



#2.6 - August 10, 2022

It's in the Practice

Did you respond to the survey I sent on Monday?

Here's the link if you haven't yet.

[Survey Link](#)

What I'm Thinking

If you don't like playing long notes, you don't really enjoy playing trumpet. At least that's what one trumpet teacher I know once told a group of students. Long tones are a part of warming up before practicing or playing. Many players will say it is boring, useless, even a waste of time. I would guess that many of those who say that are at a plateau. (More on that next week.)

That teacher was saying that just playing the trumpet, in and of itself, is joy enough to do it. Even when it might be boring, or just the same-old-same-old over and over again. I know that I have often had to force myself to just start with the long tones. Do them, Barry, they're good for you. (The inner child would respond- "that's what they said about liver.")

Then one day I really didn't feel like practicing. (You knew that was coming.) It had been a rough day; I was tired and just wanted to sit and read, ignoring the world. I started making excuses, said with the nicest whine in my voice. I waited for my wife to agree that practicing under those circumstances wouldn't be helpful. She said nothing. I think she looked at me and shook her head, finally saying, "Whatever!" After 50 years of marriage, I knew what that meant. I went up and took out the trumpet.

As is my first practice routine of the day, I played a long tone note. I listened for the quality of the sound; held it for twelve beats; stopped and took a breath. It needed some adjustment. The tone wasn't quite right; it felt un-centered. I played it again, still listening for that unique sound that comes when it falls into place. As I stopped to get another breath, I noticed that the world seemed a little brighter, less whine in my mind. Tension was disappearing in my shoulders and back. I love playing trumpet- it makes my life better. Just practicing made a big difference.

So it has often been with my recovery routines. Just doing the next action of recovery will almost always bring that centering and ease of tension. We may remember that there are two times in early recovery when we need to go to a meeting: 1- when we feel like going to a meeting and 2- when we don't feel like going to a meeting. On many days in those first two years I would pull my

body out the door and head to the meeting- whining all the way. I never felt that way at the end.

That is practice as part of mastery- getting better at something important. There are many things we learn in the first two years that will become part of our sobriety mastery routine. Just keep doing them. When you think you've gone as far as you can go- you've only just begun!



Facing Challenges - Building Recovery

Digging deeper into how mastering recovery helps us get unstuck.

[Last week]- Definition: Mastery- the mysterious process during which what is at first difficult becomes progressively easier and more pleasurable through practice.

- Basic Idea #1
 - The most successful path to mastering anything is to practice for the sake of the practice itself, not for the result.

That's quite a statement, but fits into the whole blueprint of Mastering Recovery. In fact, it's right there in the middle. **"Work the Plan!"**



On the blueprint it lists the barriers or concerns we face in recovery. The hoped for result of practicing recovery is to get around them. Whether fear, anxiety, sadness, or whatever may come up we want to move beyond them. Those can be the benefits of ongoing practice toward our goals.

Beyond that, because we get better at what's important to us, we begin to enjoy what we are doing. And because we are getting better at it, more relaxed and confident, we begin to enjoy it more.

James Clear, summarizing author George Leonard says:

- As we practice things, even though it feels like we are making no progress at all, we are turning new behaviors into habits. Learning is happening all along.

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

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Quote and Picture of the Week

Everything we do is practice for something greater than where we currently are. Practice only makes for improvement.

- Les Brown



Made me laugh!

Practice can make that attitude happen.

Mastering Recovery Tools and Resources

Here are current resources:

- *Mastering Recovery: Find a New Freedom and a New Happiness Through Long-term Recovery.* [Amazon link](#). (Kindle, paperback, hardback, and audio book)

- *Mastering Recovery: A Three-Week Journal to Start the Path of Mastering Recovery.* [Amazon link.](#) (Paperback only.)
- **The Mastering Recovery web** pages. Go to the home page: www.masteringrecovery.net
- **The Mastering Recovery Facebook page-** [LINK to Mastering Recovery Page](#)
- The **Mastering Recovery Facebook group** A "private group" only those who are members, will be able to see and make posts. [Link to JOIN](#)
- **Newsletter Archive** of all the weekly newsletters. [Link to past newsletters.](#)

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[Email Me](#) with ideas or questions,

Again, here's the survey link. I am looking forward to hearing from you.

[Survey Link](#)

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