

I am Enough

July 29

It is a beautiful Saturday morning. I slept in a bit, got up, and went to the store. Putting the food and dishes away, I hear a whisper, *Look at you. It's almost noon and what have you accomplished? Nothing!*

Who is that I hear in my head? Is that *my* voice? No, the voice belongs to my mother, chiding me to do more, be more, or to somehow be different than I am.

Fortunately, in recovery, I've learned there are a few things that require a reaction. Negative messages top that list. Growth along spiritual lines tells me to ignore those messages unless they have the ring of truth. If they are untrue, the choice is mine to react, or to do nothing at all.

We are all enough today, regardless of how much we choose to do, or not do. With agreement from our Higher Power, we no longer have to act out of shame, guilt, or any other mistaken belief. Instead, we embrace comfort in our confidence and lean on our Higher Power when in doubt. We are, right this moment, doing exactly what we're supposed to be doing.

On any given day if all we do is remain clean and sober and stay close to our Higher Power then—we are enough.

Remember, nothing ever looks like we think it should look; and no one measures up to impossible expectations.

We are not less than. There is no standard we must meet to be worthy. Our Higher Power accepts us right where, and exactly as, we are!

TODAY'S MEDITATION

God, your love tells me I am enough. I know, because you allow my journey to unfold exactly the way it is, or it would be different.

"The fear of not getting the reward becomes the fear of rejection. The fear of not being good enough... is what makes us try to change, what makes us create an image."—Miguel Angel Ruiz

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