



Staying Sober for Thirty Days

Mastering the 6 Building Blocks of Sobriety



A  
MUSMIMORPHIC  
eBook  
© 2023  
Bill Proetzmann  
All rights reserved





# Contents

- ◉ Transformation
- ◉ Six Core Pillars of Sobriety
- ◉ Overwhelmed
- ◉ Integration Explained
- ◉ Going "Full-MEPS"
- ◉ Your Desires Matter / Intoxication
- ◉ The Key to Sobriety
- ◉ Plato and Your Full-MEPS Tool
- ◉ An Invitation and a Practice



# Transformation

Are you ready to transform your life and embrace a fulfilling journey of sobriety? This guide can empower you to conquer each day with confidence and resilience.

You will discover the 6 essential building blocks of sobriety, designed to help you sustain your recovery one day at a time and unlock a healthier, happier, and addiction-free life!



# How Do You Eat An Elephant?

You've heard that one before.  
The answer is "one bite at a  
time."

I'm not encouraging anyone to  
actually eat a real-life  
elephant! But isn't staying  
sober a lot like that?

How do you stay sober for the  
rest of your life?

One moment, one hour, one  
day at a time.





# Six Core Pillars of Sobriety

When it comes to overcoming substance abuse and maintaining long-term recovery, it's crucial to build a strong foundation that supports your sobriety journey.

This e-book serves as your roadmap, providing valuable insights, a practical strategy, and an empowering exercise to help you thrive in your recovery. I understand that every individual's path is unique, and that's why I've developed this quick immediately-customized guide that encompasses these six core pillars of sobriety that you can use now.



# Mindset

What if you could learn how to cultivate a positive and resilient mindset that fosters lasting change?

What if you discovered powerful techniques to overcome self-doubt, develop self-compassion, and embrace a growth-oriented perspective?

If you could unleash the power of your mind to overcome obstacles and stay committed to your sobriety goals, could that change things?





# Emotional Agility

If you understood the role of emotions in addiction and discovered effective ways to navigate them, what would happen?

What if you had tools to cope with stress, manage triggers, and develop emotional resilience?

What would be different if you could identify and express your emotions in healthy ways, paving the way for emotional healing and growth?





