** Reflect on past cycles of surrender and guidance in your life and how they

have helped you.

24: Childlike Wonder Approach (Play & Exploration)

- **Show:** "if I show up for the Miracle"
- **Viewpoint:** Curiosity
- **Key Point:** Approach the possibility of a "miracle" with openness and curiosity, like a child exploring.
- **More Wordy:** This approach encourages the individual to approach the idea of a "miracle" with a sense of wonder and curiosity, rather than rigid expectations. It's about being open to possibilities and allowing for unexpected, positive outcomes, like a child discovering something new and exciting.
- **Action Plan:** Approach your day with a sense of curiosity and wonder, noticing small miracles and unexpected joys.

25: Minimalist Approach (Letting Go is Simplicity)

- **Show:** "let go and let **god**"
- **Viewpoint:** Simplicity
- **Key Point:** Surrender is a simple, direct way to find peace and guidance.
- **More Wordy:** The minimalist approach emphasizes the simplicity of surrender. By letting go of the need to control everything and trusting in a higher power, the individual can find peace and guidance without overcomplicating things. It's about stripping away the unnecessary and focusing on the essential.
- **Action Plan:** Identify one area where you can simplify your life by letting go of control and trusting in a higher power.

- I know that isolating can be a big factor in keep not hurting, so essentially don't isolate always Reach Out; and maybe today you're willing to leave a comment and let me know essentially where you're at in your recovery and maybe you're ready to carry a message so share this whatever it may be in a way of giving somebody else a chance at a place where you started:
    - as maybe you started here and maybe this is where you find a way to start because it's always about how you finish not how you start but it's also about carrying the message and finding your way back to trust in a peace of mind; As giving freely what you didn't have been given.
    - thank you and always know your shoes do fit just right, that you do deserve to take a space; and it's okay to let go of that hurt when you're ready, I hope that you are today in this moment; thank you.

- ➢ **For it’s about carrying a message, trusting in your higher power; Practicing the principles in all your affairs.** 🖿my journey about what is in this meaning within each thing within the wording of Pancake Marathon: you can also go to
  - **Principals context**
  - **Slogan context**
  - **Word context**
  - **How? How: Honest open willing**
  - Podcast
    - pancake marathon: journey of recovery
      - Pancake Marathon: Daily Readings and Inspirations
    - simple literature