

# **The Principles of the 12 Steps**

## **Step 11 – Spiritual Awareness**

The Twelfth Step Within Committee has been taking this year to focus on the principles of the Twelve Steps. Our book *The Twelve Steps and Twelve Traditions of Overeaters Anonymous* tells us what these principles are, **honesty, hope, faith, courage, integrity, willingness, humility, self-discipline, love, perseverance, spiritual awareness** and **service**. This month we will focus on the principle of Step 11 – **spiritual awareness**.

***Step 11 – Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.***

*"In step eleven we learned the principle of **spiritual awareness** as we turned our attention to the practices of prayer and meditation. We practice this principle by seeking an awareness of God's presence in all our affairs, and by continuing to nurture our spiritual sensitivity through prayer and meditation."*