

Core Concept #1

Realizing we are
asleep, thinking we are
awake.



Core Concept #3

**We strive to grow
ourselves up.**



*“...maturing is the transcendence from environmental support to **self-support**. (p.28). ”*



Fritz Perls (1969). Gestalt Therapy Verbatim.

*“One of the hallmarks of creative intimacy is the absence of **‘shoulds’** or **‘musts’** or **other demands** on ourselves or others.”*

Dr. Jerry Greenwald (1975). Creative Intimacy: How to break the patterns that poison your relationships. Simon & Shuster: NY.

Core Concept #4

No One is Coming!

I am the one I am waiting for!



Core Concept #5

We strive to take responsibility for our existence including the level of consciousness that we bring to our daily lives.



We strive to meet life on life's terms and to align ourselves with reality.



"We had to learn ourselves and, furthermore, we had to teach the despairing men, that it did not really matter what we expected from life, but rather what life expected from us.....we needed to think of ourselves as those who were being questioned by life... Life ultimately means taking the responsibility to find the right answer to its problems and to fulfill the tasks which it constantly sets for each individual."



Viktor Frankl, M.D.

Viktor E. Frankl (1959). *Man's Search for Meaning*.

Core Concept #8

We show up differently in our lives.

**We disrupt old patterns and experiment
with new ways of thinking and behaving.**



Core Concept #12

**Self-Transcendence: We give ourselves
freely and willfully to serve a greater
purpose in life.**



Spiritual Awakening

TURNING

FROM
Dis-ease



TO
Harmony

Addiction: Substance/Process

Anger/Resentment

Fear/Anxiety

Inappropriate Sex Behavior

Dishonesty: Self/Others

Secrets

Guilt/Shame

Unhealthy Self-esteem

Abstinence/Moderation

Love/Forgiveness

Trust/Tranquility

Guided by Principles

Rigorous Honesty

Transparency

Freedom

Healthy Self-worth

MY WILL

GOD'S WILL

*"...sobriety is only the bare beginning. It is only the first gift of the first awakening. If more gifts are to be received, our awakening has to go on. And if it does go on, we find that bit by bit by bit we can discard the old life – the one that didn't work – for a new life that can and does work **under any conditions whatever**. Regardless of worldly success or failure, regardless of pain or joy, regardless of sickness or health or even of death itself, **a new life of endless possibilities can be lived if we are willing to continue our awakening.**"*

Bill Wilson (1957).



