

**L.I.F.E. RECOVERY CONCEPTS**  
HEALTHCARE SPECIALISTS AND EDUCATORS

**PRESENTS**

**LIFE CRISIS RECOVERY STRATEGIES**

**BY**  
**JOSEPHUS**

**LET THE HEALING PROCESS BEGIN NOW!!**

**DARE TO SHARE LIFE**

# LIFE CRISIS RECOVERY STRATEGIES

"TO KNOW is TO GROW; TO SHARE is TO SOW."  
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**DARE TO SHARE L.I.F.E.**

September 30, 2004.

## DARE TO SHARE LIFE

**You have the Tool.....  
GOD gives you the Courage and Strength.  
Step forward with FAITH and Begin.  
It is Time for your Harvest Now.....**

**Let The Healing Process Begin Now !**

“Today is the first day of the rest of your LIFE!!”

When the Truth of this statement became my Reality in 1989, I realized that it was not important what I had done or where I have been but where I am TODAY and where I am going.

Like many of us, I had arrived at the crossroads in my earthly journey to Eternity. My preoccupation with the aggressively marketed, pre-conceived notions of reality had driven me to seek alternative solutions for the many concerns that plagued my daily existence.

Happiness and Peace of Mind seemed like an elusive dream – a spiritual experience reserved for the cloistered monks and Pilgrims.

Like a child chasing the fireflies of my dreams I waited for that glimpse of HOPE which will change my LIFE.

With the knowledge that ALL human beings SHARE an innate desire for Love, Peace and Harmony, **L.I.F.E. Recovery Concepts** invite you to **Dare to Share LIFE**.

In the Spirit of SHARING and my celebration of the fifteenth anniversary of my Personal Recovery journey, I would like to share my Personal Crisis Recovery Strategies which were an integral component of my personal Recovery Process since August 1989.

It is my hope that this E-Book will be the TOOL that triggers the Healing Process for all who will Dare to Share LIFE and their experiences with others who are in need at this time.

The following Daily Affirmations changed my LIFE.

### MY WAY OF LIFE

#### **RECOVERY: EACH DAY WILL PRESENT A NEW HORIZON TO BE CONQUERED**

As an addict to \_\_\_\_\_, I desire to conquer this addiction **one day at a time**. I will do whatever is necessary...whatever it takes to restructure my **LIFE** and overcome this disease. I will constantly work at correcting my addictive personality, which gives me a distorted perception of **LIFE**.

#### **FREEDOM: LIFE is for LIVING Free in Mind, Body, and Spirit!**

My addiction left me Physically, Mentally, Emotionally and Spiritually bankrupt. By concentrating on rebuilding these basic qualities of **LIFE**, I will attain and retain my Freedom of Mind, Body, and Spirit. I will no longer have to fear the consequences of my anti-social behavior which are Premature Death, Prison or Institutional Life. Instead, I will welcome my just rewards of peace of mind, healthy body and my Spiritual Reality.

#### **FAMILY: “To LOVE, when reason and common sense say, HATE.”**

I define my family as my children, my **LIFEMATE**, my Parents, my Brothers, (Sisters) and **POSITIVE FRIENDS**. This chosen and select group is my foundation for growth through **UNCONDITIONAL LOVE**: - “**Loving, when reason and common sense say hate.**” Together we will grow stronger through resolved conflict and open communication...maintaining a balance for our daily growth. When conflicts are not resolved peacefully in a relationship or a family situation, it leaves a residue of bad will. My family **MUST** always positively support my

**RECOVERY** and **FREEDOM**...as I support their Recovery and Freedom. This must always be our priority, so that we may continue to achieve Spiritual Growth and Recovery over Addictions.

**ALTERNATIVES FOR LIVING: “Financial Stability through Entrepreneurial Endeavors.”**

I will pursue Entrepreneurial endeavors to establish and maintain my lifestyle...through compensation for honest, hard work. I have learned that **“Success comes through Persistence, Perseverance and Patience.”** I know from experience that “whatever the **MIND**, motivated by the **SPIRIT** can conceive and believe, can be achieved.” I must plan constructively and work that plan diligently, knowing that if this plan is God’s will, not mine...all goals will be accomplished with time. I will pursue service oriented entrepreneurial endeavors, which will enhance the lifestyle and environments of all those influenced or affected by addiction.

