

Alpha Chick Process: The Five Steps of Faith
by Mal Duane

Step 1: Focus

The first step of the Alpha Chick process is to go within ourselves and find the power with which we were born. It stresses the importance of a regular connection with Spirit:

I focus my consciousness daily on the Divine Presence within through a spiritual practice.

Step 2: Acceptance and Attitude

Now that you have begun to work finding your connection to the Divine Presence within you, what comes next to bring you fulfillment and joy? Step two of the Alpha Chick process is:

To accept disappointments, fear, and sorrows so I may free myself from a past that no longer serves me, and to consciously change my attitude so that I may live the joyous life that is always available to me.

Step 3: Identification and Intention

Accepting that my life wasn't working and developing a positive attitude were a powerful second step, but then what? My life had felt like a tornado's funnel and I was in the middle of it with all the debris that had been swooped up along the way. Though I was moving in a healthier direction, I was still overwhelmed by what was not working in my life. It was time to move into what I later codified as step three of the Alpha Chick process:

I identify negative behaviors that block my potential and set intentions for positive actions.

Step 4: Thoughts

Negative thinking causes our unhappiness; to put it simply, you are feeling badly because you are thinking badly. But remember, you have the power and the ability to decide how anybody or anything will affect you. Step four is an affirmative statement of our control:

I shift my thoughts to the present when I revert to past negative thoughts and feelings.

Step 5: Healing and Helping

The only way to get to step five is to build a foundation by doing the previous steps, being sure that you have completed them thoroughly. Step five is:

I heal by reaching out and sharing my journey with others, especially those in need.