

Spiritual Principles and the 7th Tradition



Barrier

It takes time to
make changes
move to a place of gratitude and abundance.

At first, many of our attitudes
are not grounded in gratitude and abundance
we didn't know what spiritual principles were,
or how to apply them to our lives.

Strategy

Lead meetings and workshops on
gratitude, abundance, and spirituality –

Share how our thinking has evolved on these topics.

Barrier

When unaccustomed to discussing finances in a spiritual way,

we become fearful and mistrustful
at the very mention of the subject.

Strategy

Financially-based discussions

Members share their experiences of
gratitude, giving, and abundance

Typical financial discussion

versus

a spiritually-grounded financial discussion.

Strategy

Humor helps us listen to difficult subjects and to be more open to what is being suggested.

Fear-based and skeptical about abundance

Versus

Abundance, trust, gratitude, and giving based on a trust in a Higher Power.

Barrier

Many of us may not understand
the principle of abundance
where it is found in our Legacies.

Strategies: Discuss financial challenges

...using Al-Anon's spiritual principles
in Steps, Traditions, and Concepts.

When financial challenges
being made manageable
by the application of spiritual principles,

the better we will
apply them to discussions
of our own financial difficulties.

Barrier

Many think it is
improper or uncomfortable
to discuss money

due to cultural or social attitudes.

Strategies

Talk about

reasons we have for our discomfort
when it comes to talking about money.

Is it not polite? Is it crass? Is it about control?
Is it embarrassing?

Did our parents or family members scold us
for bringing up the subject?

Strategies

Suggest money and finances
as a topic at meetings
as a means to open doorways to discussion.

With a greater awareness and information
of the obstacles and barriers to such discussions,
and how to apply spiritual principles,

it is hoped that these discussions would become
more comfortable, commonplace, and helpful.

SCARCITY vs ABUNDANCE



FAITH vs FEAR

