



Realization Closing

In closing, the opinions expressed here were those of the person who gave them, not CLA as a whole. Take what you like and leave the rest.

The words you heard here were spoken in confidence and should be treated as confidential. Keep them within the walls of this room and the confines of your mind.

In the spirit of preserving anonymity of all CLA members, we say, “whom you see here, what you hear here, when you leave here, let it stay here.” “Let it stay here” is a good rule to follow in creating a safe place to share our feelings, experience, and recovery without fear of gossip, retaliation, or our anonymity being broken.

The following paragraph is reprinted from the “Finding Your Life Purpose” leaflet. “As you declutter, we hope that you will remember that you are not merely finding lost keys and bankbooks, not only discarding obsolete projects, not just making space for guests—you are finding yourself. You find that you learn to know and accept yourself as a valuable human being no matter how imperfect or perfect you once thought yourself to be. You are clearing away the wreckage of your past. You are being responsible for small things, so that you can be entrusted with larger ones. You are making room for your true purpose to emerge. Go with your Higher Power and know that you are blessed.”

Keep coming back. It works!