

Breaking the Illusion of Control

July 17

Control is an illusion, and for many, our personal addiction. Our belief that somehow, we have information, power, or influence to control an outcome is akin to playing God. Others call this egotism, an over-exaggeration of one's abilities. We call this our disease of addiction.

Whether we *think* we control the stock market, children, or another's response to plans for tomorrow, the results are disheartening. Somehow, we felt sure we held the answers for our children, our beloved, and extended families. Since we don't know what is best for us, how can we possibly know what is best, or right for anyone else? Some of us have heard it said, "If you want to make God laugh, tell Him your plans."

Surrender and acceptance are the antidotes to control. One measure we take to break an illusion of control is that we stop trying to control others. It's never worked before, so why should it work now?

One gift of recovery is the ability to surrender control and begin to live in the moment. We turn our desires over to a Higher Power. Control begins and ends when we accept that of ourselves, we are powerless. How our life unfolds must be our only focus as we do what is in front of us to do. We waste precious energy on the pretense of knowing what is right for others as it brings us no closer to the harmony and peace we seek, regardless of preparation.

When we live in acceptance of what is, we have no expectations or need to control anything. We trust the result of our moments is the next right thing for the highest good, or it would not be happening at all.

TODAY'S MEDITATION

Each time I forget and insist I have the answers for you, I'm reminded--I do not. Were this true, the outcome would also be mine. Then, surely, I would be God!

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"Many of us rely on our own illusion of control. But when God makes it known to you that you're not the one steering the ship, be thankful. He has removed the illusion, and forced you to rely only on Him."—Yasmin Mogahed

