

# Re-creating Our Lives

January 4

Recovery is about co-creating with our Higher Power. The process involves accepting different perspectives of ourselves and others. Most of all, we come to trust a spiritual practice, assured that by doing the work, the results we need will come.

A physical, emotional, mental, and spiritual transformation is the actualization of re-creating ourselves. The change begins when we walk into the rooms of recovery and ask for help. The growth continues as we stay the course, follow a few simple suggestions, and work The Steps.

We are the miracles of change, the essence of a spiritual transformation that takes place as a result of our sacred program of recovery. We become comfortable in our own skin as, finally, our insides match our outsides. With deliberation, and in orchestration with our Higher Power's divine timing, we are recreated.

We love the person we've always dreamt we could be: strong, intentional, trustworthy, a person of integrity. As we continue our journey through The Steps, we walk hand-in-hand with the Spirit of the Universe. Love and tolerance become our code of conduct.

We see now, the potential for us to become, and to do, so much more. As we work The Steps in all our affairs, we advance toward emotional maturity and peace.

## TODAY'S MEDITATION

Each Step comes with its own miracle, which becomes ours if we embrace our capacity to change. With you God, I practice the rituals learned in early sobriety, because I continue to get results.

*"Process transforms any journey into a series of small steps, taken one by one, to reach any goal. Process transcends time, teaches patience, rests on a solid foundation of careful preparation, and embodies trust in our unfolding potential." —  
Dan Millman*