



## Peacefulness and the Web of Self by Michael Siena

On the simplest level, happiness results from getting my way and unhappiness results from not getting my way. However, as I got into middle age and maintained a daily spiritual practice, I began to notice that pursuing my way to achieve happiness wasn't working very well and really never did. I call this experience being stuck in the Web of Self because when I'm in the Web of Self, the more I struggle to get my way and try to selfishly impose my will on life, the more enmeshed in suffering I become. In order to find peace, I have to make a distinction between happiness and serenity. Happiness is getting what I want and serenity is wanting what I get. Therefore, to find peace, I need to surrender to life on life's terms instead of trying to create life on Michael's terms. That is not easy and I believe it will take many lifetimes to complete. Of course, there will be times when it is appropriate to use my will to secure needs and wants but as a universal strategy for wellbeing, pursuing my way is self-defeating and produces great suffering. My will must be broken and dissolved in order to find serenity. It is dissolved through practicing acceptance instead of willfulness. The more it disintegrates, the more at peace I become.



Welcome to the Metro Boston Recovery Learning Community 2023 summer newsletter! This newsletter is a place where all of our talented artists and writers from across the MBRLC come together as one group. As always, we welcome submissions. Please contact Hilary at [kileyhilary@gmail.com](mailto:kileyhilary@gmail.com) or Yuka at [yuka.gordon@bmc.org](mailto:yuka.gordon@bmc.org) for details regarding the fall issue. We will reach out to the centers with the fall deadline. Have a nice summer!

**Titled: Van Gogh II by Geno Doe**

What is it like to live with auditory voices and/or visual hallucinations with no control over when or how they speak to you?

I'm talking about Voices like you heard your child, partner, friend, car music this morning. But unsolicited.

The day that I was first trained by Caroline Rivkah Mazel-Carlton through the Wildflower Alliance..

the Power Dynamics of how I perceived my voices and visions changed permanently.

My longtime peer mentor through NAMI brought me to this training, despite some reluctance on my part and I finally understood what a paradigm shift is.

Diagnoses are simply tools that possess the power to liberate or chain you mentally to a given condition that you live with on a daily basis.

Our mental health/healthcare system tends to hold an approach where pain and distress are seen as non-beneficial symptoms to eradicate, not as potential protective messengers attempting to communicate/indicate the need for healing verses more immediate methods for pain management.

I'm not an anti-medication person. I take them daily myself and find them essential to my overall treatment for my bipolar and complex-PTSD conditions.

But I see it has only 20 to 30% of my overall treatment plan — SO that I may do the excruciating work of better understanding the roots of that distress and pain.

You don't have to go completely alternative to simply be curious about other healing modalities. You may simply be dissatisfied with the way that our current mental health system supports those who are managing moderate to severe debilitating conditions.

Below, I share an upcoming workshop through the Wildflower Alliance, more so to ask you to look into their value within our given system — with an open heart and non-black & white mentality of curiosity. Especially if you see yourself as a healer or potential healer.

Here's the information below.

