

## **Hooked On Recovery**

September 17, 2004

*Spiritometer*

*“The eye is the lamp of the body. If your eyes are good, your whole body will be full of light.”*  
--Matthew 6:22

*“Look eye Daniel-sahn! Always look eye.”* --Miyagi teaching Danny in the 1<sup>st</sup> Karate Kid (the one that was actually pretty good... come on, admit it.)

When I first walked into the rooms of recovery, I was attracted to something. The rooms of recovery captured my attention because it was not what I expected. They weren't all angry and messy and confused like I was. There were people smiling, laughing and (ughhh)... hugging. They had something that I wanted. This something was a quality that many of these strange people possessed. They seemed to be really happy, peaceful. I slowly figured out that the more serenity a person radiated, the brighter the light in their eyes.

I've come to believe that this light in their eyes manifests itself when people work on their recovery, when they turn themselves over to a Higher Power, when they work the steps, when they dedicate themselves to helping others, when they let go and let God. This recovery power is highly sought after, first and foremost by those seeking recovery. It is also valued in all other arenas of life like the workplace, churches, government, athletics and schools. Most often people don't understand or don't know what is so attractive about that person. It's the warmth of recovery.

Yet there's no tangible way of indicating or proving one's sustained recovery. I often wondered if we could measure recovery power. Have you ever seen “Bones” wave his scanner over an injured person to diagnose the problem? You remember “Bones”? Dr. “Bones” McCoy?! Star Trek?!?! Jjeepers, do I have to explain everything? Wouldn't it be cool if we could invent a Spiritometer that you could wave over a person and measure the amount of internal light that person emits. The Spiritometer could measure the amount of internal recovery capital a person is working with. Depending on the reliability of the instrument, you could submit to a reading and use the reading for lots of stuff. For example, when you apply for a job, you could include your RCM (Recovery Capital Measure). This would be an interesting contrast to checking the “Have you ever been convicted of a felony?” box.

My 10 year old son told me the other day he wants to get a Masters Degree in Inventology. He wants to be an inventor. His big idea is to invent an underwater telescope. His big sister was trying to explain to him about light refraction, et cetera, et cetera, but he wasn't buying it. He just thought that would make his invention that much more valuable. I wonder if I could set him on the task of inventing the first Spiritometer?

Sometimes, when large groups of people in recovery come together, the power seems to multiply. This has been our experience with the Recovery Walks! event in Hartford's Bushnell Park. In fact, Recovery Walks! is this Sunday from 10 – 2. I encourage you to experience and

contribute your own recovery capital. It's a funny thing about this Spirit, the more you give it away the more it grows. It's exactly like love in that sense.

*Hooked on Recovery* is a biweekly message from CCAR Executive Director Phillip Valentine, person in recovery since 12/28/87, devoted husband, father of four (expecting number five) and just another surf fisherman. He welcomes all your comments and suggestions on this column, email him at [phillip@ccar.us](mailto:phillip@ccar.us). Or visit the website at [www.ccar.us](http://www.ccar.us) to read previous articles.