

# The Person I Always Wanted to Be

June 26

I grew up believing my life was over before it began. I trusted no one, least of all, me. I had few friends, and lived a lifetime trying to escape a hopeless negativity. As I got older and my paranoia grew--my world became smaller and smaller.

I sought the rooms of recovery, not to stop my addictions, but to stay alive. I hated who I had become and was desperate to feel, just once, like I belonged somewhere.

Recovery gave me this and so much more. As my confidence grew, I gradually became the person I always wanted to be, but never knew where or how to get there.

I learned that service work is the biggest door to change. We visit the sick both in and out of the rooms and help others any way we can. We work The Steps deliberately, and with focus.

As we shed guilt, self-pity, and silly resentments we stored for reasons long forgotten, the miracle of a change in our perception came true for us.

Constant contact and prayerful rituals enacted each day, teach us to walk with sacred grace and thankfulness, one step at a time.

We continue until we become the loving, respectable person we always wanted to be.

And then we never cease.

## TODAY'S MEDITATION

Today, the universe assures me, if I can change my life, then anyone can, provided they want that change more than anything else in the world.

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*"On your death bed, ... You will wish you had ventured out more. That you had spoken up more. Tried some things. Reinvented yourself one more time."—Steve Chandler*