

Twelve Steps of SPIRITUAL EMERGENCE ANONYMOUS

1. We found ourselves overwhelmed by the challenge of integrating our spiritual emergence and sought help to bring our lives into balance.
2. Came to believe that a Power of Goodness greater than ourselves could bring us to stability and clarity.
3. Made a decision to turn our will and our lives over to the care of our Higher Power.
4. Made an honest inventory of our personal gifts and our weaknesses.
5. Admitted to our Higher Power, to ourselves, and to another human being the exact nature of our weaknesses. We humbly asked our Higher Power to remove those shortcomings.
6. Practiced compassion to all those we had hurt by acknowledging any suffering caused, including to ourselves, by making a list of all we may have harmed.
7. When it could be done in a loving, safe, and constructive way, we asked all who had been hurt, including ourselves, for forgiveness, and offered to make amends.
8. Made a list of everything we were grateful for, including our own personal gifts and talents.
9. Expressed gratitude to those to whom we were grateful, and asked our Higher Power for ways to utilize our gifts and talents.
10. Continued to take personal reflection regarding honesty, humility, compassion, forgiveness, and gratitude.
11. Sought through prayer and meditation to improve our conscious contact with our Higher Power, praying only for knowledge of divine will for us and the power to carry that out.
12. Having had a spiritual transformation as the result of these steps, we tried to carry this message to others, and to practice these principles in all our affairs.