HONESTY

1.) I thought I was honest until I really examined my life.
2.) Accuracy is the twin brother to honesty.
3.) Denial is the enemy of honesty.
4.) An honest lie - one you believe in.
5.) A dishonest mistake - a lie.
6.) When fear fades honesty appears.
7.) Honesty requires courage and hard work.
8.) Yesterday's honesty can be today's deception.
9.) Get honest with God and you will get honest with yourself.
10.) God grant me the serenity to know that I cannot make others honest, the courage to make myself honest and the wisdom to know that through my honesty others can become honest.
11.) Denial is a way of keeping your dishonesty honest.
12.) Honesty requires you to know the good, the bad, and the ugly.

HUMILITY

1.) It walks with wisdom, talks with truth, and dwells with love.
2.) Being humble prevents one from needing to eat his own words.
3.) When you have a humble mind, your heart is wise.
4.) Humility walks tall and does not step on anyone.
5.) True humility is not a garment, but a trait of character.
6.) Humility is a character trait that erases character defects.
7.) Humility speaks louder than self praise.
8.) To remain humble is one of God's greatest gifts, and one of the best ways to show your thanks.
9.) Humility is strength in disguise.
10.) Humility keeps one on the path of recovery.
11.) The path of humility leads to the path of peace.
12.) When humility is present, love and tolerance is not far behind.

GOD

1.) Commitment: making God's will superior to how you think or feel.
2.) Hearing God through ordinary people.
3.) The God of your understanding does not change, just your understanding of him changes.
4.) WWGD What would God do?
5.) Guru - God and you.
6.) When your will is willing then you will know God's will.
7.) God's home - in your heart.
8.) Just as ignorance of the law is no excuse, not knowing God's will is no excuse.
9.) Ignorance of God's will is no excuse.
10.) God's gratitude list - when you write down and follow God's will in every aspect of your life.
11.) God understands our prayers even when we can't find the words to say them. - Author Unknown.
12.) Be God or let God.

THE STEPS

Step one: no man is an island.
Step two: it can happen.
Step three: soul power.
Step four: it is about uncovering your steps.
Step five: the untold story.
Step six: opened arms.
Step seven: on your knees.
Step eight: the did to list.
Step nine: it is important not to step on anyone.
Step ten: an act of daily reflection, confession, and amends.
Step eleven: where asking and receiving occur.
Step twelve: bringing to you and to others the good news.

You can recover if you have the capacity to be honest.

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Healing habits are brought to you by Tuchy Palmieri. Tuchy has devoted a lifetime to the development of healing habits in every field of endeavor, and from people in every walk of life, (ranging from children, students, teachers and counselors to senior executives, and entrepreneurs). In addition to his development of unique and powerful habits, he has devoted a lifetime to the development of healing habits for people of all ages, and for people of every belief, and from people in every field of endeavor, and from people in every walk of life, (ranging from children, students, teachers and counselors to senior executives, and entrepreneurs). In addition to his development of unique and powerful habits, he has devoted a lifetime to the development of healing habits for people of all ages, and for people of every belief.

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SIGNS OF A SPIRITUAL AWAKENING

1.) An increased tendency to let things happen rather than make them happen.
2.) Frequent attacks of smiling.
3.) Feelings of being connected with others and nature.
4.) A loss of interest in conflict.
5.) A loss of interest in interpreting the actions of others.
6.) A loss of ability to worry.
7.) A loss of interest in judging self.
8.) Gaining the ability to love without expecting anything in return.
9.) A loss of ability to worry.
10.) A loss of interest in interpreting the actions of others.
11.) A loss of interest in conflict.
12.) Gaining the ability to love without expecting anything in return.

Carl Palmieri
LOVE

1.) TO LOVE ONESELF ENABLES THE LOVE OF ANOTHER, AND WITH THE LOVE OF ANOTHER, THE LOVE KNOWS NO BOUNDS.

2.) LOVE IS LIKE A YO-YO, TO WORK REQUIRES BOTH SIDES TO MOVE.

3.) LOVE AND TOLERATE OTHERS AS YOU WOULD HAVE THEM LOVE AND TOLERATE YOU.

4.) LOVE IS SEEING HEART TO HEART.

5.) LOVE IS SEEING HEART TO HEART.

6.) YOU CAN TAKE LOVE WITH YOU.

7.) LOVE HEALS ALL WOUNDS.

8.) LOVE EXPANDS AND GETS STRONG, LIKEWISE IF ONE PART LOVE AND ONE PART TOLERANCE.

9.) TOUGH LOVE IS NOT REALLY TOUGH.

10.) ACCEPTANCE IS THE START OF THE ROAD TO HAPPINESS, BUT IT TAKES GUIDANCE TO TRAVEL.

11.) GRATITUDE IS THE HEARTS MEMORY.

12.) A SECRET SOCIETY WHERE SECRETS ARE TOLD.

PRAYER AND MEDITATION

1.) MEDITATION AND PRAYER ALTER ONE’S CONSCIOUSNESS, MAKE THE GOD CONSCIOUSNESS, MAKE THE INWARD GOD CONSCIOUSNESS.

2.) PRAYING IS GOOD, AND PRAYING WITH MEDITATION.

3.) PRAYING IS GOOD, AND PRAYING WITH MEDITATION.

4.) POWERFUL PRAYER IS PRAYING FOR THE ONES YOU DO NOT LOVE.

5.) MEDITATION PROVES THAT SITTING ON YOUR REAR IS NOT EXPECTED TO FULLY RECOVER.

6.) THERE ARE TWO KINDS OF PEOPLE IN THE 12-STEP PROGRAM: ONES WHO TURN AROUND BEFORE THEY TAKE A STEP, AND ONES WHO FALL OFF THE PATH.

7.) SIDESTEPPING IS THE WAY WE GET STUCK.

8.) WHEN YOU FIND THAT YOU ARE STUCK ON A STEP, CHECK TO SEE IF YOU ARE SIDESTEPING.

9.) SIDE-STEPPING DOES NOT MOVE YOU FORWARD.

10.) IF YOUR STEPS ARE NOT BUILT ON THE FOUNDATION OF GOD, YOU WILL EVENTUALLY CRUMBLE.

11.) FOR ME THE 12 STEPS ARE ABOUT UNCOVERING YOUR TRACKS THEN YOU WILL EVENTUALLY CRUMBLE.

12.) THE STEPS GO BOTH WAYS AND WALKING IN THE FOOTSTEPS OF GOD.