

Things I Heard at Winter Dreams Retreat

Dreams and Visions Making Promises Come True January 2006

~ I learned that goals need action, not just lip service~

~ there is hope that I will learn how to love myself, others have done it
and so can I ~

~ What am I doing to hold myself back? ~

"GOD, help me want you more than the food.

so what. now what.

talk about my thoughts of food.

if i drop my past where does that leave me today?

if i am rude to you today, do you care that i had a bad childhood?

how long will i ride this story out?

honesty is a leap of faith.'

"Choose ONE goal to focus on at a time. Make a plan, write it down, tell
5 people, and plunge in! "

"I heard something my aunt told me before I was in the program, but, this weekend gave it meaning"

"If you do what you've

*always done –
you'll get what you've
always gotten"*

"Every cycle I re-do everything new."

"I want to learn how to thrive."

"I took the first three steps

1. I gave up.
2. I hired a new manager and
3. I signed a contract."

"One method to approaching steps 8 and 9 was to write a prayer for everyone on the amends list."

"Dream **Big**"

"Call your defects by the hard names; i.e.- procrastination is really sloth."

"Honesty is a leap of faith."

"I can bless myself!"

"One touch of God's favor can remove all the harm that was done in the past."

"I made a list of all the people that have helped me over the years."

"I Thank God for what he has given me and

I Thank God for what he has taken away."

Slogan Signs...

"Little By Slowly The Miracle will Happen."

"You're Worth It. You Deserve It."

"Acceptance with Joy !"

"I took Step 3 and Now I'm Free-er!"

"Plan Your Work and Work Your Plan!"

"not necessarily something "I heard," but, the meditative – spiritual emphasis of this past weekend – e.g., Yoga, meditation, inspirational words from L. – an obvious example of a long time practicing and recovering program member – were extremely conducive to helping in my *restoration to sanity* – staying in the moment, experiencing serenity, tranquility and making "progress" through relaxation techniques without turmoil....."

~ The Web of Love was truly inspiring and a good reminder of fellowship, of old friends and new acquaintances ~

REGARDING YOUR PAST – " SO WHAT – NOW WHAT – MOVE AHEAD"

"People think God boxes are only for their problems; but

that's not true. They are also for their dreams. "
"Once you can accept something you are no longer divided."

~

"God, take this from me and direct me to where you want me to be. "

God, help me keep my mouth shut, not show it in my face,
and not show it in my bodily expressions.

God, please lift from me my expectations.

God, please help me to pick up the phone before I pick up the food.

God, show me where you want me to go.

"God, help me take suggestions."

"The Big Book is the best therapist I ever had. "

"God, keep me willing to do whatever it
takes. Keep me willing to be willing."

"God, keep me on my food plan just until my head hits the pillow tonight."

It's hard to move forward while looking in the rear view
mirror.

But, also:

- SO WHAT? NOW WHAT?
- TELL ON MY DISEASE
- HELP ME PICK UP THE PHONE BEFORE I PICK UP THE FOOD
- HEALING JOURNEY
- BREATHE
- DEFECTS/DEFENSE
- LEAP OF FAITH

~ The Promises are beginning to manifest in my life ~

-

" The best is yet to come"