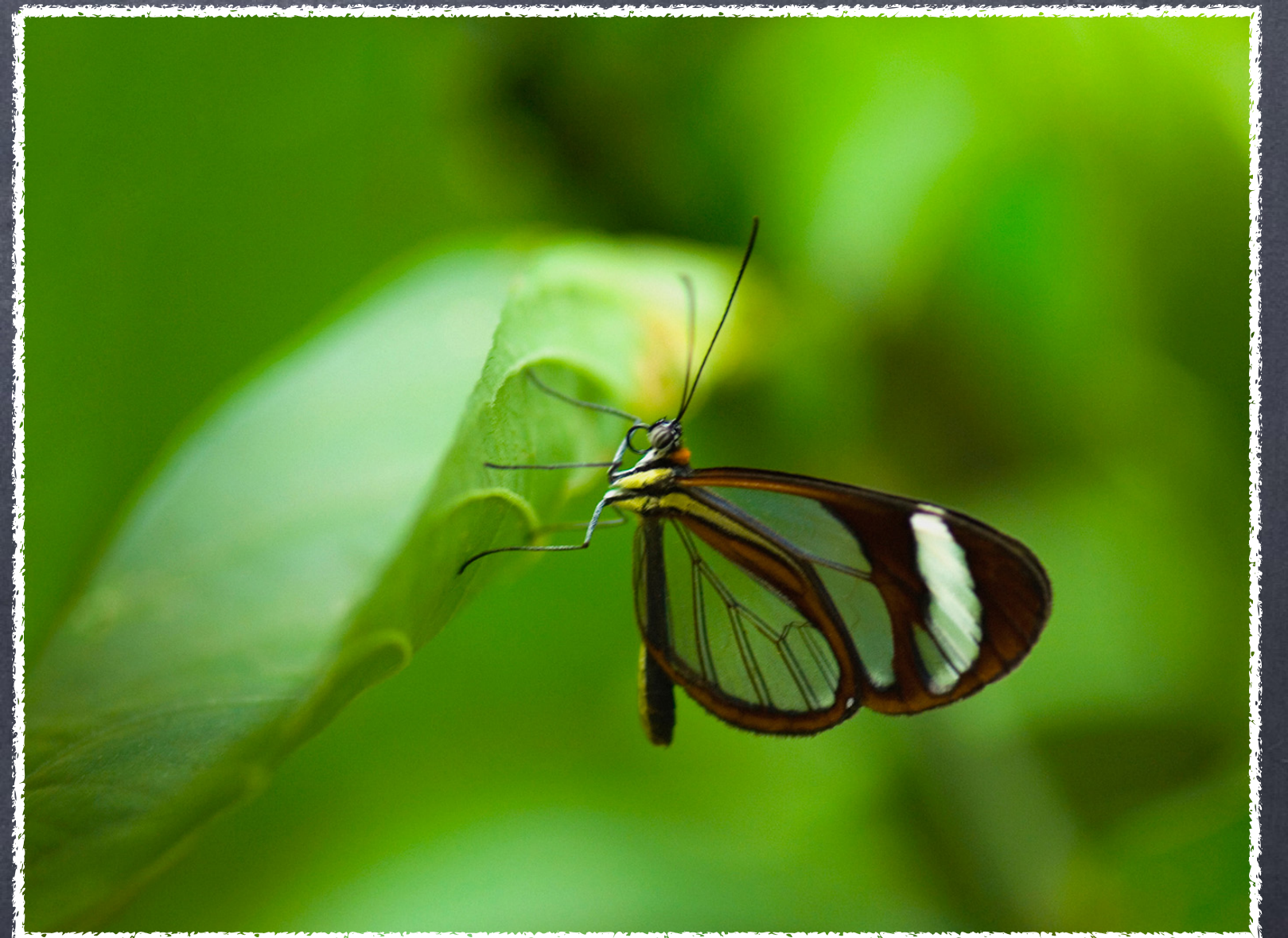
# Abstinence

Practical strategies for abstinence are crucial to staying on track. What if you could uncover proven methods to resist cravings, manage withdrawal symptoms, and develop healthy coping mechanisms?

How will you embrace a lifestyle centered around sobriety and unlock the freedom it brings?









"Failure is like a caterpillar  
before it becomes a butterfly."

-Peta Kelly



You've got this...Let's  
proceed.



# Higher Power

Whatever you believe, there are things Science doesn't yet measure, right? Can we agree to call those things "spiritual" for now? OK!

What if you discovered the power of spirituality and its role in recovery?

If you were able to explore different approaches to spirituality and find the ones that resonate with you, then learn how to connect with your higher power, find inner peace, and draw strength from a source beyond yourself...could that help?





# Energy

Did you know there's a crucial link between physical well-being and sobriety? Have you begun to dive into the world of nutrition, exercise, and self-care, and harness the transformative power of a healthy lifestyle?

Once you learn how to energize your body and improve your mood, you've laid another block in the foundation for long-term recovery.





# Relationships

Relationships can have such an impact on your recovery journey!

If you could learn how to build a strong support system, identify healthy boundaries, nurture meaningful connections, and surround yourself with individuals who uplift and inspire you, would that help?

Why not find and cultivate authentic relationships that encourage growth and provide a solid framework for sustained sobriety?





If you're reading this, there's a good chance  
you've heard it all before.

Maybe you're even doing a lot of it.

Maybe you've got answers to some of those  
questions already.



That's a very  
good thing.

But the thing is, the answers  
may seem overwhelming.





"I often think I can't do this anymore, but then I realize: what choice do I have?"

-Justin Blaney



# Overwhelmed?

There is so much coming at us in life. Information. Help. eBooks like this one. Well-meaning and not-so-well-meaning "friends" with their opinions and judgments and instructions and noise noise noise noise...it can be too much.

However...

A good slice of all of that can be useful, provided you figure out one thing:



How to fit it all together.







Fitting it all together - integrating all the parts that work for you into the life you want - can be a missing process in recovery.

We're told to do all this stuff and we're told that all this stuff works. And, mostly, it can. But even that is a lot. Even when we break it down into twelve steps.

At least having a process is better than having a box full of unassembled puzzle pieces.



Like a puzzle, it's up to you to assemble your recovery in a way that works best for YOU.

