

Changing Perspectives

February 13

At a party, an artist admitted that some found it difficult to see the beauty in her work. She then whispered, "It's easy to do when you change your perspective. Look closely at the abstract. Now, with eyes closed, what emotions come into play? What images become clear? Where do the colors take you?"

I felt my heart beat faster as a change in perspective brought an awareness, invisible until now into view.

In recovery an ability to change how we interpret our world becomes an important part of our daily lives. As we listen to others share without judgment, we notice our own compassion growing within. We begin to question everything we thought we knew as though viewing it from a higher plain.

Adjusting our perspective is the beginning of accepting that there are many ways to interpret what we see, and that judgment without a *change in perspective* only clouds our vision.

As clarity dissipates the haze in judgment, we recognize that the more we think we know the less we know.

TODAY'S MEDITATION

I'm grateful that as my truth grows, so does my ability to change my perspective.

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"Your perspective is always limited by how much you know. Expand your knowledge and you will transform your mind." — Bruce H. Lipton