

Twelve Promises of SPIRITUAL EMERGENCE ANONYMOUS*

If we are painstaking about this phase of our development:

1. We are going to know a new freedom and a new happiness.
2. We will not regret the past nor wish to shut the door on it.
3. We will comprehend the word serenity, and we will know peace of mind.
4. No matter how far down the scale we have gone, we will see how our experience can benefit others.
5. The feelings of uselessness and self-pity lessen.
6. We will lose interest in selfish things and gain interest in others.
7. Self-seeking will slip away.
8. Our whole attitude and outlook upon life will change.
9. Fear of people and of economic insecurity will leave us.
10. We will intuitively know how to handle situations which used to baffle us.
11. We acquire a feeling of security within ourselves
12. We realize that God is doing for us what we could not do for ourselves.

These may seem like extravagant promises, but they are not. They are being fulfilled among us, sometimes quickly, sometimes slowly.

*Adapted from the 12 promises of AA and EA