

SPIRITUAL CAREER SEARCH AND SPIRITUAL WORK 5.5

“We had a new employer, [Higher Power]. Being all-powerful, [It] provided what we needed if we stuck close to [It] and performed [Its] work well.” (*Alcoholics Anonymous*, p.63)

This pamphlet is about helping you frame questions, release some assumptions, and find your own guidance from your own Higher Power. It cannot hope to give all answers, but we believe that your Higher Power, “One Who has all knowledge and power,” does have all your answers. That is our experience and our hope. So this pamphlet describes principles, and attempts to dispel some illusions, so you who are reading it can get your own answers from conscious contact with your own Higher Power. “We know but a little,” wrote the authors of *Alcoholics Anonymous* in making their discovery in 1935 of a way to stop compulsive drinking. Today we UA’s may say the same thing—but the statement is more significant. This is because there is much more possibility for thinking we know something in the realm of earning money. There is a lot more information (or misinformation) in the world about careers and money than there is about how not to pick up a drink. And yet we still know but a little, and it is still enough.

Here are a few things we do know.

SPIRITUALITY DOES NOT MEAN DEPRIVATION

First, a spiritual career search includes getting our needs met, whatever those needs are individually for each of us. We can say what “spiritual career search” does not mean: it is not self-harm, self-deprivation, or not having enough for one’s needs. Poverty does not necessarily imply spirituality. Even when spiritual people speak of “vows of poverty,” or when the AA 12 & 12 speaks of “always remain[ing] poor,” they may mean simplicity but not deprivation. Granted, some individuals may really be depriving themselves, we can’t know what someone else’s example feels like on the inside. But regardless of how anyone else uses the word “spiritual,” we do not mean deprivation. Our guide is our Higher Power, not the example of a human power outside of us. For some, prosperity may be very little, and for others prosperity may mean untold monetary wealth—this is an issue for each of us to settle for themselves with their own Higher Power.

A spiritual solution is a both-and solution. Material deprivation may be what some mean by the word “spiritual”—or by the learned voices we have in our heads—but what we mean when we say “a spiritual solution” does not necessitate “materially lacking.” It means that we allow help from Spirit *also*, and not solely from what is seen in the material realm. And it means we put the direction from Spirit first, ahead of human logic and material considerations. A spiritual solution is both-and, not either-or. A spiritual solution means we depend on “infinite God and not . . . finite [humans]” alone. Sometimes we may be guided by Higher Power to sense we can count on a given human power, but we don’t “make that person into our Higher Power.” We are broadening our view, not narrowing it.

A spiritual career search also does not mean something limited to those careers that already exist in the material realm. Even the combined experience of the UA fellowship and human beings outside of UA only shows a small part of the picture of what is possible.

Along with our experience, we have strength and hope. Hope means we can try new experiments, and some of them will work, expanding our knowledge.

How do We Get Spirit's Guidance in Our Career Search?

Mainly, our job is simply to “relax and take it easy” and “not struggle.” We can also put our focus on fundamental principles.

One principle is hope (or, if you prefer, honesty about the limits of knowledge): this teaches us that more is possible than what we can see. Our human thinking can want to place limits on what is possible, but if we are honest, we must acknowledge the future is something we cannot absolutely know any limits of. We might think we know that the future will be grim, but we may turn out to be wrong. As the book *Alcoholics Anonymous* reminds us, the Wright Brothers invented airplane flight when all around them said—and the “best mathematical minds” had even “*proved*,”—that flight was impossible. With “infinite God, rather than our finite selves” as our employer, we may possibly discover or invent new careers, income streams, jobs, occupations, vocations, or ways of serving. We may discover a relationship to time of maximum service for others and maximum receipt of material wellbeing, happiness, joy, and freedom.

The book *Alcoholics Anonymous* suggests that the AA's discovery was of the possibility to have conscious contact with their Creator, the intelligence behind the entire universe. Nothing less would keep an alcoholic sober, nothing less would fill the “God-shaped” hole. And this proved to be possible, regardless of the individual's particular conception of “God” (Higher Power), regardless of her/his religion or distaste for religion, perspective, economic status, intelligence, seeming worthiness, or any other factors. This creator, this infinite employer, who can guide us in all our many decisions in life, speaks to us through “inspiration, an intuitive thought, or a decision.”

