

Sholom's Mindfulness Recovery Path

Posted by tiefster88 - 22 Feb 2018 17:19

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Hi everybody,

I am posting on this website for the first time. I have tried a few different methods in the past to recover. The highest quality for me was the mindfulness app programs for addiction by Judson Brewer.

In the past I was sober using this program for months and didn't have to struggle with difficult cravings as much. However after so many weeks I lost the emotional push to keep up with the program. Other things came up in life and this got pushed to the side. Eventually a craving came along and knocked me over.

This time I am going through the program again in combination with a Taphsic neder. I hope that posting my insights of the program on here can help me with my program and staying sober. If anybody else reads it and gains something that can help them then that would be a great bonus.

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How it Works, Part 1

Posted by tiefster88 - 07 Aug 2018 10:44

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"Remember that we deal with alcohol-cunning, baffling, powerful! Without help it is too much for us. But there is One who has all power-that One is God. May you find Him now!"

"Half measures availed us nothing. We stood at the turning point. We asked His protection and care with complete abandon.

Many of us exclaimed, "What an order! I can't go through with it." Do not be discouraged. No one among us has been able to maintain anything like perfect adherence to these principles. We are not saints. The point is, that we are willing to grow along spiritual lines. The principles we have set down are guides to progress. We claim spiritual progress rather than spiritual

perfection.

Our description of the alcoholic, the chapter to the agnostic, and our personal adventures before and after make clear three pertinent ideas:

- (a) That we were alcoholic and could not manage our own lives.
- (b) That probably no human power could have relieved our alcoholism.
- (c) That God could and would if He were sought.

Being convinced, we were at Step Three, which is that we decided to turn our will and our life over to God as we understood Him. Just what do we mean by that, and just what do we do?

The first requirement is that we be convinced that any life run on self-will can hardly be a success. On that basis we are almost always in collision with something or somebody, even though our motives are good. Most people try to live by self-propulsion. Each person is like an actor who wants to run the whole show. If only people would do as he wished, the show would be great. Everybody, including himself, would be pleased. Life would be wonderful.

What usually happens? The show doesn't come off very well. He begins to think life doesn't treat him right. He decides to exert himself more. He becomes, on the next occasion, still more demanding or gracious, as the case may be. Still the play does not suit him. Admitting he may be somewhat at fault, he is sure that other people are more to blame. He becomes angry, indignant, self-pitying.

Our actor is self-centered—ego-centric, as people like to call it nowadays. Whatever our protestations, are not most of us concerned with ourselves, our resentments, or our self-pity?

Selfishness—self-centeredness! That, we think, is the root of our troubles. Driven by a hundred forms of fear, self-delusion, self-seeking, and self-pity, we step on the toes of our fellows and they retaliate. Sometimes they hurt us, seemingly without provocation, but we invariably find that at some time in the past we have made decisions based on self which later placed us in a position to be hurt.

So our troubles, we think, are basically of our own making. They arise out of ourselves, and the alcoholic is an extreme example of self-will run riot, though he usually doesn't think so. Above everything, we alcoholics must be rid of this selfishness. We must, or it kills us! God makes that possible. And there often seems no way of entirely getting rid of self without His aid. Many of us had moral and philosophical convictions galore, but we could not live up to them even though we would have liked to. Neither could we reduce our self-centeredness much by wishing or trying on our own power. We had to have God's help.

This is the how and why of it. First of all, we had to quit playing God. It didn't work. Next, we

decided that hereafter in this drama of life, God was going to be our Director. He is the Principal; we are His agents. He is the Father, and we are His children. Most good ideas are simple, and this concept was the keystone of the new and triumphant arch through which we passed to freedom.

When we sincerely took such a position, all sorts of remarkable things followed. We had a new Employer. Being all powerful, He provided what we needed, if we kept close to Him and performed His work well. Established on such a footing we became less and less interested in ourselves, our little plans and designs. More and more we became interested in seeing what we could contribute to life. As we felt new power flow in, as we enjoyed peace of mind, as we discovered we could face life successfully, as we became conscious of His presence, we began to lose our fear of today, tomorrow or the hereafter. We were reborn.

We were now at Step Three. Many of us said to our Maker, as we understood Him: "God, I offer myself to You to build with me and to do with me as You will. Relieve me of the bondage of self, that I may better do Your will. Take away my difficulties, that victory over them may bear witness to those I would help of Your Power, Your Love, and Your Way of life. May I do Your will always!" We thought well before taking this step making sure we were ready; that we could at last abandon ourselves utterly to Him.

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Re: How I used the body scan meditation  
Posted by sleepy - 25 Sep 2019 13:50

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[tiefster88 wrote on 07 Mar 2018 11:30:](#)

Last night I had a call with a new manager I have at work that was very unsatisfactory. I was very emotionally hurt afterwards.

All these thoughts were racing in my head about how I should just quit and do something much more important.

Then I started being mindful about how I felt this strong contracting, closed down feeling in my chest which were the negative emotions of disappointment, resentment, anxiety ***I started to realize that my thoughts may well be created by those emotions.***

I decided to do the body scan meditation. Afterwards I felt great. All the feeling of contraction

was gone and there was a great feeling of relief in my chest. It was like taking medication to remove anxiety but just way way better and I wasn't exhausted afterwards.

The body scan meditation alone just gives me so benefit, I should really use it every day. I can't think when I would fit it in though. The only thing I can think of is waking up half an hour earlier and going into my guest room and doing it there. Let's see if I can do that.

***I started to realize that my thoughts may well be created by those emotions.***

id just like to point out that true, emotions can create thoughts but very important and true to know that thoughts create emotions, i dont know if this makes a difference to your mindfulness or not , just pointing out an important point that not everyone is aware of and is something that could be a big gamechanger in life look at gateways to happiness by Rabbi zelig pliskin, especialy chapter 3 ,

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