For that, there are no instructions.



Doing that? Using the building blocks  
of sobriety to create the new life you  
want? Without instructions?



I call that "integration."



# Integration Explained

That caterpillar you've been seeing doesn't really understand the butterfly it will become, does it? Its very basic survival instinct will lead it to become a butterfly. Hatch, eat, grow, pupate, transform, emerge, lay eggs, repeat.

All of that is a process of integration.





# Trust and Acceptance

The caterpillar doesn't have to trust the butterfly process. It IS the process.

The caterpillar doesn't worry about having to leave its caterpillar self behind. It just does.

The caterpillar is a model for what happens when accepting the process is the only way.





"Happiness can exist only in acceptance."

-George Orwell



# What does a caterpillar feel?

Yes, I know. A caterpillar doesn't experience emotion the way we humans do. Still, it's a simple metaphor for acceptance. For trusting the process. For illustrating how integrating all the aspects of its life is essential to becoming a butterfly.





That's also the way recovery  
works.



We learn stuff that can help. A guide helps us make sense of it. A sponsor or mentor or accountability coach propels us to "do the work."

And it can feel like a lot of work.



All that work, though, comes down to just a few things. What I call "the core pillars of recovery." Here they are:

- 1) Mindset
- 2) Emotional Agility
- 3) Abstinence
- 4) Higher Power
- 5) Energy
- 6) Relationship



So how do we connect all  
the dots?



# Going "Full-MEPS"

MEPS? That's Mental, Emotional, Physical, Spiritual. "Full-MEPS?" That's a quick way to bring it all together...to connect all the dots.

A full-MEPS practice is a method that combines the mental, emotional, physical, and spiritual aspects into a single, useful tool.

What recovery tools do you know that are full-MEPS?





Do you have any full-MEPS recovery tools that combine any of the six pillars?

- 1) Mindset
- 2) Emotional Agility
- 3) Abstinence
- 4) Higher Power
- 5) Energy
- 6) Relationship



Would you like to have  
some?



Combining - integrating - practices  
you already have is completely doable!



Why?

Because there is already a full-MEPS modality that works reliably to integrate recovery practices.



It's just that...

...we have been so busy following the "rules" that we've lost a vision for integration. We call that vision "recovery" and work at it like it's a place on a map where we want to go...





...and forget that  
recovery is a  
lifelong process.

Remember the acceptance practice?  
That's full-MEPS. You don't need to  
know, feel, experience, or believe in  
acceptance. Acceptance works mentally,  
emotionally, physically, and spiritually...  
all you need to do is turn it on.





Don't worry  
about the  
butterfly!

Accept, keep going, do the  
work and allow the process to  
transform you.

Yes, I said "do the work."









Assemble the puzzle the way  
it works for you.



May I suggest that one or two new  
full-MEPS practices couldn't hurt?



# Let's Review

- One way to look at the life-long process of recovery is that it's supported by six core pillars.
- Practices that integrate two or more of those pillars are useful ways to focus the recovery process and make it more efficient and effective.
- Full-MEPS practices, such as acceptance, are the bedrock under the foundation of those six core pillars.



Is this making  
sense to you?

What you want is a better  
ride. Toward sobriety. Toward  
relationship. Toward joy.  
Toward success.





Your desires  
matter. They are  
your internal GPS.

When you combine your  
deepest desires with a full-  
MEPS practice, you engage  
your full power and your full  
potential.





# When we were all caterpillars...

...back in the day, we used to know how to do full-MEPS naturally. Actually, we haven't forgotten because, like the caterpillar, we are hard-wired for full-MEPS experiences.

But we have chosen complexity, rather than simplicity.





This isn't meant to explain stuff like the meaning of life. It can sound existential, but really it's just to help your recovery!



Let's face it, we are fascinated by how things work. Since before Newton's apple dropped, we've wanted to understand, to know, to investigate, to tinker. We love to invent, to create, to explore. As beings, we're the top in reason, comprehension, and vision.

And we also love intoxication.

Back in the day, altered states were for shamans, visionaries, oracles, healers, and tribal wisdom keepers.



Now, anyone can choose to be intoxicated.

Maybe intoxication was never just a sacred holy state,  
reserved for the privileged few.



