

It's Not Supposed to Be

December 15

In a recent conversation with a friend who had lost his wife and other loved ones, we talked about his missed opportunities to say goodbye. The only thing I knew to say was, "If it was supposed to be different, it would have been."

This is a mantra that offers us a free pass to forgiveness. We have no way out otherwise, except to berate ourselves, and to pay for situations we deem should have never happened.

In truth, we have no idea what the course of events should or should not have been, but remorse resonates deep as we ask, "What happened? What should happen next? Can't anyone see this but me?" We think we need a reason, an answer, some justification or logic. We hope beyond hope that knowledge will soothe our anguish, but our questions echo in an empty room.

The easier, softer way in recovery never changes. We accept what is. To do otherwise is to invite self-flagellation that implodes misery over the past that cannot be changed. As we futilely imagine other outcomes, our Higher Power screams back, "Don't *you* get it? This isn't about you!" This is how I've worked since the beginning of time."

If a situation was supposed to be different, it would be. The dots would have connected, the desired outcome would have happened without force, duress or angst. Everything would have fallen in place meeting *everyone's* expectations. But it didn't.

We have a choice today to accept what is, or to struggle. We know how to struggle; it is an inherent part of our makeup. What we find so difficult to do is to accept and surrender to what is. The choice is still ours. We can let go of our preconceived notions and feel comforted that our Higher Power has everything under His control. Or we can rail against what-is, while our Higher Power *continues* to call the shots. Because only He can.

TODAY'S MEDITATION

A wise sponsor once said to me, "You don't have to like it, you just have to accept it!"

"Understanding is the first step to acceptance, and only with acceptance can there be recovery." — J.K. Rowling

