

Learning to Live in Peace

February 20

My ability to live in peace a day at a time in recovery continues to be a work in progress.

Some of us think peace means the chatter between our ears will calm to a whisper. Others hope that once in recovery, the world will immediately love and embrace us. We expect relationships to return to that fun-loving place where they began.

But none of this happens. *There is no peace.*

We wonder, what is the point of staying sober? We feel ignored, unappreciated. Doesn't everyone see we have changed?

We came to recovery expecting to receive sustained peace. We didn't believe those who told us peace must first be earned. Gradually we have come to accept the fact that we experience sustained peace only with diligence and hard work as we move through The Steps. Why is finding peace so difficult to obtain? Because the peace we seek comes from the inside-out, as we learn lessons about ourselves one day at a time.

With a steadfast focus on our own life instead of the lives of others, we experience this transformation of peace each time we allow others to be who they are. Like a gentle wave flowing back to its origin, we *Let Go and Let God*.

Peace engulfs us as we walk along spiritual lines, guided by our Higher Power.

TODAY'S MEDITATION

God, help me to remember that each day clean and sober brings me closer to the peace I seek.

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"You find peace not by rearranging the circumstances of your life, but by realizing who you are at the deepest level."—Eckhart Tolle
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