Voices, Visions & Unusual Beliefs Training in BOSTON

To register, CLICK HERE. <https://lnkd.in/etwdg2SX>

July 19, 20 & 21 from 9am-5pm

Bay Cove Human Services

66 Canal St., Boston

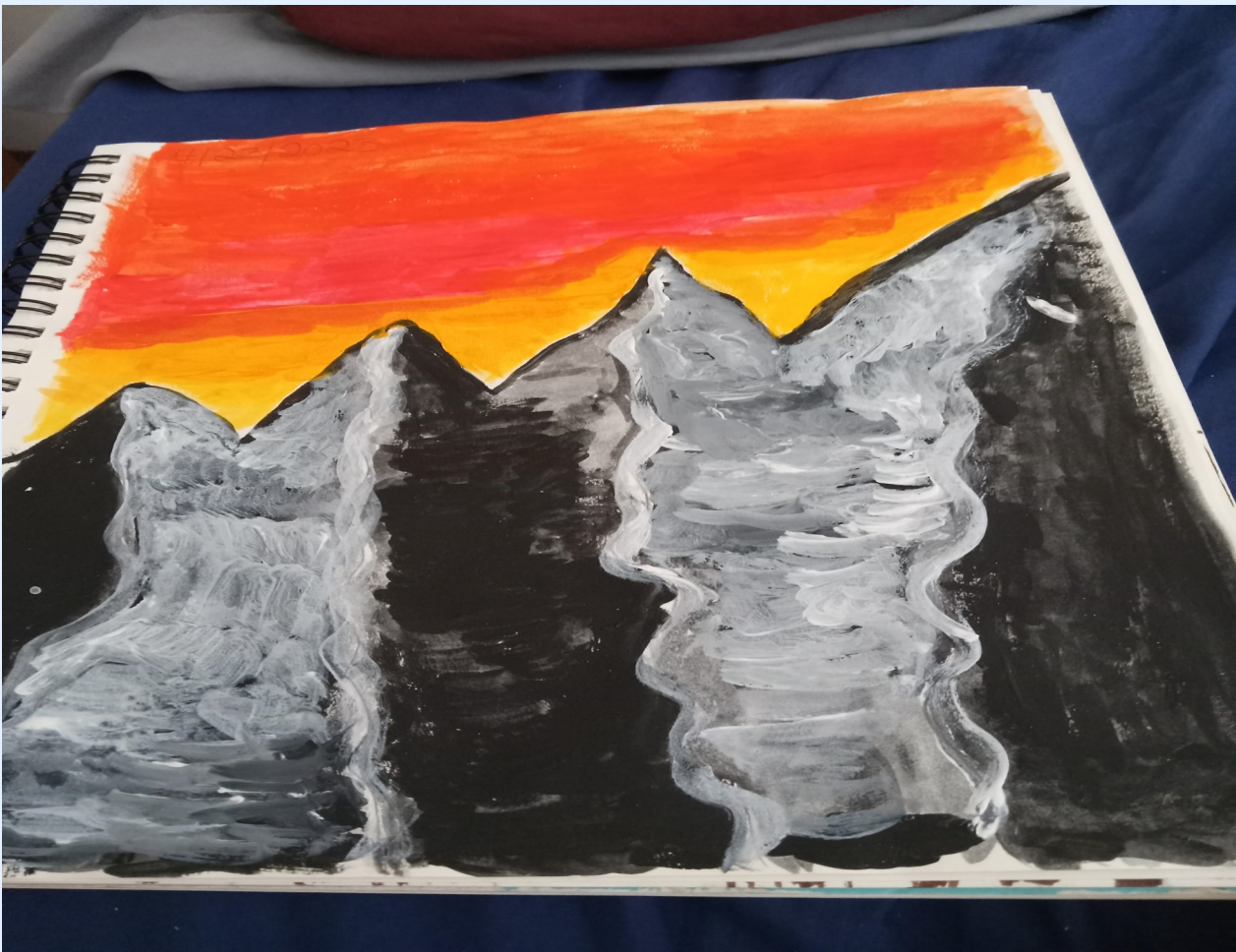
In current Western medical paradigms, hearing voices is often a deeply marginalized experience. Those who hear voices and/or see visions are typically given a poor prognosis. Suggested coping strategies tend to be limited to distraction techniques or heavy neuroleptics. Clinicians, voice-hearers, and family members have often felt frustrated by the limitations of this model.

Another world is possible. This training is for anyone who is interested in learning the current research, strategies and supports that are being developed by people with lived experience of voice-hearing world-wide.

This training is pending approval from Commonwealth Educational Seminars for CE credits for Social Workers, Nurses, Licensed Marriage & Family Therapists and Licensed Professional Counselors/Licensed Mental Health Counselors



**Heidi HyunJin Lee**



Title: climbing  
towards the sunset  
Erica Adams



Heidi HyunJin Lee  
"Liberating Chains"  
Mixed Media on  
paper  
8x10 Inches

# HONEY'S HAVEN by Geno Doe

Summertime memories of going up to my relative's cottage named, "Honey's Haven" drift in and out of my mind from time-to-time at this time of year. When I was young I remember all the beautiful things of nature and all of fun activities that came with it: canoeing, wild blueberry picking, fishing, swimming, waterskiing, the flickering flame of a campfire, sleeping in the boathouse with all the boys, going to the store by motorboat. Also the 1976 Olympics were going on and we had our own Olympics complete with a final medal ceremony as well.

One time I went up there when I was 22 and we enjoyed the usual daytime activities along with horseshoe tossing and whiffle ball, barbequed food, imbibing at night while enjoying music that was set aglow by that same flickering flame at night as this city boy/man was in in love with the fresh air of nature accented by pine. Morning would come and I would be enjoying a cup of joe on the porch of the cottage that sat on the lake. Taking in the sounds of birds singing in the morning with dew sitting on the window and was at peace with myself while gazing at the still water.

Reflecting back in my life, I realize that those were some of the good times and wonder if it the place should have been really called, "Honey's Heaven."

I take my leave right now but will leave my fellow contributors both a movie list and playlist like I usually do. Summer is here but we are almost done with half of it is already almost gone so enjoy it while it lasts.\*

\*Movie List: Ferris Bueller's Day Off, Dirty Dancing, Grease, Jaws, Stand By Me, American Graffiti, Something's Gotta Give, How Stella Got Her Groove Back, Flaming Kid, A League of Their Own and Mystic Pizza.

Playlist: Summer Breeze by Seals & Crofts, School's Out by Alice Cooper, Surfin' The U.S.A. & California Girls (and just about anything else) by The Beach Boys, The Boys of Summer by Don Henley, Summer of 69 by Bryan Adams, Cherish by Kool & The Gang.



## IMAGINATION SONG BY JON GOTTLIEB

I'm a star.

Been one since I was very young.

Singing to one and all.

I have only one regret.

It's something that I have never met.

