

# 12 Spiritual Principles

## 1) Hope

Hope is the 1st spark to ignite the momentum of positive change. Hope is the necessary tool to face our fears, our doubts, and our apathy. Hope may seem intangible, yet its effects are noticeably evident. When we have it, it is profoundly visible to others. When we nurture our Hope and share it, it becomes contagious. Having Hope allows us to face matters that may be unpleasant and uncomfortable. The Hope we have for ourselves and those around us can be the beginning of fulfillment. Hope allows us to dream. Without dreams, we may have No Tomorrow.

## 2) Surrender

Surrender is personal; it is the beginning of personal responsibility. Surrender allows us to lose the feeling of being overwhelmed, which we may feel when we are focused on all that 'needs' to happen. Surrender as a Spiritual Principle, allows us to let go of what we cannot control and focus on what we do control ourselves! It is through Surrender that we stop focusing on the change we see the world needs and become the change within ourselves. Surrender allows us to do what we can and frees us from trying to do what we cannot.

## 3) Acceptance

Acceptance gives us the ability to have a natural starting point to change. With Acceptance we can go beyond simply surrendering our need for control, we learn to accept the past for what it is. We learn to allow the world and those around us to be the way they are. Acceptance affords us the ability to allow ourselves, and others, to take responsibility without blame and excuses. Acceptance frees us from being pre-occupied by anyone or anything we cannot change. Acceptance allows us to have the courage we need to change.

## 4) Honesty

Honesty gives us the ability to live openly with ourselves. As we become aware of our actions, our feelings, and their consequences, we need to be Honest about our motivation. Honesty frees us from the burdens of seeking truth. If we are Honest in our perception, then our Honesty allows us to be wrong without loss of personal self-worth. Honesty gives us the ability to question our initial ideas and feelings and look beyond them. We may have the desire, to be Honest, before we have the ability. Once we begin living Unconditionally Honest, we find that it takes much less energy than maintaining a lie. To be Honest means to be Real.

## 5) Open-Mindedness

Open-mindedness is our bridge to the experience of others. With Open-mindedness, we can face diversity without the need to jump to conclusions or apply narrow limitations based predominately on our own thoughts. Open-mindedness is necessary for the learning process. To be teachable, we must be open to new and different ideas, concepts, and answers. Being Open-minded is as much about sharing what is in our mind openly, as it is about being receptive of what others share with us. Open-mindedness helps us maintain a youthful perception of Life, allowing us to see change as growth rather than a struggle.

## 6) Willingness

With Willingness, we suit up, we show up, and we put one foot in front of the other. Willingness gives us the permission to change and grow. It is Willingness that allows us to be okay to change within ourselves and step back, as others continue on their own path. Willingness is an extension of the initial Surrender and Acceptance. Through Willingness, we are fully able to Surrender control, manipulation, resentment, blame, and expectation, while Accepting responsibility for our own part. Unconditional Willingness is both active and receptive – willing to act for our self and ready to be receptive of others.

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## 7) Faith

Faith is the belief in what is possible, what we are capable of without the expectation of what we will do. Having Faith in what is possible supports us against the loss of what is beyond our control. To have trust in someone gives him or her the ability to disappoint. Having Faith in someone has nothing to do with what does happen, only what is possible. Our trust in others is breakable; Faith is not. Faith rests on the backbone of gratitude. As we learn to be grateful for what we already have, our Faith in what is yet to come grows. Through Faith, we learn to nurture the seed without doubt as to whether or not it will bloom. Faith is not the replacement of Fear, rather the Principle power that enables us to walk through Fear.

## 8) Tolerance

Tolerance teaches us, that what we see in others can be found in ourselves. What we dislike the most in others is what we fear the most about ourselves. What we like most in others is what we desire to receive the most for ourselves. Through Tolerance, we learn to allow others their consequences without participating or co-signing in their behavior. Tolerance allows us to disagree without being disagreeable. Tolerance reminds us to be Open-minded to others Honest perceptions, as we want them to be open to ours.

## 9) Patience

Patience is the practice of Peace. With Patience, we can allow things to move into place without force. Patience can also be known as creative waiting. Patience reminds us to be slow and steady, instead of hasty and wasteful. Patience helps us to digest the experience of our actions so that we may enjoy the fruits of our labor and their lessons. Practicing Patience takes Surrender of self-will. Through Patience, we learn to liberate ourselves from the anxiety of time.

## 10) Humility

Humility makes our mind our servant and friend. Humility keeps our ego and fear in check, by allowing us to admit and assess our mistakes, fearlessly. Through Humility, our mistakes become nothing more than opportunities to grow and learn. Humility guides us through awareness of how we affect others. Humility encourages our newfound sense of responsibility while teaching us to remain neutral to outside influence. Humility makes it okay for us to be human.

## 11) Unconditional Love

Only when we can say Unconditional in front of any principle can it truly be considered a Spiritual Principle. Without the use of Unconditional, it's hard to fully understand the misused, misunderstood, abused principle of Love. Unconditional Love teaches us to desire life in an open, all-inclusive way. With Unconditional Love, we can care for each other and ourselves without being enabling or getting in the way. Unconditional Love allows us to be authentically Real without causing any harm. Even when or if it hurts. Unconditional Love takes us from simple existence to being Fully Alive.

## 12) Altruistic Service

Altruistic Service, Sharing and Caring, Empathy with action... It is through our Unconditional Selfless Service to ourselves as well as others that we activate all of the previously mentioned Spiritual Principles. Through genuinely caring, we share our experiences, our skills and our gains without seeking titles, returns or fame. In serving each other selflessly, we can put aside our personal agendas. Through Altruistic Service we realize, our self-worth is not measured in how the World treats us, rather in how we treat the World.