

Voices of Recovery, September 23

How well today's Voices of Recovery sums up life pre-program: overeating, fat, demoralization and sickness of mind, body and spirit! When I reflect on my past eating and diseased spirit and mind, I sometimes try to pinpoint when it started or what event or events are "responsible" for my ever-deepening decline. It is easy for me to look back and feel profound regret and sadness for the time and opportunities lost to "the problem." Getting lost in regret for the past will not change it, however, and will only take away from my appreciation for today. Ruminating on loss is simply a failure to connect with my higher power. And failing to connect is a formal invitation to overeating, excessive shopping, isolation, depression, and any other behavior that will temporarily relieve the symptoms of the problem. So today, I can look squarely at my past, but also look forward to the second half of my life, a life centered on a connection to my higher power and ever-increasing healing of my body, mind and spirit.