My stage exists all in my head and probably will until I am dead.

I'll sing my imagination song to and for you in the hope I can make you smile, not blue.

Get it out of my mind and brain in the hope that you never complain and enjoy the shows.

It's all free, from me to you.

Best I can do.

For one or a few.

If you like what you hear and even when you don't; tell you what you can do.

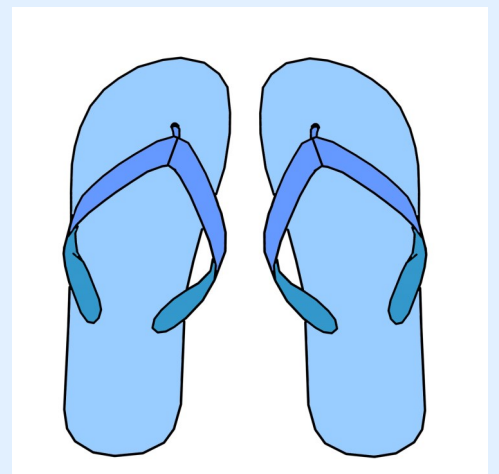
Make up your own imaginary tunes just to play for you too!

Give yourself a standing O.

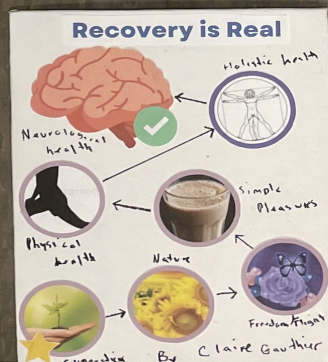
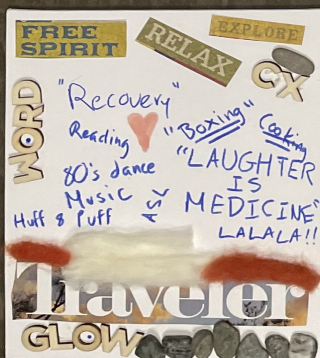
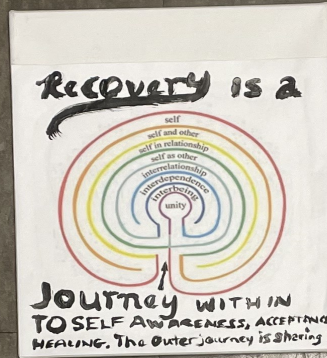
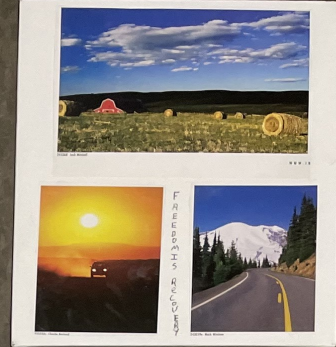
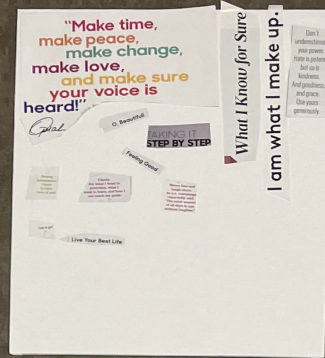
And then shout it from the rooftops so everyone will know!

No charge! Live large!

Puts your name up in lights on the marquee barrage!



All of the art pieces below were created by the Peer Support Network community members for the MBRLC Recovery Event celebrating mental health awareness month in June.





THE OCTOPUS BY ANGEL WILLIAMS

I she dreaming as he swims along with  
her  
She develops trust between the two  
No fear as she approaches  
The curious party  
As the hunt begins  
The predator tries to devour it's prey  
And almost succeeded  
If she didn't hide in her den

BOTH PHOTOGRAPHS BY SARAH  
ENTEMANN



# THE DARK ANGEL BY ANGEL WILLIAMS

Connect. Connect put me though to someone anyone  
Are you there can you hear my call  
Reach for that one high in the sky I don't mean who u turn to  
I'm a dreamer a believer  
Do I want to paint the walls with my vision or should I stay with the colors  
I have in my life to make me feel right at the moment  
Is it bad to be alone most of the time with my thoughts and interests  
Then to tell others would they be convinced  
The artist walks alone



The CSRLC community poster that CSRLC shared at the MBRLC recovery event in June. The public poster expresses what recovery, wellness, and self-care mean and uses images, symbols, and quotes to convey it.







The Dual Recovery Anonymous retreat was hosted by the Massachusetts Clubhouse Coalition and the MBHP. Members of our peer community traveled to Dudley Massachusetts this June. We are grateful for the information they learned.

Thanks Norma, Michael S, Michael K, Beverly, Ziona, CD and Murph!





Congratulations to the graduates of the 2023 *Dual Recovery Anonymous 16 week Leadership Course*. We are proud of our peers at the MBRLC who received their diploma in June. Rob, Sheila, Beverly and Norma!



Sam and CD sailing on the NAMI Peer Support Network sailing trip in June.