**SHARING: “LIVING, LOVING, constantly CARING.”**

This is the key to **MY WAY OF LIFE**. Sharing my Recovery with an addict or at-risk individual, who desires and wants my **WAY OF LIFE**, guarantees and reinforces my commitment to **RECOVERY**, one day at a time, for the rest of my **LIFE**. Each of us has a wealth of knowledge based on hard-earned experiences...which if accepted and shared, will promote Physical, Mental, Emotional and Spiritual Healing. Hard-earned experiences give Knowledge, Knowledge gives Wisdom; and Wisdom gives power for living **MY WAY OF LIFE**. “Knowledge is better than ignorance; action is better than passive anxiety; speaking out is better than biting your tongue.” **SILENCE IS THE ENEMY OF RECOVERY.**”

**PART II**

The written word survives the test of time, and can be referred to over and over again in your hour of **NEED**. Many quotes and thoughts have inspired me, as I search for **TRUTH** and enlightenment. I share these thoughts with you in the hope that somehow, somewhere with time; they may serve as a source of inspiration for **BETTER LIVING**.

Here are my notes and reflections for rebuilding your LIFE and attaining **INNER PEACE**...

**FAILURE:** Failure is a learning experience. What makes people able to achieve, is the ability to believe in themselves. Failure teaches us humility. We realize that we plan to fail, when we fail to plan. A person may fail many times, but he or she is not a failure until they start blaming someone else. We are the Captains of our **FATE**, and must therefore take full responsibility. You can only become great or good through many and great mistakes. Learning the Spiritual and Practical lessons from these mistakes is the key that unlocks the doors of confusion, disillusionment and fear.” These experiences build something inside so strong, that you know you can make it.

**VALUES:** “**VALUES** determine priorities.” Nature responds to the creative guidance of God therefore “**PUT GOD FIRST IN EVERYTHING.**” Many of us have inherited a distorted sense of values from our past environments. One of the primary reasons problems arise in our lives is because we put our wants and ourselves first. Don’t get caught up with obsessions and compulsions. Concentrate on your needs. God guarantees that all your needs will be fulfilled. Fulfilling superficial wants can lead to frustrations, discontentment, greed and all the other negative energies that eventually destroy you. You cannot always get what you want, but you will always get what you need, through **FAITH, HOPE and LOVE**. All things must be put in their proper perspective. “**SPIRITUAL things before MATERIAL things.**”

**FORGIVENESS:** The most destructive emotion I have encountered is **HATE**. I received a gift from Rev. Alphonse in 1967. He wrote in my Autograph Book the following: “**To LOVE, when reason and common sense say HATE, is genuine Christianity.**” I have replaced the word “Christianity” with **UNCONDITIONAL LOVE** in an effort to make his meaning more appropriate for the times in which we live. Remember that, “To err is human; to forgive is divine.” In taking revenge a man is but equal to his enemy, but by forgiving him, he is superior. Those that hate you cannot win, unless you hate them, and then you destroy yourself. Don’t look at your enemies, look at your resources. “**UNCONDITIONAL LOVE in action is FORGIVENESS**”.

**MENTAL ATTITUDES:** The mind is a tremendous battlefield. Mental attitudes structure the rise and fall of a person’s entire life. The **HAPPINESS** of your life depends upon the quality of your thoughts. Thinking good thoughts is the very root of character. To develop character, we must start with the “**RIGHT MENTAL ATTITUDE**”. The right mental attitude is often comprised of positive qualities...such as Integrity, Faith, Hope, Optimism, Courage, Initiative, Generosity, Tolerance, Tact, Kindliness and **GOOD COMMON SENSE**. Strive to develop these qualities. Physical strength is measured by how much a man can carry, Strength of Character by what a man can bear. “**CHARACTER is the keystone of true SUCCESS.**”

To develop character, we must learn to win over ourselves, for we are our greatest enemy. We must think positively, not negatively. Keep your thoughts off things you do not **NEED**, by concentrating on things that you really do **NEED**. Failures, Values, Forgiveness and Mental Attitudes can make a positive difference in our lives, regardless of our past experiences.

Experiences in **LIFE** serve two positive purposes:

- (1) To teach us unforgettable lessons
- (2) To be examples to those who follow after us

“Let your **EXPERIENCE FILE** count!”

### **PART III**

Having learnt from our mistakes, it is necessary to develop our confidence and positive self-image to successfully live with the challenges of **LIFE** in the New Millennium and beyond. Let your intuition or your conscience be your guide. Don't please Man...**PLEASE GOD**. Don't allow other people to live your life for you. Don't allow human opinion to dictate your lifestyle for the future. Be confident. The secret to overcoming lack of confidence is to trust your **SPIRITUAL REALITY**. In dealing with your **PAST**, forget those things that are behind you. To worry about the past is wishing you were thirteen years old again. Don't be a slave to the past. Yesterday is gone. Today is here. Live it to the fullest of your potential.

