

Beginning of Week 4 - There is a Solution - page 25 - Look in the Mirror

Posted by DuvidChaim - 10 Nov 2009 03:37

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Chevra:

We've been exploring the nature of our addiction for the past three weeks.

Today, the Big Book told us, "**there is a solution.**" But guess what - **you're not going to like it!!**

Nothing like "brutal honesty!"

Why won't we like it? Because all it takes is "**self-searching, the leveling of our pride and the confession of our shortcomings.**" All attributes that we've spent the better part of our lives avoiding like the flu.

Fortunately, the Program offers us a Simple Kit that opens the door to our freedom. Inside this Kit are the **Spiritual Tools** we need to help us achieve miracles - to help us access our new design for living.

[Please refer to the attachment which is from page 567 in the Big Book - Appendix II - The Spiritual Experience.]

The Big Book reminds us right away that the choice is yours - and as far as we are concerned there are **only two choices:**

- *To go on to the bitter end, **blotting out** the consciousness of our intolerable situation as best we could OR*
- *To accept Spiritual Help*

It was as this point in the Call that I challenged everyone to get up out of their chairs at the end of the Call and go look into a mirror - Just try to look at yourself in a mirror - directly into your eyes and stare at yourself for 15 seconds. Can you do it? Do you have the courage to look deep inside of you, thru your eyes?

Is it too painful to look at yourself? If you can't even look at yourself, how can you expect your wife or your children or your peers to look at you?

One of our crewmates reminded me about the very powerful and appropriate lyrics to a song from a popular musical that says:

- *Who is that person that I see?*
- *Staring straight back at me?*
- *Why is my reflection someone I don't know?*
- *Somehow I cannot hide*
- *Who I am*
- *Though I've tried*
- *When will my reflection show*
- *Who I am inside?*

I PROMISE YOU! No, the Program promises you that thru our Journey, we will all find the Tzelem Elokim inside of each of us - and that my dear Chevra, soon you'll be able to proudly look into the mirror and see yourself with admiration and love.

Looking **FORWARD**,

Duvid Chaim

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