Some will object, what of the person who claims always to rely on Spirit and takes no action for themselves? Isn't this person the exact reason not to believe? But let us look at this person's case more accurately: we cannot know what guidance their inner Higher Power really wants to give them, for where they are right now, given all they've lived in the past. We may say that they are assuming the wrongness of obvious resources, such as seeing a professional advisor, or searching for a job; we might want to tell them that that these worldly options could be a way of serving their Higher Power, or tell them the joke about the drowning person who refuses a boat and a helicopter saying, “God will save me.” But if in fact their Higher Power eventually does arrive in a chariot drawn by winged unicorns, who are we to question their guidance? And if the chariot, just for today, has not yet appeared, perhaps their Higher Power has a different intention for them we cannot know. It is ultimately fruitless to try to analyze another person's guidance;

instead it is only fruitful to keep the focus on ourselves. Am I guided inside to take this boat or not?

Lastly, we do not need to assume there is one ultimate job or career to find in life that is the answer, the pot of gold at the end of life's rainbow, answer to all our problems. Indeed, that kind of thinking is like making the job into our Higher Power rather than allowing our Higher Power to be our Higher Power. Instead of one career, there may be many different careers. Or there may be changes that happen in how we do our work over the course of it. ~~The artist Pablo Picasso had a "blue period," where his paintings mostly had blue tones to them. If he'd said that he had found his career and gripped onto that forcibly, he wouldn't have entered the "rose period" or co-founded revolutionary cubism.~~ The myth that we can find a dream job and then have that job be our Higher Power that solves all our problems is an oversimplification—we may be guided to changes small or large in each day's meditation with our Higher Power. And we may be of service in countless ways outside our paid work—or do less harm than has been done in generations past—by being more respectful, honest or available to the people in our life than ~~people like Picasso~~ are reputed to have been. A Spiritual career search can be multiple rather than singular, or it may be singular; we can give no rule and can make no assumption.

What answers can we expect from Spirit in our career search?

Sometimes Spirit's communication to us is in the realm of changed thinking; instead of "I can't," the thought comes from our Greater Power, "One step at a time you can," or "with Higher Power all things are possible," or "more help is on the way than you see at this moment," or "you are and will be guided and supported every step of the way." Sometimes body sensations are brought into our awareness. Sometimes the communication is an idea, an inspired action, large or small. Sometimes a material resource, a cost-saving alternative, or an offer of paid work may come "out of the blue," or a synchronicity that lets us know that there is a greater intelligence out there that recognizes us and cares about us. And sometimes it seems there is no answer at all; perhaps we need to keep waiting for Spirit's timing. Or continue doing what we think makes sense until Spirit's voice gets clearer. Some members pray, after taking an action, "Bless it or block it," or "if it be Thy will," or put the results in Higher Power's hands. Sometimes we are the last to see how clear the guidance and how great the strength are that we are receiving, and can catch a glimpse of our Higher Power in the mirror of someone else.

All Work is an Opportunity for Spirituality

In addition to the career search we do involving money and professionalism, we live in the Twelfth-Step, which remains forever non-professional. We can do these separately, carrying the message in a certain segment of time and working at our jobs in a different time, but at some point we also do the non-professional simultaneously with our professional work too. That is, we practice the principles in all our affairs, carrying the message of hope as we go about our careers and leisure activities, as well as when we are sponsoring. To "practice these principles in all our affairs" means to be an example of Spirit-dependency and listening to guidance when we are in our careers, communities, career searches, or moments of decision-making, and even modeling

sanity for the next generation. In any moment we can carry a message of hope or one of cynicism, one of belief in the seemingly-hopeless underlearner's ability to recover or one of doubt. A message of humility about what is knowable or one of inaccurate certainty. A message of seeing the potential in everyone, or of criticism. This Twelfth-Step attitude may make us more open to receive money indirectly, too, but that is never the primary motivation for it. It is doing Spirit's work and letting Spirit provide what we need. What form this takes is unlimited and unknown. By seeing our material career search as in service to the satisfaction of carrying of this message, in service to giving away what we desire to keep, we are set free to receive all the more openly.