"The human urge to intoxicate is so strong that it is the fourth most powerful instinct after hunger, thirst, and sex."

-Dr Ronald Siegel



Not such great news.

Or is it?

What if intoxication itself is a full-MEPS practice?

(Before addiction, it used to be used that way.)



Stay with me here...I'm NOT making a case for addiction! I'm not all that happy about the word "intoxication" either. But let's just go with it for a moment.

What I want to show is that, especially for those of us who understand intoxication and struggle with addiction, intoxication itself is a full-MEPS practice that we might want to unpack and use!



# How Does Intoxication Work?

Does intoxication work on the mind? Yes! On the emotions?  
Yes! On the physical body? Yes! On the spiritual aspects of  
us? Yes!

Intoxication is full-MEPS.

Thanks to intoxication, we understand the experience of a  
full-MEPS practice. And, thanks to addiction, we know how  
harmful it can be.

(what a paradox)



"The obstacle is the way."

-Ryan Holiday



# I'm Not Advocating For Substance Abuse Here!

Please...this is meant to show that, as people who are familiar with intoxication, we are also familiar with a powerful full-MEPS practice.

Unfortunately, unchecked intoxication, as you know, leads to addictive behaviors. Which is why there is recovery.

Just to be clear.



# A Non-Addictive Full-MEPS Practice?

If there was a non-addictive full-MEPS practice that, like intoxication, was able to transport us at will along the pathway to our desires (paradoxically, such as sobriety), would that be of any interest to you?



# Some Non-Addictive Full- MEPS Moments

If you have experienced "runners high" or achieved a meditative state of heightened awareness of the ineffable or have discovered the near-psychedelic experience doing breath work or hearing music, you've had an intoxicating full-MEPS moment.

Such moments are non-addictive because they produce no harm.



# Intoxicating Full-MEPPS Practices

Sometimes the only way to recover from a harmful addiction is to replace it with a harmless intoxication. That's not such a bad idea!

We may know people whose addiction to booze or drugs has transformed into an intoxication with religion, for example, or exercise.

If we can feed the intoxication with a practice that helps us feel what we want to feel AND that's socially acceptable (that is, harmless), isn't that a good thing?



So...  
What are you  
feeding?

If we must call it  
"intoxication," and recognize  
how important it is (after  
hunger, thirst, and sex)...







how can we feed it?

And how can we do so without harm to ourselves or anyone else?



I'm glad you asked.



# The Key to Sobriety

If we can feed the need for intoxication without harm to ourselves or others, which would be addiction all over again, we can get and stay sober.

And if we do that every moment, every hour, every day, every week, every month, every year, for the rest of our lives?

That's recovery.



# Sobriety and Beyond

Recovery is a "one bite at a time" process.

If every bite of recovery tasted intoxicatingly good, smelled like the tastiest aroma you can imagine, felt so wonderful on the palate, looked like an artist had arranged it on the plate, and made the most crispy crunching sound, wouldn't that make sobriety doable?

(I must be wanting salt and vinegar potato chips right now...my favorite.)



Here's the thing...

Every bite of recovery CAN be like that.

Every one.







# The Only Hard Part Is To Start

Before you can find the high without the harm, there's the first bite. The first step. The hardest one you've ever taken.

The easiest one to undo.

You've heard all this before.





# If:

- You have take the first step, maybe not for the last time, plus maybe many more
- You are feeling the pressure of staying sober
- You are feeling the shame of relapse
- You have lost hope for your recovery



You're not alone.

Everything you've started to do is still waiting for you.

The difference - the offer - right here, right now, is that you could be doing all of that full-MEPS, intoxicated (we need a better word!) with the power of your mental, emotional, physical, and spiritual immersion in the recovery process and actually feeling the high of doing the work...that way.



If only there was a full-MEPS tool to use.

A tool that would connect you safely with the high  
without the harm.

A bedrock tool on which you could build the  
foundation of your recovery.



Of course  
there is!

It's a tool that is as old as  
intoxication and, we can bet,  
as old as addiction.





Sadly, it's also a tool that, while we still notice its power, we have failed to practice intentionally for this purpose.

It's a tool that's all around us a lot of the time.

We actually enjoy it, appreciate it, and willingly immerse ourselves in it.

