

ASHLEY HASEOTES

It has been scientifically proven that our beliefs create our future, that what we think affects our bodies, that living in the hormones of stress literally stops our immune systems from working properly. You found your way to the 12 Steps to Emotional Freedom and Deep Happiness course because you are being called to do inner work. You want to live a healthier you, and all of that is possible. Keep doing the work! In today's video Morgan and Chris talk to me about how they made the shift into believing in a higher power, how this belief helps them even today. We also talk about what to do if you don't believe in God and how you can still have meaningful spiritual growth in the 12 Steps.

Believing in a higher power is essential in almost every spiritual development course. Whether it is God, Angels, Guides or The Universe, there is something greater than you that gives your body the energy to breathe, for your heart to never stop beating. Connecting to this higher power will lead you to free yourself of your past and to find the joy and abundance in this very moment.

Step 2 Journal Questions

“Came to believe that a Power greater than ourselves could restore us to sanity.”

1. Look up the definition of sanity and write it below:
2. This step is all about WILLINGNESS. Look up willingness and write the definition below:
3. What does willingness feel like for you?
4. What stops you from believing that there is a higher power? What holds you back from seeing we are all connected by this energy?

Step 2 Conclusion Questions:

Do you believe or are you willing to believe a Power greater than yourself can restore you to sanity?

If you answered "Yes!" you are ready to move on to Step 3!