

Just For Today - 10 Meditations

1. **Just for Today** I will be happy. I will have no expectations nor will I make demands today. I will give up my need to “know” anything or “understand” anything. Instead, I shall pause and seek the will and guidance of God, which will come intuitively, if I just become still and quiet.
2. **Just for Today** I will adjust myself to what “is”, and not try to adjust everything to my own desires. I will take my “luck” as it comes, and fit myself to the “Stream of Life”.
3. **Just for Today** I will try to live through this day only and not tackle my whole life problem at once. I can do something for twelve hours that would appall me if I felt that I had to keep it up for a lifetime.
4. **Just for Today** I will be agreeable. I will look as well as I can, dress becomingly, talk low, act courteously, criticize not one bit, not find fault with anything and not try to improve or regulate anybody except myself.
5. **Just for Today** It is none of my business what anyone thinks about me or about anything else and I don't have the power to make anyone change. That's God's job.
6. **Just for Today** I will remember that it is not the experience of TODAY that drives men mad -it is remorse or bitterness for something, which happened YESTERDAY, and the dread of what TOMORROW, may bring.

I will remember that **The Past is gone**--it's just an image in my mind. I also have no stake in **The future** for it is as yet unborn. Therefore, **The Present Moment is the only real moment and it is only in The Present Moment that a conscious contact with God can be found!**
7. **Just for Today** I will cease fighting anything or anyone – even alcohol because, what I resist persists.
8. **Just for Today** I will be unafraid. Especially I will not be afraid to enjoy what is beautiful. I will remember that I am a Spiritual Mirror and I will choose to believe that as I give Love to the world, so the world will reflect Love back to me.
9. **Just for Today** I will have a quiet half hour all by myself, and relax. During this half hour, I will try to get a better perspective of my life. My goal is a “sane” peace of mind through spiritual living.
10. **Just for Today** I will exercise my soul in three ways: I will do someone a good turn, and not get found out; if anybody knows of it, it will not count. I will do at least two things I don't want to do just for exercise.

The Four Absolutes: Honesty – Unselfishness – Love – Purity

These principles were adopted by the Oxford Group (for those who don't know, the Oxford Group is where A.A. got most of its program of recovery from) and are taken from Christ's greatest talk called "The Sermon on the Mount" found in Matthew 5:1 - 7:29.

The Oxford Group used the 4 Absolutes in three specific ways:

1. - **As a way to take inventory** of our past to see where we fell short and in what ways, so that we could learn what areas of our life need to be worked on.
2. - **During meditation** or while being inspired or guided by our Inner Voice, as a way to differentiate between "God" thoughts and human thoughts.
3. - **As a standard of living** God's Will, moment by moment.



Bill Wilson (AA co-founder) included the 4 absolutes in Steps 4, 10 & 11 as found in the Big Book. They are used in their **opposite**, self-will form. (Since we need to see where self-will fails us).

For Example: "**Dishonesty**" *the OPPOSITE is:* "**Honesty**".
In other words, the 4 ABSOLUTES ARE IN THE BIG BOOK!

Step 4		Step 10		Step 11	
BB pg.67	4 Absolutes	BB pg.84	4 Absolutes	BB pg.86	4 Absolutes
(Self-will)	(God's Will)	(Self-will)	(God's Will)	(Self-will)	(God's Will)
Selfish	Unselfishness	Selfishness	Unselfishness	Resentful	Purity (Motive)
Dishonest	Honesty	Dishonesty	Honesty	Selfish	Unselfishness
Self-seeking	Purity (Motive)	Resentment	Purity (Motive)	Dishonest	Honesty
Frightened	Love	Fear	Love	Afraid	Love



In 1948, Dr. Bob (AA co-founder) recalled: The four absolutes, as we called them, were the only yardsticks we had in the early days, before the Steps. I think the absolutes still hold good and can be extremely helpful.

I have found at times that a question arises, and I want to do the right thing, but the answer is not obvious. Almost always, if I measure my decision carefully by the yardsticks of absolute honesty, absolute unselfishness, absolute purity, and absolute love, and it checks up pretty well with those four, then my answer can't be very far out of the way

The Four Absolutes are still published in pamphlet form by the Cleveland Central Committee of A.A. and are widely quoted at A.A. meetings in the Akron-Cleveland area. A copy of the pamphlet can be ordered by calling the A.A. Inter-group at 216-241-7387 (Cleveland - www.aacleve.org) or 330-253-8181 (Akron - www.akronaa.org).