

Week 5 Day 3 - 100% HOPELESS

Posted by DuvidChaim - 18 Nov 2009 21:15

Chevra

We learned early on from the White Book (please be sure you have a copy - made available by PDF on the GYE Site or in an earlier email from me) that in the Chapter called - THE SOLUTION - "We saw that our problem was threefold: physical, emotional (mental) and spiritual. Healing had to come about in all three"

We have already talked about the physical aspect - that being the "physical allergy" we have towards lust.

But lately and today, we have really been seeing the Mental aspect of the disease.

In Fred's Story - we see how he had not only been "off guard" against the first lust hit, but also had "no fight" whatsoever once his addiction took over. Fred soon concluded that no amount of will power and self-knowledge would help in those "strange mental blank spots."

Fred was finally at a point where he could admit to being 100% Hopeless.

AND SO WERE YOU today, those of you on the call that had the courage and integrity to answer me by admitting - "I am a sexaholic."

And with this admission, we can appreciate why Fred told us, "Quite as important was the discovery that spiritual principles would solve all my problems." And he concludes this Chapter by acknowledging that "his defense must come from a Higher Power!"

Thank you to our shipmate who expressed a fear we probably all share. Now that we've admitted we're a sexaholic, he asked, does this mean that we have the potential to become like those deranged perverts you read about in the news that are pedophiles or rapist, etc. (G-d forbid)?

Please take a look at the following definition that should help calm our nerves:

Medical Dictionary

psychosis psy-cho-sis (s?-k?'s?s)

n. pl. psy-cho-ses (-s?z)

A severe mental disorder, with or without organic damage, characterized by derangement of personality and loss of contact with reality and causing deterioration of normal social functioning.

I would add further that the addiction we are dealing with is really a manifestation of a UNIVERSAL condition, the Program refers to as RID. If you want to wear a label, that really describes our disease is that we're Restless, Irritable and Discontent.

Just remember our discussion of the Red Onion we had today. I hope that this mashal helps you get a better picture of our condition and where we are headed in this Program.

So let's keep Cruising into the next Chapter - We Agnostics - where we will have a better appreciation of the Spiritual component to our condition.

Looking FORWARD

Duvid Chaim

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