

Guidelines for CLA Daily Reflections Book

The CLA Literature Committee is beginning to work on a CLA Daily Reflections book that will be written by members. If you'd like to submit a reflection, please do so using the following guidelines.

- 1) Meditations will have three parts:
 - a. **The Daily Reflection:** Write a brief paragraph that describes your experiences, awarenesses and/or observations about your decluttering.
 - b. **Prayer:** Insert a prayer that is a conversation between you and God.
 - c. **Affirmations (or Reminders):** Insert an affirmation, beginning with "I will" and stating your commitments. Or insert a reminder about more positive choices you can make.
- 2) The total words in the writing (including all 3 sections) should be 250 words or less.
- 3) Deadline for submission is June 1, 2022.
- 4) If you are unable to type your meditation, please email it to us in whatever format you can manage.
- 5) Submit your meditation to: litcomm@clutterersanonymous.org
- 6) By submitting your meditation, you are agreeing to the possibility of it being edited, copyrighted, and published.
- 7) Interested step groups are also invited to submit meditations.
- 8) Put your name with your state or country on your meditation.
- 9) Members can also use quotes from the "CLA Literature Collection" to base their meditations on.

Thank you for your interest in this project! For those members who feel they need more guidance in writing a meditation, we hope to have a writing workshop in the near future. Sample meditations are given on the next page.

Example #1:

Name, State or Country

My Daily Reflection - (248 words)

When I began working the Steps with my co-sponsors, I found it challenging to be teachable and open to personal growth and development. I had spent years caring for others, but now it was time to pay attention to my own needs. That meant taking an inventory of my personal character traits. I was aware of the clutter and had a rough vision of how I wanted to live, yet I was stuck. While taking an inventory and feeling an uncomfortable amount of shame and embarrassment as I shared it with my co-sponsors, I became aware of two things. Firstly, I wasn't owning the responsibility of

getting rid of my clutter. Secretly, I wanted someone else to do it. Secondly, I had very little motivation to do anything about it. Unrealistically, I wanted to get the results without making any sacrifices. I groaned whenever I heard the suggestion at CLA meetings to take one item at a time and decide what to do with it.

Today's reminder:

When I feel stuck, I can pause and become aware of my feelings. I can take a break and pray for willingness and strength to do God's Will. I can wait until I am guided to act.

Prayer:

Dear God, Help me to grow through the fear, frustration, anger and sadness I feel when I am decluttering. Help me to trust your guidance knowing that there is an opportunity for me to learn new skills in every challenge I face. Amen.

Example #2:

Name, State or Country

My Daily Reflection - (154 words)

Fellow CLA members are like mirrors to me. When I identify with their shares, my denial is broken. Alone, I have learned to ignore my clutter. I act as if I am blind to it. The same members are teaching me to see it again. I am slowly becoming aware of the depth to which I clutter. CLA members in recovery give me hope that I can change my habits.

Today's affirmations:

Through practice, I can learn new skills. I can apply the concepts of awareness, acceptance, and action. The more I practice, the better I will get at cleaning, repairing, mending, donating, recycling or throwing items away.

Prayer:

Dear God, Help me trust that You are loving and that You have my best interests at heart. I feel Your guidance as nudges, hunches and intuitive thoughts. Please give me the willingness to trust that guidance and overcome my own resistance to it. Amen.