And even if our path is to take a career that already exists, we have choices about our thinking. We can place how we think about it on a spiritual foundation. We can do the job not primarily for the human employer on paper but for Spirit first, and we can think of the career as simply like clothing we put on. Conventional language in the world has a confusing implication: we say "I am a farmer" or "I want to be a doctor when I grow up," as if one has to become that job for life and fully merge one's identity with the job. This is an illusion. We are much more than our job—we are what Spirit has created. No one actually is anything but a human among humans, primarily, an employee of Spirit among employees of Spirit. A job is something we do. Even in the midst of our "B jobs" or "day jobs"—what some members call a "God job"—we can see ourselves as employees of Higher Power, not beholden to humans. The very invention of the concept of a job is of human logic, and can even be said to be manipulative: "I'll pay you a bribe to do this thing you don't naturally want to do." Widening our focus to include Higher Power, even while externally we do our job, gives us independence from any job or human being. Trusting the money actually comes from Higher Power and not ultimately from the job gives us freedom to be of true service unconditionally. We can do the job in a satisfying way rather than a painful way, and find contentment and even happiness at work. We have the freedom to leave a job if it is becoming destructive. We can afford to say no to work that does not fit our values or our needs, trusting that we will be taken care of.

Where do I Begin?

With the possibilities so limitless, it can seem overwhelming. Where do I begin? how do I keep a roof over my head today?

These are also valid questions. We must indeed ask, "How is this serving me?" If we don't take care of ourselves, including our material needs, we become another person in need, unfit for service to the whole.

The answer is that we may take "baby steps," or "bite-sized" actions; we can look to make "progress, not perfection." The Wright Brothers did an amazing, sudden feat; we don't all have to be the Wright Brothers to be adequate and happy. Some of us may be like them, others may be more of the slow-and-steady variety; both are valid and of equal value in our individual Higher Powers' eyes. We do not need to compare ourselves with others and feel despair or insecurity. We do not need to measure up to someone else's Higher Power, we only need to focus on the inner guidance from our own individual Higher Power. UA as a whole is entirely

neutral in its opinion on the Wright Brothers or pioneering. The spiritual principles give results to all.

We can take steps of faith, rather than leaps of faith. The steps need only be large enough to satisfy our own convictions. If an infinite Higher Power knows how to create human consciousness or a molecule, it also knows how to put food on the table and get the taxes paid. “God is everything,” wrote the authors of the Big Book. If Higher Power is everything, It can guide us to and provide us with the material support needed to get from wherever we are to point B. It can help us both in large things and in manageable, baby steps. “No matter how far down the scale we have gone,” an infinite Spirit can make a plan for us to go forward. And as we gradually stop struggling and start listening to our guidance, we begin to find our way forward, one day at a time, one moment at a time. We don’t have to do any more than one thing at a time to be “spiritual enough.”

MANY DIFFERENT KINDS OF GUIDANCE

Our experience of the world can be divided into two categories: human and non-human. The guidance from humans may or may not be accurate: humans may be “sick and suffering and frequently wrong [mistaken, inaccurate],” so although humans may be well-intentioned, they are finite. We are limited. Any of us can say something inaccurate, confusing, or even deliberately false to you. Any of us may even assume we know what’s best for another—“everyone knows you have to do X to survive!”—but ultimately we can only know our own truths. We fellow humans are not your best guides. Higher Power is.

In the non-human realm, many find clarity and space for new ideas in nature, in the quiet and beauty of the plant or animal world, when bathing, on a mountain top, in tending the earth, in the movement of flames, or from other sources. A wild animal brushing our foot, a bird flying past at just the right moment, a tree seeming to light up with life force; a voice in our head, a gentle gut feeling not to jump at a job that appears secure but wait until there is an inspiration to act, a snippet of conversation overheard; a dream, a significant number appearing on the clock just as we look at it. These signals can be ways our Higher Power sends us hints.

Or the message may come through a seeming problem: a person not showing up for an appointment, a phone call dropping in the middle of a conversation, a message that is mysteriously lost or shows up a few days late (but perhaps at a better time than what we’d planned). Again, however, just as with human powers, with non-human powers the sign itself isn’t the entire Higher Power. The sign is what the Higher Power is speaking through; our best course is to listen for Higher Power’s will for us speaking through the phenomenon, and to continue to hear from the “vital sixth sense” inside, rather than narrowing our focus solely on the phenomenon itself. The inner knowing is where the truth may be found—“deep down in every man, woman, and child is the fundamental idea of God. In the last analysis it is there that [Higher Power] may be found.” (Big Book page 4X-).

