

## The Twelve Steps of Emotional Emancipation

1. We admitted we were powerless over alcohol — that our lives had become unmanageable.

We came to recognize that we are powerful – our lives are manageable

*“A people with power look for the source of problems within themselves”*

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

We believe that a Power greater than ourselves can restore our sense of power

3. Made a decision to turn our will and our lives over to the care of God *as we understood Him*.

We made a decision to turn our lives over to the care of God and Ancestors, on whom we rely for guidance and direction

4. Made a searching and fearless moral inventory of ourselves.

Made a searching and fearless inventory of our character – individual and collective – and our choices that limit our claiming of our power

5. Admitted to God, to ourselves and to another human being the exact nature of our wrongs.

Admitted to God, the Ancestors, ourselves, communities, families the specific nature of our limitations

6. Were entirely ready to have God remove all these defects of character.
7. Humbly asked Him to remove our shortcomings.
8. Made a list of all persons we had harmed, and became willing to make amends to them all.
9. Made direct amends to such people wherever possible, except when to do so would injure them or others.
10. Continued to take personal inventory and when we were wrong promptly admitted it.
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.
12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.

*"You must act as if it is impossible to fail"*

*"Talking to one another is loving one another"*

*"It is the Human being that counts"  
"All human beings are the children of God;  
no one is a child of the earth"*

*"If you get your bundle ready, you will be helped to carry it"*

*"If one bad person is in a community, he makes a slave of all others"*

*"Life is as you make it"*

*"The pot will smell of what is put into it"*

*"Evil enters like a needle and spreads like an oak tree"*

*"The stick that is to save you is found in your hand"*

## The African Episteme: Promoting Emotional Emancipation

<b>BEFORE</b>	<b>African Spiritual Origins</b>  <i>We came to recognize that as a child of God, our power –personal and collective – is boundless</i>	Examines ancient African systems of culture, collectivity and consciousness focused on the development of the ancestral ideas of what is right, normal and good.	<i>“A person who is in touch with his origins is the person who will never die”</i>
<b>BEGINNING</b>	<b>Historical Moments &amp; Movements</b>  <i>We came to realize that the history of our people predated the epoch of enslavement</i>	Examines cultural and historical foundations of early/colonized African peoples focused on the retention of traditional African understandings in the crucible of the Maafa.	<i>“When a tree builds on its own roots, it will be healthy”</i>
<b>BELONGING</b>	<b>African Cultural Origins</b>  <i>We came to understand that who we are and what we do have roots in African cultural patterns</i>	Examines Africanisms inherent in African source materials that survived the Maafa and the subsequent transformations made by early Diasporan Africans/Blacks	<i>“A people with power look for the source of problems within themselves”</i>
<b>BEING</b>	<b>Human Development &amp; Pedagogy</b>  <i>Made a searching and fearless inventory of our character and choices that limit the claiming of our power</i>	Examines traditional and contemporary markers and processes of person functioning and development based on African/Black cultural norms	<i>“A person is a person, only because of other people”</i>
<b>BECOMING</b>	<b>Ethics &amp; Methodology</b>  <i>Made a list of the instances in which we gave away our power and committed to overcome our powerlessness</i>	Examines sources of knowledge of African/Black ethical systems, emphasizing strategies for understanding what is good, normal and right.	<i>“To grow and be good is better than to be born with goodness”</i>
<b>BEHOLDING</b>	<b>African Cultural Imperative</b>	Examines the boundaries that allow African cultural processes their dynamic character, while protecting African essence – “to be African or not to be”.	<i>“Knowledge is like a garden: if it is not cultivated it cannot be harvested”</i>
<b>BEYOND</b>	<b>Spirit, Spirituality &amp; Spiritness</b>	Examines foundational role of spirituality in the communal and ancestral ethos of African/Black people. Examination of spiritual systems and their adaptations in the non-African world.	<i>“All human beings are the children of God; no one is a child of the earth”</i>