

Mastering Recovery

A Newsletter on Long-Term Sobriety

#44 --May 4, 2022



Links to **Mastering Recovery** on **Facebook**
are in the **Tools and Resources** below.
Check them out.

May the Fourth Be With You

What I'm Thinking

Okay, so I'm a Star Wars fan. I remember sitting in a darkened theater watching the opening title crawl away from me as the now iconic music played. ([You Tube link](#)) It was exciting, but I had no idea how the movie world was being transformed. I had no clue as to how so much of what I was about to see would become cultural touchstones.

The spiritual guru of the Star Wars series was of course Yoda. Yoda first appears in the 2nd Star Wars movie and becomes the voice of The Force in training Luke Skywalker. Yoda was small, ancient, and of unknown species. Yoda, as the supreme teacher, takes Luke by surprise. Not exactly what he would expect of one of the greatest Jedi of all time. Hence, Luke has to unlearn his expectations. Always an important lesson for recovery. We have to take a new look at the world around us- and, eventually within us as well. What we think is true, may not be. Self-examination, awareness, and mindfulness come into play.

At one point, Luke admits he doesn't believe in The Force. In essence, there is no such thing as this supposed Higher Power that can be the guiding and motivating force of the universe. (Yes, that means Luke has not yet accepted being powerless, or has given up any hope, when he is acting on his own. In either case, he doesn't believe.)

"That is why you fail," says Yoda.

This can be a slippery place if we are not careful. Yoda is saying that Luke needs to believe that he can access The Force. He has to believe that this power of the universe is what can help bring him the strength, wisdom, and promise of victory over the Dark Side- a negative use of The Force. The failure is not believing he can grow and change and find The Force that is already with him.

As I said in previous weeks, for this to work, it takes more than just practice. It takes mentoring, coaching, a community. All of the successful recovery programs that exist have this somewhere in their foundation. That is one of the things I am working on in the **Mastering Recovery** platform.

I have begun a Facebook private group. It is to be a place where people can discuss the ideas of long-term recovery, questions can be asked, and a non-judgmental open atmosphere can help us all to grow in recovery. Later there will also be a series of webinars on building recovery and a 30-Day build blueprint for getting- and staying- unstuck.

Stick with me. Grow with me.

[Click HERE to go to the Facebook Group.](#)

We will be building this together for the next months. Join the team. Watch for more information and other emails.

No matter where you are in your recovery beyond those first two years, you ain't seen nothing yet!



Facing Challenges - Building Recovery

Do or do not.
There is no try.

The stages of the blueprint of recovery are:

- Phase 1- Foundation

Find **What** to "do" and **How** to "do"

- Phase 2- Flow

Plan to "do"
"Do" it & get feedback

- Phase 3- Freedom

"Do" is **Guided** by values
Gratitude and **acceptance** follow

[Link to a copy of the Mastering Recovery](#) Roadmap to download.

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Whether you got this directly from me or had it forwarded to you- why not forward it to someone you think might be interested?

Quote and Picture of the Week

You must unlearn what you have learned.
- Yoda



Tools and Resources

You are among the first to be part of the adventure of mastering recovery. I will soon be sending out emails inviting others to join.

Here are the current resources:

- **The Mastering Recovery web** pages have had an upgrade. Go to www.masteringrecovery.net

for the home page.

- **The Mastering Recovery Facebook page** and the **private Facebook group** are both up and live **NOW**.

The **MR page** is a public face for posts about ideas, resources, and general thoughts from me.

[**LINK to Mastering Recovery Page**](http://www.masteringrecovery.net)

- The **MR group** will be for those who want to engage more deeply in discussion and interactions regarding long-term sobriety and the ideas behind mastery. As a "*private group*" only those who are members, admitted by the administrator (me, for now), will be able to see and make posts.

[Link to JOIN](#)
the members-only Facebook Group

Starting this week, there will be regular posts to both groups for fun, information, and discussion. Any ideas or suggestions will be welcome on the page or the group.

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Now would be a good time to forward this newsletter to others you think might benefit from it. Help them get on board.

Email Me with ideas or questions and watch for more information in the next weeks.

Barry Lehman

4903 16th Ave NW,
Rochester MN 55901 United States

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