

Keep it Simple

January 9

How can there possibly be anything simple about putting a life back together? One so shattered, it stands bare as a tree in winter with nothing but shame and self-loathing for support? Gone are the roots, rotted from our disease. Abused, battered, and too insane, we think, to be worth saving, we are near death.

That we found our way here was not by chance. *Keep it simple* is one of our first messages of hope. What could that mean to anyone broken and without faith?

Keep it simple means we keep coming back into the loving rooms of recovery and stop complicating our lives. There, we're told we can let go of having to know the answers, let go of the lies we tell ourselves about who we are because we really have no idea. We let go of our thinking, because our best thinking got us a seat in recovery, and because we are delusional. We close our eyes and we listen.

To *Keep it Simple* does not require us to respond, smile, or shake anyone's hand. We can mind our own business and simply keep coming back. Nothing more is required. No one needs to know our name, statistics, or address. No one cares what car we drive, or whether we took the bus or were driven by a chauffeur. The fact that we are here, cared about, and safe is all that matters. Coming back is the acknowledgement that we must return again and again to recovery, if we are to maintain our precious sobriety.

To *Keep it Simple* is to live clean and sober, if just for the rest of today. This way of living begins as we learn to relax, to trust, to wake up, and to come to. As we keep coming back, our lives begin to change. Miracles unfold before us. Trusting the process keeps our life simple.

TODAY'S MEDITATION

Dear God, they tell me if I don't drink and I keep coming back, I am a miracle, one day at a time.

“... Don't worry if your presentation isn't perfect; ask from your heart. Keep it simple, and people will open up to you.” — Jack Canfield

