

Step Two

January 31

"Came to believe that a power greater than ourselves could restore us to sanity."

A beautiful stanza in *Amazing Grace* reflects Step Two in a profound way. The lyrics read in part, "*I once was lost, but now I'm found...*"

Step Two is the step of *hope* that opens our hearts to the solution. Many of us are relieved to accept that an all-encompassing Higher Power exists, and we are not it!

We accept that our recovery is spiritual in nature. No longer must we aspire to religious ideologies that have deterred many from seeking any recovery at all. Our spiritual beliefs are a personal matter.

That power greater than ourselves can manifest in many ways. A friend shared her spiritual epiphany. Looking outside her kitchen window, she saw the brilliance of the sun streaming through the leaves on the trees. This simple, yet profound image, represented that power greater than herself.

Others find their deity as described in the Big Book of *Alcoholics Anonymous* as the "Spirit of the Universe," or a "Great Reality Deep Within." Still others commit to their fellowship or their G.O.D. *Good Orderly Direction*, while some find a *Group of Drunks* as their power.

Neither right answers nor wrong answers exist, only our *individual* answer.

TODAY'S MEDITATION

Freedom in Step Two allows me to define my God with the qualities that I need. Trusting this process of faith is my personal door to a spiritual intimacy necessary to move forward to Step Three.

"Prayer is not asking. It is a longing of the soul. It is daily admission of one's weakness. It is better in prayer to have a heart without words than words without a heart."

—Mahatma Gandhi