If only we weren't so out of practice.



This tool, as a bedrock MEPS practice, gives us the ability to orchestrate all the other skills and practices we've accumulated around and end state we want.

Like sobriety.

It also can become rocket fuel for processes we want to wield with more skill.

Such as recovery.



There's no mystery about this tool, nothing to hide, in fact, you already come equipped with built-in capabilities to grok and grind the grain of your growth using it. Once you know how, you'll become unstoppable.

You'll find a way to have the unstoppable harmless high.

Is that something you want?



"Music gives a soul to the universe, wings to the mind, flight to the imagination, and life to everything."

-Plato



Plato ought to know. He even gave us a full-MEPS quote about music! Before his day, musicians functioned as shamans, oracles, healers, guides, and historians. Musicians were the keepers of the magic, and the magic was intoxicating.

Plato helped change that. He was part of the historic "Pythagorean Rupture" that resulted in music's relegation from magic to math.

Music still had the same full-MEPS properties, but it began to be seen more and more as entertainment, not a path to enlightenment.



In short, thanks to Plato and those who came after him,  
music lost its mojo.

But it still intoxicates.

Practitioners who understand how to use that power  
have been replaced by entertainers who manipulate with  
it. We get the "wow!" but without the wonder, and miss  
the invitation to use the real power of music.



Music is much more than calm.

It's much more than relaxation.

Sure, it's soothing. But music is also tempestuous, scary, boldly defiant, ecstatic, full of grief, and, more than anything else, music is

SAFE.



With music, we can explore emotions in safety. We can align our thoughts safely. We can move safely. And we can open to that higher power safely. All at once.

### FULL-MEPS.

Practicing safely, we begin to understand this tool called music. Then we begin to apply it - to integrate it - into the practices we have and use.

For sobriety. For recovery. For life.



We begin to reclaim our built-in abilities to use music.

And, as we do that, something changes.

We begin to re-experience the safe, effective, intoxicating high without the harm that comes with use of this magical full-MEPS tool.



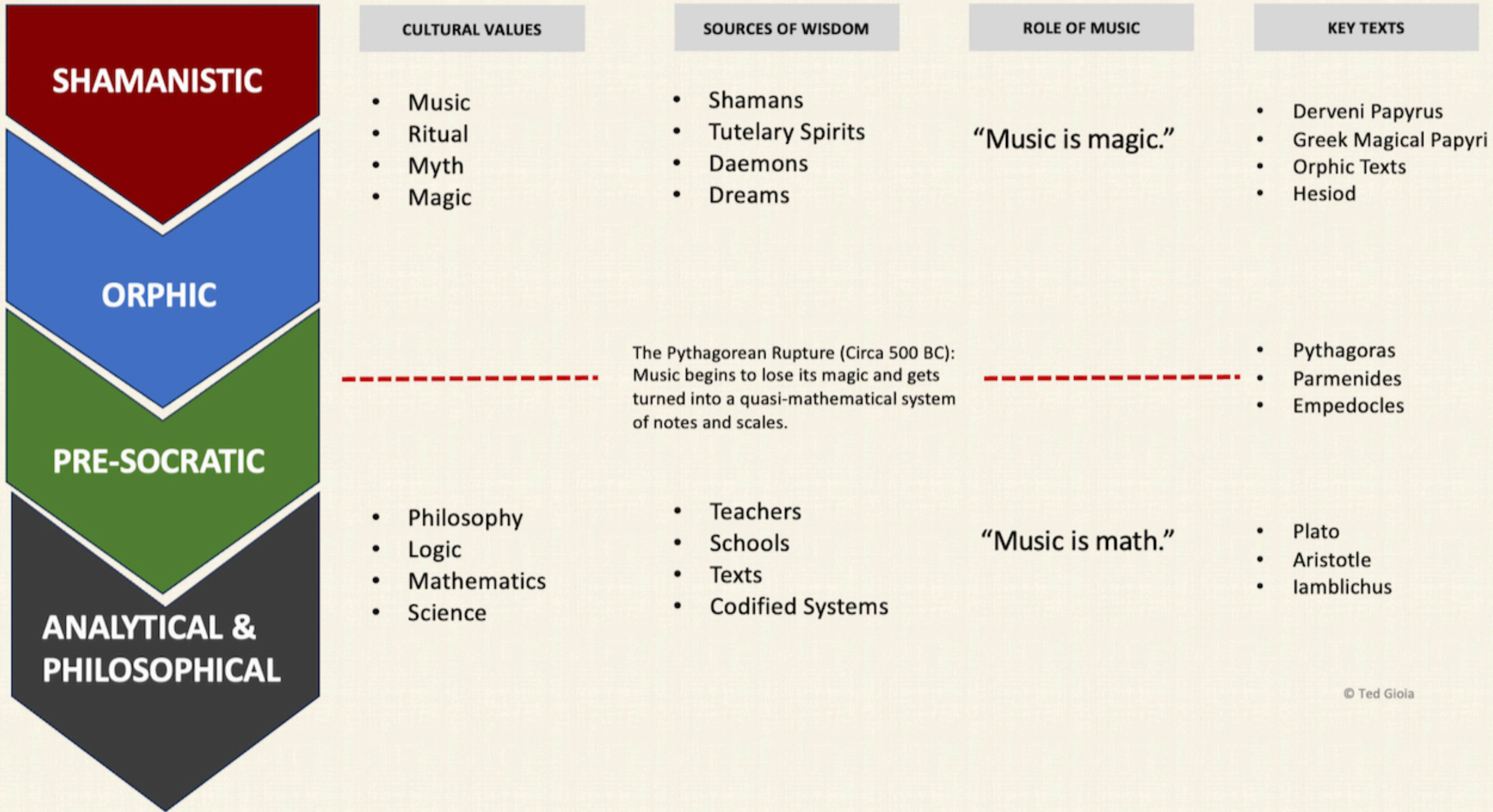
# What About The Evidence?