Indeed, sometimes Spirit's logic seems to run counter to all human logic and common sense, yet Spirit has the last word. It has been said that "God works in a mysterious way."

What do we do if the sign has seemed to end up misleading us? The love song comes on the radio just as we're wondering whether to call a love interest or no, and it seems to be a sign—only to lead to an abusive relationship or disappointment. The job we sensed we were led to apply to is given to someone else or cancelled entirely in mysterious fashion. Does this mean our intuition is wrong? Does this mean we shouldn't trust Higher Power?

It may simply mean that "more will be revealed." In all of this, our own thinking, fears, resentments, assumptions, etc., can cloud our interpretation of the guidance Higher Power sends us. It stands to reason that the direction from a perfect, all-knowing Higher Power is itself completely clear; our own interpretation of it may not be. This is not to say we are doing something wrong, and nor that we need to try harder or fight underearning harder in order to "earn" a scrap of guidance. Overexertion is one of UA's symptoms. Relaxing and taking it easy, letting things happen in Higher Power's time, this is what works.

Instead, it may only mean we are still making a confused assumption without realizing we are doing so.

It doesn't mean we got our hopes up too high either—we cannot say this of our lives because the story isn't over yet. We may have assumed the good things would appear sooner than they would, but they may be still just around the corner. We may be like the Wright Brothers five minutes before their breakthrough. The answer is always the same: letting go once again.

So we live in the Steps, keep the focus on ourselves, looking diligently at our choices, and as we let go of mistaken assumptions, we let in more of Higher Power. Our interpretation of the intuitive thought or the conscious contact becomes more and more accurate. We may be projecting onto our concept of the Creator of life qualities of humans we encountered early in our lives: our parents, our first teachers, or even our first paying employer, which set the tone for what we thought we should expect from treatment. These humans may have meant well, or perhaps were acting out their own resentments, but in either case humans are "frequently wrong [mistaken.]" Today we can unlearn these projections. Hidden behind these all the past human powers was an infinitely loving being all along. The "Big Book" says, "Being still inexperienced and having just made conscious contact with God, it is not probable that we are going to be inspired at all times. We might pay for this presumption in all sorts of absurd actions and ideas. Nevertheless, we find that our thinking will, as time passes, be more and more on the plane of inspiration. We come to rely upon it" (p. 86). We don't have to expect of ourselves perfect intuition at the start to expect that over time it will be substantial.

We can also get help through human powers, with our new intention to find our way to Higher Power's guidance. It is worthwhile talking decisions out with other members, but with the intention of getting more clarity from Higher Power ultimately, rather than looking to human powers to give us our own truth. Does what this person says ring true in me? Talking the

guidance out with others is a support so that we may hear our Higher Power more clearly, not a replacement for the inner guidance.

Listening *only* to human powers won't work for us compulsive underearners—"No human power could have saved us"—and some believe that it isn't really working for humanity as a whole. The ongoing wars, ever-more-urgent problems, health crises, disagreements, and everyday unhappiness in use of our time arguably reflect a failure on our part, as a species, to make the best use of our opportunities. We need Higher Power's thinking in how we create jobs and careers. "Making a sponsor into your Higher Power" is not more effective than doing this with any other human being—except that, hopefully, a Sponsor will continually remind you that they are not your Higher Power. If we follow Spirit's ideas, we may be able to have a far happier world. Imagine if the Traditions were followed everywhere in life!

Once again, more than the currently material is possible. Every job that exists today at one time did not yet exist, and there is no guarantee that the jobs of tomorrow will look like those of today. That is an outside issue. A casual glance at the world today shows that recently careers have been changing, adapting, or being created more and more rapidly. Therefore, rather than looking only, or looking first, at the job listings and hoping that something fits (although that may work in some cases) we suggest recognizing the capacity of Higher Power to go beyond any currently existing job or career description. The AA's suggest we "ask in our daily meditation how we may help the Alcoholic who still drinks," promising that new ideas will come to us. If service to our fellow underearners and fellow humans is our intent, we may be shown new ways each day to be of service that had never been known before. We need not be intoxicated to be pioneers of new creativity, and there is nothing arrogant about it either. If happiness, joy and freedom for all is our intent, intuition and creativity will be given us that serve everyone.

