

# Growing Along Spiritual Lines

May 8

As we defeat our demons, we are sure that growth along spiritual lines is vital to our successful recovery. Our primary purpose is a forged partnership with our Higher Power to help others. Everything good, including sustained sobriety, flows from this union.

Prayer and meditation ignite the energy that reconnects us to internal bliss, and we become grounded in this intentional purpose for living. Here, we are ready for enlightenment and inspiration.

Dr. Wayne Dyer speaks of spiritual growth as a oneness. He explains that harmony with our spirit generates a likeness to our Higher Power. In that state, the Universe receives us as divine spirits, conceived out of oneness, and to a oneness we return.

We seek balance and harmony to ignite our highest self. In that state, we are in concert with our Higher Power's will for us, available to ourselves and others.

In this meditative process, opening the celestial doors to spiritual enlightenment invites our Higher Power to unite our emotional and physical selves.

We are focused, humble but confident in a state experienced as a grace that never emanates from ourselves alone. We observe a connectedness to inspiration and peace as we transfer this energy into our actions with others. In bliss, we walk in rhythm with the Great Spirit's stride.

## TODAY'S MEDITATION

Thank you, God, for the gift of knowing that as I seek you, I cannot be in disharmony at the same time. You exemplify all that I need in my life.

*"Let us never forget to pray. God lives. He is near. He is real. He is not only aware of us but cares for us. He is our Father. He is accessible to all who will seek Him—Gordon B. Hinckley*