**PRESS FORWARD**. This gives you **PURPOSE**. “Failure is never final.” To truly fail is to give up. **LIFE** has its little ups and downs. Pain and suffering are a natural, positive growth process. A person is not a failure if he or she **RECOVERS**. It is your reactions, not your actions that determine the depth of your Spiritual Healing. Pressing forward is the positive reaction to problems, pressures and life's challenges. Learn to be content and adjust to the situation. The creative guidance of God dictates that we live within the “Cycle of Nature”. You cannot become a mountain lion overnight. Mentally, Emotionally and Spiritually we must allow God, and the Holy Spirit, to guide us into contentment through a “**DIVINE MENTAL ATTITUDE**” about our past, present and future. God can take tragedies of past failures and turn them into contentment, providing you with a sufficient **LIFE**, independent of external circumstances.

Finally, to **REBUILD A LIFE**, four factors are very important for success. You must have **DESIRE, DESIGN, DIRECTION and DETERMINATION...**

**DESIRE**: You must want to believe what God wants you to do. You must have a hunger to be something or somebody.

**DESIGN**: You must have a plan. You must know what God wants you to do.

**DIRECTION**: You must know where you are going and how you are going to get there. “Don't be a ship without a rudder on the **SEA OF LIFE**.” You must have realistic short-term goals and long-term goals for your **LIFE**.

**DETERMINATION: DETERMINATION IS PURPOSE**. You must refuse to quit. No matter what the odds, you must keep on keeping on. Winston Churchill, believed to be the greatest Prime Minister England ever had, said “**NEVER, NEVER, NEVER GIVE UP**.” This was his vital secret for **SUCCESS**. True **SUCCESS** in Living will be yours, if you “Go beyond the basic demands of **LIFE...AND THEN SOME!!!**”

It is my hope and prayer that the foregoing thoughts will plant seeds for **BETTER LIVING** that will be fruitful and multiply for those of you who understand and **ACCEPT** them. I must thank my many mentors, who through literature and personal communications influenced me to share these thoughts on **MY RECOVERY PROCESS**. Each day begins a new chapter of our lives. We hold the key to our **HAPPINESS** and **SUCCESS**. We are the authors of our destiny.

As we blaze through the first decade of the twenty- first century and the countdown to **ETERNITY**, let us “**DARE TO SHARE LIFE**” in this decade and beyond.

Unconditional Love

Josephus  
January 1, 1990

Revised September 30, 2004.

July 17, 1990  
Revised Nov. 30<sup>th</sup>, 1990

**SPIRITUAL REALITY**  
**“The SOUL alone raises us to MOBILITY”**

The **SOUL** is the proof of man’s alignment with **GOD**.

In the Beginning, **GOD** in his divine wisdom saw fit to manifest his master plan for man on this earth. This is recorded in the Creation Document.

The Devil (Satan) a.k.a. The Prince of Darkness tempted man through Eve. Man sinned against God by disobeying and was cast out of the Garden of Eden, to exercise his option of **CHOICE**. We were given the ultimate **CHOICE**: - Follow God’s commandments and precepts and **LIVE** in Peace and Harmony forever...or Disobey, suffer and die an Eternal Death.

Over the centuries of time, **GOD** has kept his promises not to forsake us or leave us. His love is **DIVINE** and **UNCONDITIONAL**. The Bible (God’s Holy Word), chronologically outlines this evidence, culminating with his ultimate promise and sacrifice...**the Birth, Life, Death and Resurrection of JESUS CHRIST, His only begotten Son. JESUS CHRIST** provided us with an example of how we should **LIVE**, and the promised rewards of such a lifestyle. This is not an easy walk, for Freedom is a fight – a fight against the power of evil and the wiles of the Devil. We are pawns in a Spiritual Battle, which is fought in our thoughts.

We are created on this earth to live **LIFE** to the fullest, not merely survive. To do this we must **TAKE CONTROL...** control of our inner selves. We must claim our **SPIRITUAL REALITY**, which is our **DIVINE HERITAGE**, accept our Heavenly Father, who knows and sees every deed, but will never forsake us. The solution comes with **SUBMISSION...**submission to His **UNCONDITIONAL LOVE** through **FAITH** and **HOPE**. Believe in this **SPIRITUAL REALITY**; believe in yourself, because “greater is HE that is in you, than he that is in the world” Concentrate on what you need to be truly **HAPPY**, for **HAPPINESS IS AN INSIDE JOB!**

Develop a strategy for defeating the **ENEMY** (The Devil). Recognize him for who he is: - The instigator of all worldly activities and pleasures designed to **TRAP** you, and set you up for the destruction of your **MIND, BODY and SOUL**. The end of time is near. The Devil is hard at work to conquer. His armies are strong, creative, cunning and everywhere. He knows the time is coming, but he does not know when.

