

Life on Life's Terms

September 4

I always thought my life would never change. I figured my parents would live together forever; that I would stay disappointed with myself, and that people could never be trusted. I grew up alone, isolated, and afraid.

The more life spins out of control as we try to manage the unknown, the more insane our lives become. Professional help and recovery teach us to take baby steps in accepting life on life's terms. We learn to keep our attention on ourselves and let our Higher Power control everything and everyone else. We allow life to unfold around us, with our Higher Power in our side pocket. We don't condemn ourselves to the extremes of *always* or *never*. Each day is unique.

We learn we deserve the same care and thoughtfulness we so freely give to others. As we learn to love and nurture ourselves, we are shored up with patience, as our lives now are re-created in peace and understanding.

We position ourselves to be where we are supposed to be, accepting the fact that we are a full-time job, and prepared to face and handle whatever comes before us. We free ourselves to let go of what we don't need, including the need to control, along with the belief that our lives will never change.

What freedom there is to be a warrior, facing, handling, and taking care of *our* life as it unfolds just for today.

With the help of our Higher Power, we deal with whatever comes for this is the essence of life on life's terms.

TODAY'S MEDITATION

Today with welcome serenity, I accept what is. I embrace life as it unfolds right this moment. I don't have to like it; I just have to accept it.

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"If we believe that tomorrow will be better, we can bear a hardship today."—
Thich Nhat Han
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