I'll just offer a few "further reading" books on this topic, so that you understand the scientific research that has gone into it so far. Let's start with Ted Gioia's book "Music to Raise the Dead: The Secret Origins of Musicology" which you can read on Substack.

The next slide is an illustration of why that book matters to you, and why this eBook is all about bringing back the magic in music that can help you now.



# THE EVOLUTION OF THE WESTERN WORLDVIEW (or how music lost its magic)





# More Evidence

"This Is Your Brain On Music - The Science of a Human Obsession" is the next book I want to share with you. Music producer turned neuroscientist Daniel Leviton has unravelled the "mysteries" of our intoxication with music, and explains how it works in neuroscientific terms. He also introduces us to modern cultures where music still functions as a full-MEPS tool.



# And Still More Evidence

Most of the military Veterans I've worked with struggle with addiction as well as post-traumatic stress.

Research on PTS has changed; now trauma appears to researchers to be a doorway to growth. Post-traumatic growth is real, and I have been humbled to see it happen in real life in my volunteer work with Guitars for Vets and the San Diego Symphony Honor Ticket program, to give just two examples.



# And Finally...

All of the research and scientific exploration of addiction and recovery align with what the clinical treatment community and organizations such as Alcoholics Anonymous have been doing for a long time now: helping addicts find sobriety through full immersion in the process of mental, emotional, physical, and spiritual recovery.



Music is full-MEPS.

When music is integrated with any other practice it unlocks a full-MEPS power and potential that wasn't available to us in that practice.

If that wasn't true, Guitars for Vets wouldn't work. I've seen that for myself in residential recovery environments, group meetings, and in personal experience. Check out this artist's recovery journey on Instagram.



But here's the thing.

There's no harm in trying music. I mean, unless you turn it up so loud that it hurts your ears. (Please don't do that. I have tinnitus and wouldn't wish it on anyone.)

The evidence we have suggests that we ought to pay more attention to using music skillfully.

My experience supports that. And I'm not alone in this.

From pop stars such as Lizzo to movies to streaming series such as "Stranger Things" and "Ted Lasso," music is making an intentional comeback.