**YOU CAN WIN!!** You can defeat the Devil. We have the technology. Make **SPIRITUAL FITNESS** a part of your daily life.

Four steps to **SPIRITUAL FITNESS** are: -

1. **EAT WELL** - Balance intake with output. Health is to be treasured more than Wealth or Vanity.
2. **GET PLENTY OF REST** - This spiritual therapy relaxes you and gives confidence and poise. It helps to create a Divine mental attitude. Moreover, it provides fresh courage and motivation.
3. **COMMUNICATE** - **PRAY**, and integrate prayer into your daily **LIFE**. Allow the Holy Spirit to guide you through your earthly journey. Tune out the world and listen to the **VOICE** in the wind.
4. **EXERCISE** - The exciting and fulfilling result is that we can function at maximum potential according to God’s plan and **ENJOY** it. Exercise releases natural stimulants, (endorphins) relieves stress, and builds resistance to the temptations of the Devil.

Achieve your **SPIRITUAL REALITY** through **SPIRITUAL FITNESS**. Everything else is meaningless. **SPIRITUAL FITNESS** begins with a **DESIRE** to change your "Way of Thinking." What you believe makes you do what you do...and what you do makes **NEWS**.

- Believe that you must do unto others, as you would have them do unto you.
- Believe that others are here to help you, not to do you wrong. It is up to you to choose your lifestyle and environment carefully, so that you may reduce the **RISK**.
- Believe that your purpose in **LIFE** is to help others...others who are not as fortunate as you are. If this is not so, what else is there?
- Believe that you must have strong moral values that you don't just talk about, but act on each day.
- Believe that you cheat yourself when you lie, and move away from being a **REAL** person. Therefore, tell the **TRUTH**.
- Know that you have much to **SHARE**. Find out what that is and share it with others. You will **LIVE** forever. Immortality means being loved by many anonymous people.
- Submitting to your **SPIRITUAL REALITY** is the key, to that peaceful easy feeling about your past, present and future.
- Seek wisdom and understanding; for there is nothing better for you than to **LIVE**, and enjoy your work for the few remaining days of your **LIFE**.

**GOD** said to men, "To be wise, you must have reverence for the Lord. To understand, you must turn from evil." (Job 28:28. (Good News Bible T.E.V.))

"After all this, there is only one thing to say: Have reverence for **GOD**, and obey his commands, because this is all that man was created for. **GOD** is going to judge everything we do, whether good or bad, even things done in secret." (Ecclesiastes 12:13, 14)

Claim your **DIVINE HERITAGE** today.

## **HOW?**

Admit you're a sinner and can't save yourself (Rom. 3:23).

Believe that Jesus died for your sins (Acts 16:31)

Confess Jesus as your Savior and Lord (Rom. 10:9, 10).

## **DARE TO SHARE THE SPIRITUAL REALITY.**

Unconditional Love

Josephus.

July 17, 1990

Revised Nov. 30<sup>th</sup>, 1990

June 23, 1991  
 Updated September 30, 2004.

## **COCAINE**

Everywhere

Dear Cocaine,

It has been fifteen years, one month and seven days since we spent any time together. This note is to bring you up to date on my **LIFE** without you. I have rebuilt my LIFE without you. I cannot get over how gullible I was to believe all your lies. In the beginning, our romance was great. You were fun. You helped me do great things. I remember working to the utmost of my potential and achieving many victories. Friends and associates were easy to impress. You took away all my problems.

What happened? All of a sudden you became so possessive; I was completely out of control. In your sneaky way, you would push my buttons and like a "puppet on a string," I would respond to your every wish. You took everything away and **THEN SOME!** You ruined my **LIFE**. I accept full responsibility for my destruction, because I was warned. You were so jealous. You made me believe that everyone else and everything else was the problem: not **YOU** and me.

I still think of you, but I am much smarter and stronger now. I know how cunning you are; how you lie with the truth; how you made my distorted perception of **LIFE** seem **REAL**. I am preparing myself for our next meeting. That will be the **TEST**. I resolve to break the chains you wrapped around my mind, body and soul. I have found a better way - a whole new way of **LIFE** where **LIVING** is what it is all about. **I AM RECOVERING.**

Please leave me alone and I will leave you alone. Give those of us who want to **LIVE** a break. We can never be friends. I do not want to be your slave anymore. I have found a better **HIGH**. I am learning to be really **ME**. My challenge is to tell the **TRUTH**, about the lie you tell, so that anyone who desires to change will know that it is possible to escape your vice grips. Thanks for this most intense life changing experience. I now know I had to come through your wilderness to fully appreciate the thrill of being **REAL**.

