

What is spirituality to me

Compulsive eating was a habit that became a preference that became a necessity.

What I didn't expect, and became powerless to stop, was its negative influence over my emotional development, and its ability to impair my social skills, and my willingness to take responsibility for my actions.

Food, that G-d designed to nourish me and bring me a certain amount of pleasure, became a default defense against the pressures of life.

I preferred to seek the comfort of food rather than engage in dialogue with others in social situations.

I preferred to retreat into the comfort-seeking instead of buckling down to any task that required an earnest effort and the possibility of failure.

And after I began to realize that I was different than others in these ways, I invested tremendous amounts of energy to keep that secret, and build a false front around me to convince others that I was "all right".

In recovery, my earliest lesson was that spirituality was a partnership between me and a Higher Power...and that it consisted of two basic parts. Taking actions that demonstrated my willingness to change...and remaining open to possibilities that I couldn't previously see. They comprise the ritual, and the spirit. One without the other is an empty version of what the program has to offer. Together they are greater than the sum of their parts

Even the smallest action could have great significance, if my motivation for doing so was linked to my desire to stop eating compulsively. In that way, I was able to covert a desire into a commitment. I simply needed to KNOW that my future depended upon the purity of that intention...and the recollection of what my life was like before accessing this Power.

So for me, spirituality is:

The freedom to be a work-in-progress.

The ability to accept myself (and then others) as we are....without judgment

The ability to appreciate, enjoy, respect, be vulnerable, aspire, seek help, reach out to others, take risks, honor boundaries, resist temptation, go through painful situations and/or uncertainty, to see value in simply showing up, or enduring discomfort.

To feel protection...to be restored to a saner way of looking at things...the ability to look for the good in others....to want to be free from fear, anxiety and self-pity.

Spirituality is a basic belief that there are many things going on in the world that I can't see, but that I can count on nonetheless.