

Free Will, Gluttony, Greed



Terminal
Uniqueness has to
go!

259
P. 29.
James
free will; a principle a positive or virtue added to man, by which his dignity is enigmatically augmented.
determinists; individ originate nothing, but merely transmit in the future the whole push of the past cosmos of which they are so small of an expression, diminish man.

my
def.: perseverance; the observation, over a period of time, esp. several years, of determined focus of free will, in choosing the same thing, demonstrating desire which is not quantifiable measured or a countable commodity within an individualization.

def. denial; an avoidance of observing or inspection of a characteristic of personality or behavior.
rationalization; inductive or deductive decision making based on facts without accepting truths.

blame; using exterior forces or actions in persons, places, or things as cause for a result.

dispari; biochemical shortfalls in repair or restoration to a bodies' health or well-being.

isolation; restricted contact, esp on a one-to-one basis, between self and another human to disclose feelings.

powerlessness I know historically my "instincts" have not served me well.

(5)

Mar 1 Nov 9th
© 1987 p. 523gluttony excess in eating or drinking
opp of greed - helping another who can't no fear

my def of gluttony too fast, too much

amends - slow down when eating pray before eating

m.B.'s
defopp pride = humility when we are humiliated, we are ashamed
we feel worthless. humility is almost the complete opposite of thisp. 63 workbook feeling: learning about life's lessons over control² removing ourselves
from game playing³ no longer mistaking kindness for weaknessopp lust = compassion⁴ a sense of our own humanness

show interest in another's point of view

take time to listen remember there is enough

opp anger = love pause to reflect WHY {warnings are being created}
humility goes a real long wayopp greed gluttony - sharing assisting customers to those that could help
form of respect not 2nd class citizenopposite behavior: 1 giving half of sandwich away,
2 asking if partner wants something to eat

3

opp envy = understanding ∴ open emotional availability

opp anger = do NOTHING; after thoughtful prayer
about impersonal goodwill STOP do NOTHINGLET GO coming up on 8th and 9th stepamends listmet Armando⁽¹²⁾ at Muddes w/ his sponsor

(4)

535 greed \ 'grēd \ [back formation fr greedy] (1609)
excessive or reprehensible acquisitiveness;
AVARICE

greedy 'grēdē adj greedier [ME greedy fr OE græddig
akin to OHG grātag greedy] (bef 12c) 1. having
a strong desire for food or drink 2 marked
by greed 3: eager, keen < related and ~ for the future
- Frances C. Patton > syn see covetous - greedily

(4)

my def. of greed; holding hoarding and a
feeling of stuffiness in my belly after eating
too much too quickly not enjoying or savoring
my food. holding on to a possession or object
when someone else could receive greater benefit
from such e).

sowing of a seed;

ex) when one action appears in full glory
of blessing; illuminating how for wealth
and abundance goes (4) Michael B "spiritual
look said by me at mudras 7/10/13 from Portland, OR
nongreed opposite def/behavior;

shareful opportunity; "there is enough"
1 allowing other to place in line in front of me
2 opening door for another
3 waiting to let dispatches do their job

ie) full out or card correctly for myself next
time I am pulled from a run or full out a
report. accept they can make mistakes
just as I can accept that I don't know everything

Song of Life

7/8 CITY
7/9 ACC
REP

12.1.18

Dear Addict,

I mourn your passing; you have been with me for such a long time. But I patiently refind my old goals with new energies. I will eat food with higher energy such as fresh fruit and vegetables, which I prepare routinely. I have to let go my old distractions and stay the path for new beginnings. I welcome a new life on a solid foundation of purpose and regularity and rhythm of clean and sober living. I can pause when agitated or doubtful. I can amend my thoughts with a new idea about the steps, my sponsor, my meetings.

Goodbye old friend, I shall never forget or regret what you taught me about self will. I effect my desire to change. The length of my clean time is not as important as its quality. Great things shall come to pass. Opportunities are always available, especially during a challenge. Without difficulty, I would never birth a new set of ideas. I have this choice, always.

Your Child,
Douglas