

# Owning Our Power

December 27

Life is a roller coaster.

Someone is angry and we take it to heart. A wonderful event happens, and it fills us with complete joy. In recovery, we learn the secret of our capacity for positivity and resilience no matter what comes. No longer do we move as a weeping willow tree, bending, swaying with each blow of the wind. Our tenacity and courage come from within.

Awareness gives us the courage to replace outdated messages and lies with positive and powerful affirmations. This intuition requires an intensive fact-finding exploration within and a sincere readiness to trust and work with our Own Higher Power. With this awareness, we focus on forgiveness of ourselves and others in every area of our lives.

Owning power over our happiness is a sign of growing independence. With maturity, we grow along spiritual lines. With practice, self-forgiveness becomes automatic. So does letting go. We embark on this path to freedom and quit fighting everyone and everything.

As we continue in practice toward a love of self and gentleness with that little child within, our capacity to heal the gaping wound that once defined us becomes stronger.

By forgiving ourselves, we have made space deep within, with enough freedom to forgive others.

## TODAY'S MEDITATION

Dear God, as I close my eyes, I face myself with quiet acceptance, grateful for your sovereign watch over me.

*“God’s grace is amazing! We’re saved by grace -God’s undeserved favor -and we live by grace, which is also God’s power in our lives to do what we could never do in our own strength....” —Joyce Meyer*