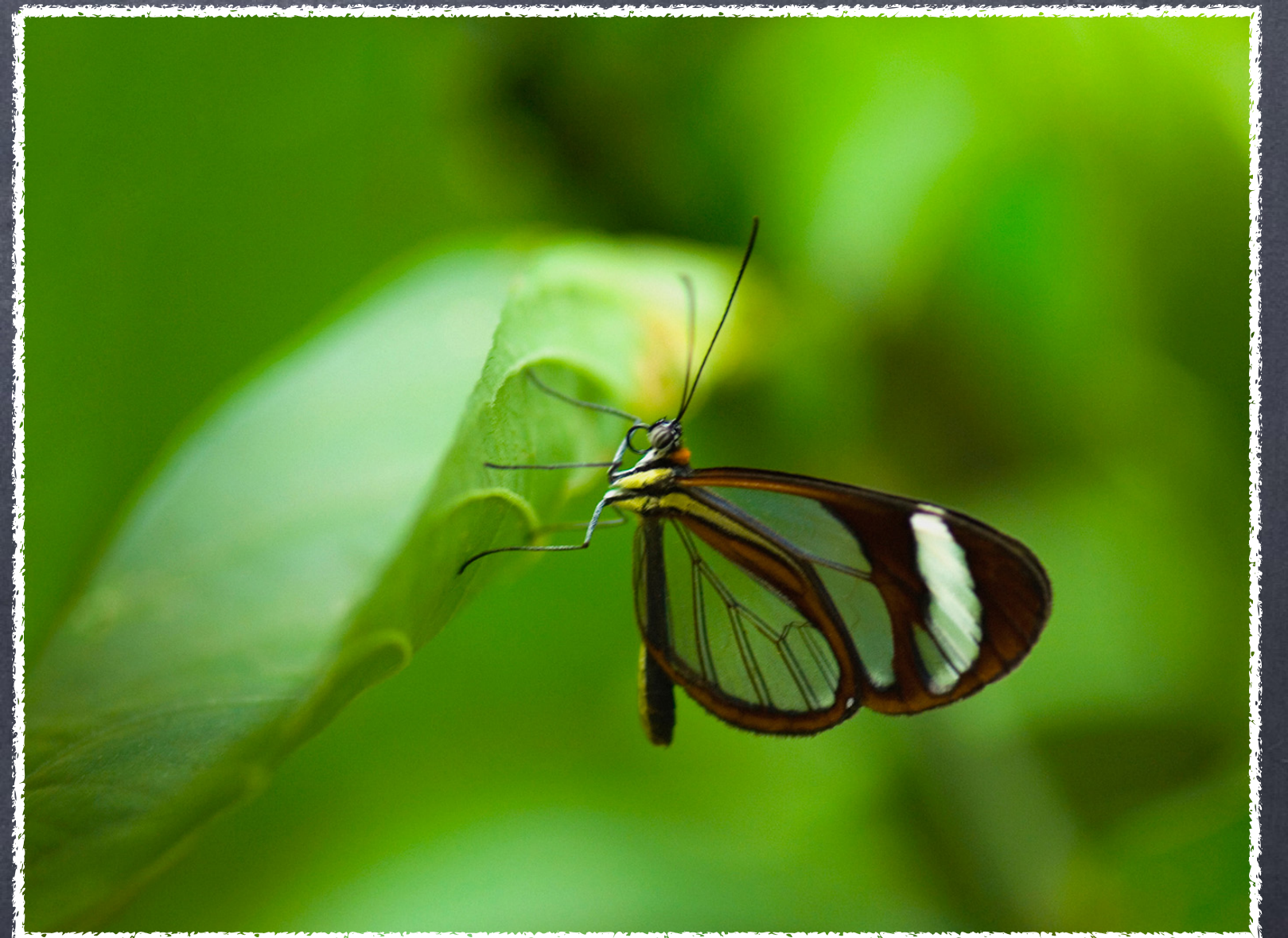


Did you know that Classical music has increased in popularity over the last few years, particularly with younger listeners?

Why do you think that is?

Are we hungry for something that isn't being delivered elsewhere. Some new kind of intoxication, that's actually a really old, basic, fundamental part of what we are?







# So Here's Your Invitation

You can start using music now. Anyone can. For any reason. Your desire to stay sober for 30 days, for example, is a very good reason.

You could mess about with your favorite music. Download apps. Read stuff. Join a sing-along (Jacob Collier is becoming famous for this). Maybe even learn to play an instrument.

Or, you're invited to take the short cut. Learn from me.



# Now That You've Read This Book...

...what is the next thing you could do?

