

Examining Our Motives

May 10

Before recovery no one wanted my opinion, preferring instead, to stay as far away as possible. No one could trust me, and people never knew what would happen next when I was around.

Recovery suggests that every thought or action needs scrutiny before we subject it to others, and, so we pause when agitated or doubtful.

Examining our motives can feel as foreign as a Centurion coin. Our best thinking is often unavailable, shouted down by the arguments of our self-centered, self-seeking motives. "What's in it for me?" If the answer is self-satisfaction, then we are contemplating action for the wrong reasons.

However, we cannot make a mistake if we do the next right thing, for the right reason. Healthy self-examination as we are preparing to do something causes us to ask ourselves questions: "Is it kind?" "Is it loving?" "How will it help me while doing no harm to others?" Last, "Is it our truth?"

Right reasons are right when they are unselfish, pure of heart, and acted upon with no thought of gaining something in return. There can be no malice, manipulation, or justification of any kind. These questions become our new barometer for calibrating honesty behind our motives.

Another question, the most important of all is, "What Would my Higher Power *Want* me to Do?" With these and other questions, we cannot make a mistake.

TODAY'S MEDITATION

God, please continue to reveal my true intentions. When I examine my motives, your truth prevails.

"The moment there is suspicion about a person's motives, everything he does becomes tainted." — Mahatma Gandhi