

## **A 9-Step Recovery for Asatru/Odinists**

1) Admit we have a problem with addiction and that we have used our personal power unwisely and destructively.

*Noble Virtue: **TRUTH.***

*I stand at the Well of Wyrd, and peering within, I see that addiction is poisoning my fate.*

2) Make a decision to align ourselves with the Gods and to contribute constructively to the Tapestry of Wyrd.

*Noble Virtue: **COURAGE.***

*I call out to the Gods for need-fire, and wisdom, to overcome that which is destroying me.*

3) Inventory our behavior patterns in a searching and fearless way.

*Noble Virtue: **HONOR.***

*Guided by the might and main of the Gods, I drink deep from the well of my deeds, and take responsibility for what I find there.*

4) Admit to the Gods, to another human being, and to ourselves the exact nature of our wrong choices.

*Noble Virtue: **FIDELITY.***

*Holding honesty as my honor, I stand before the Gods, my ancestors, and a trusted companion, and lay forth the poison I found within.*

5) Ask the Gods to help us change our destructive behavior.

*Noble Virtue: **INDUSTRIOUSNESS.***

*Having awakened to who I have been, I choose to lay healthy actions into the Well of Wyrd, with the Gods at my side, so I may live with honor and luck in the future.*

6) Make a list of all persons we have harmed, and become willing to make amends to them all. *Noble Virtue: **DISCIPLINE.***

*Having honestly and completely shared the poison of my past, I choose to attempt to make right what I have made wrong in the past.*

7) Make direct amends to such people whenever possible, except when to do so would injure them or others.

*Noble Virtue: **HOSPITALITY.***

*Realizing that I must let go of who I have been, I hang myself from Yggdrassil, dying to who I was, and beseech the Gods for the Runes of victory. I reach out a hand to people I have hurt, if it's appropriate.*

8) Continue on a daily basis to take personal inventory and when we are wrong admit it.

*Noble Virtue: **PERSEVERENCE.***

*Having gained the Runes over addiction, I continue to live with meaning, as genuinely as I can, day to day, always remembering that wisdom not lived is a sword not drawn.*

9) With the spiritual awakening as a result of the steps, we try to carry this message to others, and to practice these principles in all our affairs.

*Noble Virtue: **SELF-RELIANCE.***

*Having awakened to the rich heritage of the Gods of my ancestors, and my own constructive power, I go forward in my life to share this spiritual awakening with others, knowing that to gift (Gebo) this awakening is the best way to retain it.*

**-Laurel Owen AOR and the Odinist AA Group at the Ramsey Unit in Texas.**