



Introduction: Step Into Faith

Faith is a verb. It's our willingness to experience life as it unfolds in all of its pain and all of its promise.

—Joan Borysenko

In Part One, you read the story of my life, in which I explained all about the difficulties I faced and the mistakes I made. You saw how unhappy and desperate I became. You know that I identified the kind of woman I wanted to be as what I am calling an Alpha Chick, and that I found a way to become one, trading in my desperation for joy. By the last chapters in Part One, I had begun my life as an Alpha Chick.

Over the years, I began to understand that my journey of recovery consisted of a specific process. In Part Two, I share with you the

practices that I developed and continue to follow every day. You will have the opportunity to do more than *read about* changing your life—you can become proactive about ensuring that positive and enduring changes happen.

The Alpha Chick process readily divides into five distinct stages, or steps, each of which includes its own unique actions. I'd like to share with you how they came about.

One particular morning during my daily meditation, the message was powerful and clear that faith in a power greater than myself, but which was also inherently within me and part of my nature, was the foundation of personal transformation. I realized that it was faith that had allowed me to go within and listen to the voice of the divine presence that freed me from self-imposed limitations.

This helped me to better understand what had happened during my personal epiphany on my last day of drinking. On that day, I knew death was close and sought God's help to save me. In that moment, I made a profound connection to the divine presence within myself and experienced a "soul knowing" of its existence, which I refer to as "faith." Suddenly I was no longer riddled by emotional pain, and I experienced an inexplicable knowledge that I had nothing to fear. When I surrendered in faith, God gave me the insight and the courage to see what I had to do to heal my life. When I

let go of my ego and recognized the divine presence within, my new journey toward empowered wholeness began. The light of faith made my path visible to me.

So it is not surprising that the message I received that day in meditation went on to indicate that there are *five steps* and that their names spell out the word *faith*:

- F** Focus
- A** Acceptance and Attitude
- I** Identification and Intention
- T** Thoughts
- H** Healing and Helping

Consistently following these faith-filled steps has changed my life dramatically and infused my existence with a joy and well-being that previously I would never have thought possible. I have been able to change the way I see my world and the way I live my life. Most important, my identity and my life are no longer defined by the experiences of my past. I refused to let my negative emotions control my life, and I gave up self-sabotaging habits such as alcohol and destructive relationships. These changes brought about a huge mental and emotional shift that gave me the freedom to live a life I had only dared to dream about instead of the life I thought I had no control over because of my negative choices and past experiences.

Faith is what both my mother and Holly, who exemplify for me so many qualities of an Alpha Chick, had so strongly, and which allowed them to persevere in the face of extremely challenging circumstances. It is the alpha and the omega, the beginning and the end, of where all the Alpha Chick steps lead. As always, from the beginning of the world, faith is a mystery. Like electricity, you can't explain it or see it but you can definitely feel its effects. You know when it is working.

Faith is both the process and the outcome. It directs and enables you to go within to find the power with which you were born. It shows you how to align yourself with God. With faith, you are able to see beyond the appearances of this world and connect with the underlying force for good in your life. In so doing, you become empowered to be the woman you were meant to be, an Alpha Chick living life at your full potential, surrounded by love, joy, and abundance.

Blessings to you on your journey!