

Purpose of SEA

Spiritual Emergence Anonymous is a fellowship of people who share our experience, strength and hope to solve their common problems. The Twelve Steps and the Twelve Traditions of Spiritual Emergence Anonymous (SEA) provide a safe environment to encourage authentic sharing and support among people who are integrating or have formerly integrated spiritual emergence.

Spiritual emergence differs from following a spiritual path or devoting oneself to spiritual practice, in that in spiritual emergence, the *emergee* has experienced sudden and overwhelming spiritual awareness that can be very disorienting (as in near-death experiences, mystical experiences, etc.). The goal then is to ground this new spiritual awareness with recovery, a sense of unity and new behaviors including service, which often involves accepting discomfort of the process while stabilizing their lives. *Spiritual emergency* is a crisis that occurs when emerging spirituality happens faster or more powerfully than is possible to gracefully integrate. This can create imbalance or cause disturbing psychotic effects until the person is able to adjust to grounding this new awareness. There are occasions when a person with a medical condition of psychosis concurrently goes through a spiritual emergence. It is not up to SEA to distinguish between the two. SEA is not a substitute for medical treatment for these individuals. The only requirement for SEA membership is a desire to integrate spiritual experience.