Higher Power is our employer: we can ask, What is your will for me? Whom would you have me serve? What is my gift to them? What times in my life of serving the world have felt true to my inner sense, the "vital sixth sense"? What contribution have I made to true progress? What inspiration, intuitive thought, or decision is coming to me?

Along with prayer and meditation, conscious contact can continue simultaneously with our other activities in life, it need not contradict or replace life's activities. "What used to be the hunch or the occasional inspiration gradually becomes a working part of the mind." (Alcoholics Anonymous, p. 86).

Lastly, the AA 12&12 suggests consulting outside sources for help with finding ways to pray or meditate, ways to cultivate conscious contact. "Prayers may be obtained from one's minister, priest, or rabbi." To this we might add other titles of spiritual teacher, elder, artist, or inspiring figure; the examples of heroes in the past or present; workshops, books, videos, on-line materials; meditations, spiritual programs, spiritual prosperity programs, life purpose discovery guides; and many other supports not yet known to us and maybe not even created yet!

The outside source can't do the spiritual work for us, but it can help us. If we ask our Higher Powers to guide us, we can be led to resources that inform or expand our understanding. Higher Power has "all knowledge and power," an infinite library of resources, and knowing of which one will best suit an individual's needs. Each of us has a unique path to conscious contact, and UA as a whole has no opinion on the rightness or wrongness of any of these paths. We can suggest that you be open to outside sources that your infinite Higher Power may bring into your life--and then listen for your own Higher Power's voice speaking through the outside source.

Again, Higher Power is still our Higher Power, not the outside source itself. Anonymity is usually not a principle upheld by outside sources. If we trust an outside source to be accurate, and then the author of that information is charged with stealing money, misleading people, or some other such scandal, what do we do now? Do we mistrust everything that we have learned from that source? Do we assume that the actions that this person or organization is accused of never happened? Do we pretend that evidence is not valid when evidence is staring us in the face?

The answer must be again to come back to Higher Power, and to our own experience, strength hope, and experiments. If what the outside source says works when I try it, then it works *for me*, regardless of what the personality who authored it does or does not do. If what that source says doesn't work when I try it, then it doesn't work *for me*--at least at this time--no matter how I may like the source. "Take what works and leave the rest" is a common saying in the rooms that expresses this idea.

A spiritual-based approach to seeking career or livelihood may or may not lead overnight to the dream job, the new invention, the great artistic masterpiece, or fame and fortune. It may not lead to anything like what we had imagined. But our experience is that it will always lead to *enough*, and also to something even better than we had imagined: happiness, joy, and freedom.

Ancestral spiritual inventory

IT IS WIDELY understood how traumas from Once earlier life can affect the present, however drummers that occurred before, in earlier Generations, may also affect how one thinks and perceives the world today. The program of UA not only permits, but actively suggests, that we choose our own conception of God, or higher power. We may not know what to choose, because the conversation has been so clouded with the clamor of voices, theology, media, economic or legislative behavior, and even violence, in the past. Let us suppose, for example, that one religion has spread its message by the sword. If my ancestors were convinced in this way to choose a conception of God, and to abandon a conception that they had naturally had before that, and later did not talk about what had happened to their children, then I may grow up with an unnatural concept of god. I must do some digging to find my conception again, what is natural to who I truly am. It may not be possible to know the history, but we can make an attempt, and with higher powers help, we may discover more than we thought we could. In taking the action of taking inventory, we open the space for the results to come. further, It may be the case that those Spirits or spirit from which my ancestors received Guidance and

strength continue to exist outside of time, and may still be called upon today. Higher power can help us find higher power. We can only open the door of questioning here, and can give no specifics, but outside sources may help clarify things here.

Those who have carried their message by the sword may have been well-intentioned, or may have been acting completely from selfishness. In either case, the message may not have served our ancestors, and may have left them very disempowered relative to how they had been. If a conquering army wants to subdue another people, it makes sense to attack their priests. Psychological tactics and trickery are also powerful way to disempower one's enemy. Those who believe that they have the one true way that fits everyone, though well-intentioned, may be doing even more harm, since their confusion is not conscious, and may inspire people to give up spiritual practices that work for them, perhaps saying that those practices are harmful, primitive, or "of the devil." some people have been persecuted or even killed for their religious beliefs or spiritual powers.

