

# Spiritual Principles and the 7<sup>th</sup> 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

