



#2.10 - September 7, 2022

Today... Into Tomorrow

I have two questions I use in working with others (or myself) on recovery.

- What can you do today to strengthen your recovery for tomorrow?
- What Step are you working on today?

They both essentially focus on the Twelfth Step that is the heart and soul of long-term recovery.

Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs

That is the pathway of mastery in recovery. What the Twelfth Step says is true in all recovery programs.

- First, we are now awake and aware to ourselves and our world. We recognize that we do not need to be alone in our disease and that our lives can have meaning and purpose.
- Second, because we are awake and aware, part of that purpose is to share what we have learned with others who are also suffering.
- Third, in order to stay awake and aware, we need to practice the principles of the program in everything we do

Through the journey of mastery, we also know that in order to live the principles of recovery we have to practice, practice, practice. That's why my original questions are about both today (the one day at a time) and tomorrow (where I am going next.) All I have is today, but I also need to make some allowance and preparation for tomorrow.

That's where the steps of the 12-Step programs come in. That's where the personal meditation and mindfulness activities come in. That's where taking care of myself on a daily basis comes in. They help me build for tomorrow. As I practice acceptance or gratitude, as I find new ways to be more aware of myself and my shortcomings through inventory, as I discover a community of people who can support me, I am building more pieces of my life.

That's the lifestyle part that helps me be ready for whatever may happen tomorrow and to believe that with all kinds of help, I will be okay.



Facing Challenges - Building Recovery

Digging deeper into how mastering recovery helps us keep moving forward.

Your thoughts and some of mine...

Last week I posted the responses to the survey I sent out last month. One of the questions was about mastery. As a reminder, here were the comments:

What would give you a better understanding of mastery and recovery?

- Defining "recovery" intrigues me,
- How we can always improve our decision-making skills
- I don't work with clients who need that (long-term recovery) kind of help but relapse prevention and/or maintenance is a problem area, fighting the boredom, and not knowing anything other than using lifestyle
- I'm wondering what you mean by Mastering long-term recovery?
- Identifying typical or common pitfalls at each step with work throughs.
- Outlining steps to acceptance
- The evolution of perspective about recovery in later stages of life.

I then gave some choices for going deeper into mastery. The responses to possible ways of accomplishing these were evenly split between

- a mastermind group
- an online group
- a webinar.

I would like to do a free *beta* run of a group in the next month. *The specifics will be up to those who are interested.*

Here is a link to schedule a one-on-one Zoom session with me over the next couple weeks. It will be a beginning point to what comes next.

<https://calendly.com/barryrecovery/zoom-call>

Any questions, please email me. I hope we can find a time to connect and see how this can fall into place.

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

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Quote and Picture of the Week

Never doubt that a small group of thoughtful citizens can change the world.

Indeed, it is the only thing that ever has.

- Margaret Mead



Musicians in the Sunset...

...teamwork in action
changing the world.

***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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