For the deep dive, there's my webinar.

To book a real-life integration coaching session with me, go here.

The evidence that matters is your own experience, so next, I'll show you how to have one.





# A full-MEPS Musical Practice

How to connect your desire  
with the end state you want





In this practice, you'll learn how to connect deeply with music. You may even become intoxicated with the process.

Ready?

Grab a sheet of paper. Real-life paper. Writing it down makes a great difference.

Make three columns on the paper:



Desire / Intention / End State



## Now, here are steps 1-3:

1. Write down a Desire - any desire - make it one you really want.
2. Now, under the End State column, write down the end state that will happen once your desire becomes real.
3. Finally, under Intention, write down two or three intentions that will have to happen to reach that end state.



# For Example:

Desire: Release my anxiety

Intentions:

- I intend to lower my resistance to change
- I intend to welcome more spontaneity
- I intend to be less critical of myself and others

End State: I am fully embraced by acceptance and joy



# Hints

- Use "I" and "my" and "I am" language - make it personal to you
- Use the affirmative "I intend" for the intentions, and be as clear as you feel you can
- Give it some heartfelt attention - this is YOUR desire



## Here steps 4-6:

4. Pick just ONE intention from the two or three you wrote down
5. Ask yourself: what music do I love that is in alignment with that intention? When that music comes to you, write it down.
6. Using your favorite music player, put that song on repeat. Listen to it 16 times (it takes 16 iterations to build neuroplasticity) while you hold the intention firmly in mind. Like a mantra, but with the music you chose.



# How This Works

- Your mind is engaged with the desire/mantra, supported by the music, which creates a new head-brain neural pathway "containing" the music and your desire, a bit like a specialized memory palace.
- Your limbic system engages with the emotions in your desire, which, supported by the music, aligns emotionally with your desire. You begin to feel as well as think your desire.
- Physically, your heart and breath rate entrain to the music in concert with and in support of your mental and emotional systems, and you begin to "be" the desire.
- Spiritually, your desire, supported by the orchestration of your mental, emotional, and physical systems, also becomes an ineffable aspect of the process as the music opens you to awareness of higher power, deeper energy, acceptance, and "other-ness" consciousness.



# Why 16 Times?

Glad you asked.

As you probably know, practice makes perfect. And that goes for breath work, yoga, meditation, and music, as well as a lot of other stuff.

The neuroscience on repetition is compelling, but there's something else to repetition.

That something else is intoxication.



This is a full-MEPS practice of safe, effective, intoxication - with music - that connects you mind, heart, body, and soul with the pathway from your desires to your end states.

Remember that musicians can get high on music without meds? This is why that happens and - briefly - how it works.

Do this for every intention you have. Watch what happens. Prove the science for yourself.



# One More Thing

This is just the tip of the iceberg.

We haven't yet begun to discuss things like the power of ritual or ceremony, the silver-bullet playlist, emotional neutral, and the story arc, as they relate to the "power" of music. You have no idea how deep this goes!

There is a deep dive for that in the Musimorphic Quest, if you're ready.



# Question:

What was your desire?

For one day of sobriety?

For thirty days?









# Are you getting it?

Have you begun to see how this works? Why it works?

How this practice can work for you?





Let's ask those starting-line questions again, but in a slightly more impactful way.

What are your desires for these six areas?

- 1) Mindset
- 2) Emotional Agility
- 3) Abstinence
- 4) Higher Power
- 5) Energy
- 6) Relationship



For each of the six areas, what is the end state you want?

- 1) Mindset
- 2) Emotional Agility
- 3) Abstinence
- 4) Higher Power
- 5) Energy
- 6) Relationship



And for each desire and end state, what intentions do you have?

- 1) Mindset
- 2) Emotional Agility
- 3) Abstinence
- 4) Higher Power
- 5) Energy
- 6) Relationship



You're going to need more paper.



Each intention  
is one more  
bite.

One step closer to the end state.

Why not take those steps with  
an intoxicating, safe, non-  
harmful full-MEPS practice?





# I bet you have questions

I'm ready to help you discover the answers. That's called "integration."

To book a real-life integration coaching session with me, [go here](#).





Thank you for reading.

[bill@musimorphic.com](mailto:bill@musimorphic.com)



