

To Thine Own Self be True

December 12

My experience has been that a lesson does not come into our awareness until we are prepared to accept that lesson as our truth. Living through the eyes of addiction, I never considered the mantra, *to thine own self be true*. How could I be true to myself when I stood for nothing at all, except for my singleness of purpose at the time, my next drink or drug?

Years later, in recovery, I was told to remove my necklace containing my daughters' ashes while at work. Because of my non-compliance, I lost that job. I would have never learned the lesson that some truths are non-negotiable had I removed that necklace.

As I remained steadfast, I saw I had been true to myself, *regardless of the consequences*.

After that firing, facing financial insecurity, I trusted Higher Power that I would be taken care of.

Job or no job, I am assured, in prayer and in faith, that I am in charge of my reactions to situations. I remember there were no mistakes in Higher Power's world and I have faith another door will open for me when it is my turn.

Integrity is the confidence that comes from not compromising what is important: being true to oneself, regardless of what happens. Today I stand in faith with Higher Power.

What are your truths?

TODAY'S MEDITATION

Today, I remain true to my sobriety, myself and my God. These three are non-negotiable.

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"Rather than love, than money, than fame, give me truth."—Henry David Thoreau,