

## *The First Rule*

**A**ttend to these instructions,  
Listen with the heart and the mind;  
they are provided in a spirit of goodwill.

These words are addressed to anyone  
who is willing to renounce the delusion  
that the meaning of life can be learned;  
whoever is ready  
to take up the greater weapon of fidelity  
to a way of living  
that transcends understanding.

The first rule is simply this:

live this life  
and do whatever is done,  
in a spirit of Thanksgiving.

Abandon attempts to achieve security,  
they are futile,

give up the search for wealth,  
it is demeaning,

*Always We Begin Again*

quit the search for salvation,  
it is selfish,

and come to comfortable rest  
in the certainty that those who  
participate in this life  
with an attitude of Thanksgiving  
will receive its full promise.



## *Each Day*

**A**t the beginning of each day,  
after we open our eyes  
to receive the light  
of that day,

As we listen to the voices  
and sounds  
that surround us,

We must resolve to treat each hour  
as the rarest of gifts,  
and be grateful  
for the consciousness  
that allows us to experience it,  
recalling in thanks  
that our awareness is a present  
from we know not where,  
or how, or why.

When we rise from sleep let us rise for the joy  
of the true Work that we will be about  
this day,  
and considerately cheer one another on.

*Always We Begin Again*

Life will always provide matters for concern.  
Each day, however, brings with it reasons for  
joy.

Every day carries the potential  
to bring the experience of heaven;  
have the courage to expect good from it.

Be gentle with this life,  
and use the light of life  
to live fully in your time.



## *Paramount Goals*

**W**hat is wanted is not that we should find  
ultimate truth,  
nor that we should become secure,  
nor that we should have ease,  
nor that we should be without hurt,  
but that we should live fully.

Therefore we should not fear life,  
nor anything in life,  
we should not fear death,  
nor anything in death,  
we should live our lives  
in love with life.

It is for us  
to train our hearts  
to live in grace,  
to sacrifice our self-centered desires,  
to find the peace without want  
without seeking it for ourselves,

*Always We Begin Again*

and when we fail,  
to begin again each day.

If we adopt an outlook of confidence and trust and perfect our experience by care for others, if we live in the certainty that we are heirs in the providence of the outermost mystery, we will begin to change into the persons that we have the potential to be.





## *Good Works*

**I**f you want to live  
the life that only you can live,  
do good for others,  
and when you have done good,  
you will have life abundantly.

A life without good works  
is a shadow life.  
A life centered on itself  
is an empty life.

Seek to do good for others,  
and you will find fulfillment.  
Forget yourself  
and you will discover what you are  
seeking.

But if we do good works,  
we should not do so in the hope of reward,  
nor in the desire for betterment,  
nor can we be proud or self-righteous  
on account of our good works.

*Always We Begin Again*

We must credit the good we do  
to the hidden foundation of good,  
and be grateful to serve as its medium.

Each good action we perform is like a blow from a sculptor's chisel, cutting away the dross, and shaping the ideal form hidden within the stone. Each step we take away from dependence on material possessions is like a day of training for an athlete, strengthening ourselves into the fit and healthy persons we were designed to be. It is the small daily brush strokes that create the painting, no matter how large the canvas.