The UA program has no opinion on the issue of who is right and who was wrong about spirituality, however, we do believe that each of us is free to choose his or her or their own higher power. Not only is this our belief, it is our finding, from our research, from our own lived experience, that a person may recover with any conception of God they choose, provided it makes sense to them. And others forcing us to accept their own are not being of service.

But in any case the wound inflicted is really remains in the form of unfreedom in the victims' *thinking*.

So the question becomes, how do I reclaim my own conception of higher power?

If we are the descendants of those who did the suppressing rather than being suppressed, what then? Then we must look back even farther in time, to the ancestors of those ancestors, before they came to think of themselves as having the one answer for everyone. Perhaps they were previously attacked in the way that they later attacked others, perhaps they had rituals of their own and their own unique ways of communicating with their gods. These are so long forgotten now that only speculation about their ways exists today in books. How do we then unearth as a living practice we can use today tools from such a source? We must simply trust that they will make themselves known and that they will guide us to the place or the practice, and that Spirit has a plan and sees a larger view.

We may ask the questions:

What do I sense my ancestors authentically believed about Spirit before being convinced to doubt their own beliefs?

What records if any can I find about their practices?

What do I like and what is the rest?

What do I sense beyond what I can conceive of? What power did Spirit give to them to live their lives and their purpose?

How is this concept (the one I habitually think of) of "God"/Higher Power/Spirit/Creator serving me?

What concept of "God" best empowers me to be of service to those around me? What concept of "God" allows me to have conscious contact, to sense the presence of spirit? We may ask the spirit or spirits who once aided our foreparents to help us know them again and to aid us in doing this inventory, to do for us what we cannot possibly do for ourselves.

More than Words

Spirit's communication can come to us much more rapidly and broadly than human words. The saying "a picture is worth a thousand words" conveys part of this idea; now, what of something that is infinite? It is beyond conception, but it is certainly faster than 1000 words per second. In terms of efficient use of our time, an infinite Higher Power is far more capable of informing us than any human power. The "set-aside" prayer suggests we "set aside everything we think we know for an open mind and a new experience" of anything. Higher Power will not override free will and force a new intuition on us; but it will provide if we let it in. So this pamphlet itself may have confused you in some ways as well as encouraged you, and if it has, we acknowledge that this pamphlet too is merely words. Take what you liked and leave the rest. Again, our job is to "relax and take it easy."

Lastly, we can add that there is a friendly amendment we UA's want to make to the AA's words quoted at the start of this pamphlet, "and performed [Its] work well." Our friendly amendment is this, that we do not need to do Higher Power's work perfectly, *and we do not even need to do it well* if we are unable to do it well at this time—only to do the best we individually are capable of today. There is such a thing as overexerting. Higher Power will do for us what we cannot do for ourselves. The effort to do what we cannot do is a distraction and unnecessary pain. Simply doing what we *can* do is enough.

Questions for Consideration:

1. Where has intuition, guidance, or inspiration from somewhere within ended up working out for me? When have I ignored that voice and what was the consequence?
2. What do I like about my Higher Power? About how guidance shows up for me, if I sense it? About the results that have come in response to choices I've made in my life?
3. Which human powers have I assumed had all the answers? Do they?
4. When have others thought that I had all the answers? What answers were clear to me?
5. What is my conception of God/Higher Power? What are others' conceptions of Higher Power? Do I want to make a new choice today? What is my inner guidance telling me?
6. Where do I hear my Higher Power speaking through other people?

7. Where do I hear my Higher Power speaking through channels that are not a person?
8. What would it mean to ask for a bigger Higher Power and receive one?
9. What limits have I assumed my Higher Power has? What preconditions for giving me my needs?
10. What experiences have taught me to assume Higher Power was limited, uncaring, or conditional?
11. Have I assumed my Higher Power would act like my parents, teachers, or first human employers, clients, or customers?
12. Do I compare myself to anyone else in terms of how favored or disfavored I think I am in Higher Power's eyes?
13. What do I like, and what should I leave? What is working for me?
14. What do I feel called to do on this planet, assuming I have the support of an infinite resource and infinite knowledge of how to go about it? What people or things do I most want to serve? How do I want to use my time?
15. What differences have I made in the world so far in my life?
16. What work has brought me joy, and what non-paying uses of time have brought me joy?
17. What is the next manageable step forward from where I am toward the ideal?

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