

# Spirits Onymous 12-Step Program



Twelve Principles for creating a purposeful, successful and joyous life

## Step 1. Align with your True Identity

There's only one truth, one reality, and that is Divine consciousness—and we are creating it.

## Step 2. Align with Stillness

In the depth of stillness, we will find answers to all life-defining answers.

## Step 3. Align with Now

True happiness can only be created one moment at a time, and that moment is *always* now.

## Step 4. Align with your Original Intent

We are alive to express who we came here to be.

## Step 5. Align with your Inner Guide

We all have an inner guide nudging us along, all the time.

## Step 6. Make a Goal Plan toward your Dreams

Writing down what we want is one of the most important things we can do for ourselves.

## Step 7. Take Charge: *The R-Factor*

To be powerful creators, we must take full responsibility for our thoughts, feelings and actions.

## Step 8. Create Mindfully: *The Magical Formula*

Every thought is the beginning of a new creation, and our passion gives it life.

## Step 9. Reach for Enlightenment

Recognize eternal perfection in each moment and reach enlightenment—*right now*.

## Step 10. Be a Mindful Leader

We are all leaders in the history of mankind, leaders who lead by example.

## Step 11. Create Physical Resilience

Celebrate and access the amazing healing potential of the body.

## Step 12. Support a Sustainable World

Let the world be an expression of our internal balance.

**I am Spirit, You are Spirit, All is Spirit and All is Well**

The InnerGuidance Network  
[www.InnerGuidanceNetwork.org](http://www.InnerGuidanceNetwork.org)