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Article

### ***What Are the Twelve Steps and How Do They Work?***

The Twelve Steps are an inexpensive recovery program all over the world, that helps addicts to recover from their addictive behaviours and get on with life to become happy, productive members of society.

These programs, all based on the same prototype created by Bill Wilson and Dr Bob in Akron Ohio, were produced after Bill Wilson had a “white light experience”.

I highly recommend them for people struggling with addictions because they work when you work them. If you take them seriously, you will get help. You get out of it what you put into it.

I remind you as well, that addictive behaviour is something perpetrated upon us by the Deep State. During the 1900's the west was “anesthetized” by the large distribution of drugs and alcohol carried on by the CIA.

What happens when you enter the 12 steps?

- You're encouraged to do service (4D/5D)
- You're encouraged to help others (4D/5D)
- You're encouraged to see yourselves all as one group moving forward helping each other (5D)
- Because of the incessant way a 12 stepper is made to look at themselves, you automatically make contact with your soul. You become the observer of your behaviour as well as the participant in it.
- You rely upon "a higher power of your choosing" to help you out through your recovery. Sounds pretty spiritual to me and it is.
- By focusing on truth, honesty and humility, you connect more and more with soul on a daily basis.
- Step 11 is a suggestion: meditate.
- You admit constantly your state of powerlessness and how you screwed your own life up, then you ask for higher help
- It is NOT shame or guilt based. Humility rises above those lower vibrations.
- The founder of the 12 steps was Bill Wilson, who had a white light experience before he started his first group. It has taken on strong religious overtones, but that doesn't matter - you can still work with it.

The twelve steps has helped many people to achieve sobriety and stay sober. If you want proof, look at the rock 'n' rollers of the 60's and 70's and how many of them have stopped drugs and drinking. It works when you work it.