



## The 12 Steps of Ecological Recovery

1. We admitted we were powerless over excess—that our lives had become unmanageable.
2. Came to believe that a Power greater than ourselves could restore us to sanity.
3. Made a decision to turn our will and our lives over to the care of Earth—*as we understood Earth*.
4. Made a searching and fearless ecological inventory of ourselves.
5. Admitted to Earth, to ourselves, and to another human being the exact nature of our wrongs.
6. Were entirely ready to have Earth remove all these defects of character.
7. Humbly asked Earth to remove our shortcomings.
8. Made a list of all those we had harmed, and became willing to make amends to them all.
9. Made direct amends to those we had harmed wherever possible, except when to do so would injure them or others.
10. Continued to take ecological inventory and when we were wrong promptly admitted it.
11. Sought through prayer and meditation to improve our conscious contact with Earth *as we understood Earth*, praying only for knowledge of Its 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 others in ecological crisis, and to practice these principles in all our affairs.