Feedback for the Wally P presentation on ***The Continuum of Recovery and How to Receive Divine Guidance***

I listened to (the Wally P.) recording.  I was amazed that I actually kept listening for 2 hours!  I had read the Big Book years ago and (wanted) to understand (it) more fully.  I don't remember if I ever told you that my father (deceased) was an alcoholic.   I did go to Al-anon for a while, and then when living in Florida, I started seeing a man who was a recovered alcoholic for 10 years. I went to many AA meetings with him.  It was only then that I was able to truly forgive my father.  It was an amazing process and a deep spiritual journey for me.

Now, I have a client who (has been coming) to my home for the past 3 years to work out and to lose weight.  (I have been teaching exercise classes for the last 10 years at a local Rec Center also).   At times I get so frustrated with her because she is on a (yo-yo) path - loses weight - then goes on vacation - then gains weight, etc.  It seems like she cannot hold the principles and good habits for very long.  I know that she often drinks too much and I have counseled her to drink less.  She does drink less for a while, then she drinks too much and the cycle keeps going.  Then, not too long ago she confided to me that her new husband had received a DWI, and that she has to drive him around everywhere.  She said this was a big secret and not to ever tell anyone.  Then, she began to cry.  I could see how stressful this situation was for her and then I began to wonder (what) the extent of her problem with alcohol (was).  When I listened, she would tell me how drinking comforts her and helps her forget about the stresses of the day.  Other times she would tell me that (her and her husband) drank too much fine wine over the weekend.  (They love their Napa Valley wine). She has recently realized that she cannot drink (so) much wine and maintain her weight - much to her dismay.  She becomes very angry about the fact that she can't eat and drink everything she wants to.  She says she looks at young people eating and drinking everything in sight and she gets angry because she knows she can't do it.  In fact, at times she has been very angry about it.   Sometimes I feel like I am dealing with a child that refuses to grow up, and then I would get angry.

   Deep inside, I have wanted to "quit on her" and I couldn't understand why she keeps coming back.  From Wally's talk, I now realize our triangle.  I am not above or below her.  There is a much deeper spiritual relationship that I now see where God is talking to me through her.   This thought alone gives me great peace and a greater and deeper understanding of our relationship.   So now instead of anger, I am filled with empathy and a desire to be of service--quite a shift.

So I can see now that it is important for me to listen much deeper than I have.  Our relationship is about so much more than losing weight and getting fit.

Touching my thumb to (my) index finger and making a circle immediately works.  This principle reminds me of a NLP (neurolinguistic programming) seminar that I went to long ago, but haven't been applying.

The principle of being guided to the right decision that Wally spoke of (and ) also that growth is not a linear process has helped me to relax my expectation for (this woman) as well as myself.

I still find it fascinating that I listened to the entire talk.  At first, I was impatient because it took at least (10) minutes to get started.  Then, Wally started talking about kindergarten, high school, etc. (so) I kept listening.  When he started discussing the Big Book, I was totally absorbed.  When you opened to questions, I thought I would quit.  Then you said questions for only 12 minutes - well an hour later I was still listening!

I received so much from the question and answer period.  I took many notes and will review them.

Thank you so much for doing this work.

(Printed with the author’s permission)