

Don't Eat the Seed

Plant the Seeds and Enjoy the Harvest

By Rick R.

Step two does not seem to get a lot of attention but comes from a way of life that was riddled with fear and insecurity; I wanted all the good things to be happening right now. In the beginning, I was drawn towards the members who talked about character building and living by principles but, as we all come to terms with the idea that wellness takes time and there are no shortcuts when it comes to rejecting our old habits and replacing them with unselfish principles that have been around for centuries. These ideas were the seeds of my recovery in the program. I was reintroduced to these principles in the beginning of my AA journey and have been putting them to good use ever since and the results have turned out to be better than I ever could have expected. I believe that every person that surrenders to the AA program and attends meetings on a regular basis starts getting results immediately simply because he/she has stopped drinking and making many of the mistakes that are the result of their alcoholic behavior. Understanding the recovery process is more than just changing our behavior as the result of abstaining from alcohol but without that abstinence, the rest of the process cannot be accomplished. Most of our behavior is the direct result of our thinking and as alcoholics; we have done a terrible job of getting it right. A life driven by fear and insecurity (thoughts) drove us to be takers (actions) just to try to get even with the world around us but our faulty perception of that was never enough and this would go on forever had we not surrendered and accepted new ideas on how to correct our thinking. Being willing to take the risk and test the principles we learn in AA sets us on a path of revisiting all our motives for the decisions we have made in the past and put a principle in place to govern our behavior. In time, the newly discovered solutions simplify the decision-making process and relieve us of the responsibility to form our own principles or to modify existing principles. We often try to illustrate these concepts using analogies or comparisons and the way I try to describe the principle of unselfishness is as follows: I was talking to a young man in his early twenties about economics and the need to keep up with the Jones's and suggest that he hold off on spending any money on things that he wanted unless those were things he absolutely needed and get in the habit of spending less than he earned.(NET) (A simple principle)I then suggested that he get ahead of the curve so that he always had money left over and put it into a savings account. Soon he could purchase a home. The equity in the home would grow and would increase and increase his net worth without any effort on his part, and that economic cushion would be the beginning of what leads to financial peace of mind. To simplify that process I said to him: *Don't eat the seeds, plant the seeds, and enjoy the harvest.* In AA we must look at the principles, as we understand them, and plant them in our minds today if we want to enjoy their results later down the road. If, however, we postpone planting these spiritual seeds we will continue to be saddled with the insecurities that caused the need to drink in the first place. If we can get ahead of the curve and be persistent, and every time we find an unselfish principle that makes sense to us, plant that seed in our consciousness, the results will overcome our fears and insecurities, and we will sleep well when our head hits the pillow at night. The time it takes to achieve this peace of mind varies depending on how dedicated we practice these principles, but it will not begin until we plant the seed and then patiently prune the plants until they reach maturity. The more seeds we plant, the bigger the harvest. As a friend of mine once said, "If you are praying for potatoes, you better grab a hoe".