



#2.19 - November 9, 2022 Capture the Heart

*As I looked around for a Native American proverb for this week, I also thought of the line from the *Little Prince* by Antoine de Saint-Exupery.*

- It is only with the heart that one can see clearly.

Squirrel!

Oops, sorry. Something just caught my eye.

That is one of our human problems. What the eye sees can often overpower what the heart knows it needs. The "bright and shiny" can dazzle us. The new and noteworthy can drag us into places that we might regret.

For many of us, a substance use disorder does just that. For many different reasons it overpowers the logic and good decision-making we have available to us. It is so bright and wonderful, thanks to the flood of neurochemicals that flow into our brains, that we can't see its consequences. We always look for the new and better, the greater change of emotion that our disease provides. Kind of.

And if we don't like what we are "seeing" we just look somewhere else.

Ah, but the heart. That's a different seeing. Yes, we use "the heart" to describe what we are craving, but that is the disease blinding us. In truth, the heart is where we find ourselves, The soul, perhaps is a better word. Or our true and honest selves. Again, from Saint-Exupery:

- What is essential is invisible to the eye.

Believe it or not, that's one of the reasons we need to learn mindfulness and personal inventory. It can be ways to discover the essential in our lives and to catch ourselves when the bright and shiny catches the eye. Inventory, mindfulness, awareness, honesty all bring us up short, taking the time to explore and discover the heart and our deepest needs.

It's also one of the reasons we need to talk to others. Coaches, sponsors, mentors, best friends do that with us. They often ask the questions we may not know- or be willing- to ask. These are the questions that keep us aware and moving in our lives and recovery.

In this Gratitude Month, I give thanks for friends and sponsors, coaches and colleagues. They keep me more attached to what my heart knows is essential; they help me stay on course and deepening my recovery.

A handwritten signature in blue ink, appearing to read "Ray", is located at the bottom left of the page.



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Here is a link to schedule a one-on-one Zoom session with me over the next weeks. That can be a way to look at the ideas you may have or questions you would like to work on.

<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

Certain things catch your eye,
but pursue only those
that capture the heart.

-[Native American Proverb](#)



In honor of

Native American Heritage Month..

..and Native recovery programs.

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.) Free [PDF Link](#)
- **Mastering Recovery: The Basics.** Online webinar at Teachable. [Link to enroll](#).
- **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](#)

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