Truthfully,

Josephus

### **SETTING OUT FOR THE UNKNOWN**

"I said to the man who stood at the Gate of the Year,  
 'Give me a light that I may tread safely into the unknown.  
 And he replied, 'Go out into darkness and put your hand  
 into the hand of GOD. That shall be to you better than  
 light and safer than a known way.'  
 May that Almighty hand guide and uphold us all."

Minnie Haskins 1875 – 1957.

October 1985.  
Reprinted Feb. 14<sup>th</sup>, 1990

**THE  
LOVING INTUITIONAL FAITH EXPERIENCE  
(L. I. F. E.)**

What does it mean to be **LOVING**? Perhaps it means to continuously open oneself to the things, people and ideas, which yesterday appeared to us to be degrading, unworthy, meaningless or ugly. Perhaps it means to first take a look at, then **ACCEPT**, and finally learn to see the beauty and even necessity of those elements of **LIFE**, which yesterday we considered untouchable. In this sense, **LOVE** is an ever-growing, never boring, always new process of constantly assimilating the aspects of our world, which yesterday we disliked or found unacceptable. In short, **LOVE** is Living Open to Varied Experiences.

Striving to constantly improve the understanding of **LOVE**, **L. I. F. E.** wishes to open our hearts to all human beings, regardless of the present content of their inner lives, or the way they need to actualize that content. Perhaps volumes could be written about the word **INTUITION**, without its central meaning being truly conveyed. **INTUITION** is that intelligence which resides within every human **SOUL** and which is, unfortunately, not used by many of us. Intuition (or "gut feeling", as it is commonly described) operates beyond all rationality. Its life is separated from the dictates of reason. It is that which allows one to leave the security of the known paths to lead one into the new, sometimes scary areas of life. It means feeling so strongly about the right thing to do, that one is willing to go against all rational advice and follow the call of one's heart.

One of the aims of **L. I. F. E.** is to help individuals cultivate this natural capacity to tap into that infinite source of intelligence - their **INTUITION**. **INTUITION** helps us experience the fullness of a **LIFE** that is not exclusively, and boringly, based on intellectual knowledge of the past...a life that encourages one to constantly explore new aspects of oneself, others and the world.

**INTUITION** brings us to the **FAITH** aspect of our inner life. Intuition and Faith go hand in hand. Without **FAITH**, how can one truly follow the call of one's heart at the times when such calls intellectually appear to tear us away from the good things of **LIFE**?

One has to believe that no matter how it seems to others or even to oneself, following one's "gut feeling" will lead to a higher, deeper, richer quality of **LIFE**.

**L. I. F. E.**'s message is very simple:

- Continuously grow in **LOVE** of every aspect of yourself, and from there, in every aspect of your relationship with **GOD**, others and the world.
- Follow your **INTUITION**, no matter how strange a path it may take you along.
- Have **FAITH** in **GOD**, in yourself, in others and in your world.

If you do these things, you will **EXPERIENCE LIFE** to the fullest. **L. I. F. E.**'s philosophy actualizes itself by being a point of communication for all who feel that they need help, no matter what their problem or goal. The **Loving Intuitional Faith Experience** is all-inclusive. We believe that in this specialized world, people need a centralized source of help. How many times have we, in our own lives, attempted to get in contact with the right source of assistance, only to be switched back and forth from one organization to another; or from one individual to another, finally giving up in despair of ever finding what we truly needed?

All of us have experienced the frustration, for instance, of being transferred to a vast number of departments only to be told that this is not the place which could assist us; that we should try calling so and so instead. **L. I. F. E.** seeks to overcome this challenge by being a **Central Referral Network**. You call us; we pre-qualify your concerns and send you directly to the right sources of assistance for fulfilment.

Help us make a better world for all to live in. Help us make a world of individuals with open hearts and minds.  
Help us make a world in which all can get involved in improving every aspect of LIFE through a cooperative team approach.

Join in the spirit of **L. I. F. E.** and with us, live fully!

Lise Hetu (1985)

Unconditional Love,

Josephus

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**L.I.F.E Recovery Concepts Program Outline.**

[www.oasis.com/guest/programs/lrc1.html](http://www.oasis.com/guest/programs/lrc1.html)

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