

Holding Out Hope ~ Sean (continued)

This has to begin with extending a hand out and asking for help. Through affiliating yourself with support groups, or in the case of the addict, 12-step meetings, you will without a doubt witness people succeed. You will witness men and women who once walked the streets with no means to speak of, IV drug users emptied of any semblance of vitality, grow into useful members of society with fulfilling lives. You will see broken family members, once wracked with guilt, depression, anxiety, helplessness, and various mental health issues restored to sanity, to a place of calm confidence in the hope and faith that people can and will get better. And more importantly, that same semblance of hope, even when they don't. This is an experience that must not be missed.

When I was fresh in my recovery and working a program, I remember attending meetings and meeting people on a daily basis who were not only physically sober, relieved of the mental obsession to drink and use drugs, but who were happy. They had peace. They had a lightness about them and a sparkle in their eyes that I instantaneously wanted to feel a part with. I can't stress enough how vital this was to my own path of recovery. Of how witnessing others be relieved of their burdens inspired true hope in my soul. Here were thousands of people, living free, who were exactly like myself, who had been eviscerated by drug addiction. But now they walk freely on the Earth by following a simple set of spiritual tools that is available to any and all who muster a grain of willingness to try something different.

I firmly believe in my heart that these same principles extend to family members and spouses of those who actively struggle. Create a culture of hope in your home today. Turn your time and attention to someone else who is struggling to let go. Surround yourself with the success stories. Pay mind to the fact that all around us, people are achieving a new way of life.

Someone once told me, there is a recipe for recovery and if you follow the recipe to the letter, you'll get results 100% of the time. In my heart of hearts I believe that anyone can get better, regardless of the dire statistics that we are inundated with on a daily basis. Get involved with your local PAL meeting, become a part of something greater than yourself, take the suggestions of your fellows who have come before you, who've walked through the fire, and I guarantee you will find a newfound sense of hope and fulfillment that previously appeared out of reach.

Work to spread love and positivity, faith and hope, and stay the course in rough goings by leaning on your fellows. God won't ever let you down, and you'll come to a place of pure acceptance through due diligence and hard work. Even the sickest of us get better every day, all around the world. You can too. God loves you and I do too!

Sean (in recovery)