

Daily Readings and Inspirations November 6

View today's readings from AA's "Daily Reflections", Hazelden's "Twenty-Four Hours A Day", NA's "Just For Today", Hazelden's "Walk In Dry Places", Hazelden's "Keep It Simple", "Each Day a New Beginning" daily meditations for women, Melody Beattie's "Journey to the Heart" and "More Language of Letting Go", Hazelden's "One More Day", Hazelden's "A Day At A Time", "Father Leo's Daily Meditation", AA's "As Bill Sees It" and more.

November 6

Daily Reflections

GOING WITH THE FLOW

Sought through prayer and meditation to improve our conscious contact with God as we understood Him. .

TWELVE STEPS AND TWELVE TRADITIONS, p. 96

The first words I speak when arising in the morning are, "I arise, O God, to do Thy will."

This is the shortest prayer I know and it is deeply ingrained in me. Prayer doesn't change

God's attitude toward me; it changes my attitude toward God. As distinguished from prayer, meditation is a quiet time, without words. To be centered is to be physically relaxed, emotionally calm, mentally focused and spiritually aware. One way to keep the channel open and to improve my conscious contact with God is to maintain a grateful attitude. On the days when I am grateful, good things seem to happen in my life. The instant I start cursing things in my life, however, the flow of good stops. God did not interrupt the flow;

my own negativity did.

Twenty-Four Hours A Day

A.A. Thought For The Day

Fear and worry had me down. They were increased by my drinking. I worried about what I had done when I was drunk. I was afraid of what the consequences might be. I was afraid to face people because of the fear of being found out. Fear kept me in hot water all the time. I was a nervous wreck from fear and worry. I was a tied-up bundle of nerves. I had a fear of failure, of the future, of growing old, of sickness, of hangover, of suicide. I had a wrong set of ideas and attitudes. When A.A. told me to surrender these fears and worries to a Higher

Power, I did so. I now try to think faith instead of fear. Have I put faith in place of fear?

Meditation For The Day

Spiritual power is God in action. God can only act through human beings. Whenever you, however weak you may be, allow God to act through you, then all you think and say and do is spiritually powerful. It is not you alone who produces a change in the lives of others! It is also the Divine Spirit in you and working through you. Power is God in action. God can use you as a tool to accomplish miracles in peoples' lives.

Prayer For The Day

I pray that I may try to let God's power act through me today. I pray that I may get rid of those blocks which keep His power from me.

As Bill Sees It

A Way Out Of Depression, p. 308

"During acute depression, avoid trying to set your whole life in order all at once. If you take on assignments so heavy that you are sure to fail in them at the moment, then you are allowing yourself to be tricked by your consciousness. Thus you will continue to make sure of your failure, and when it comes you will have another alibi for still more retreat into depression.

"In short, the 'all or nothing' attitude is a most destructive one. It is best to begin with whatever the irreducible minimums of activity are.

Then work for an enlargement of these--day by day. Don't be disconcerted by setbacks--just start over."

Letter, 1960

Walk In Dry Places

Dealing with worry

Dealing with feelings

There's nothing like a siege of worry to spoil our day. It matters little whether the worry is about a real problem or something we're imagining. In either case, worry makes us unhappy, depressed, and even fatigued.

It doesn't help to be urged not to worry. We may even know worry is harmful, yet be unable to stop it. In fact, one of the things we may have sought in the bottle was an easing of worry.

The best answer to worry is in the 12 Step program. If we have turned our will and lives over to our Higher Power, the real direction of our lives is out of our hands. We must think of ourselves as passengers in a divinely guided vehicle.

Some will think this philosophy is preposterous and irresponsible, but in reality we are taking right actions in an orderly way, as our guidance continues. We need only prove to ourselves that our program works. Worry is merely a signal that we need to work our program.

If I catch myself worrying, I'll remind myself that my Higher Power is in charge of all outcomes. I'll do my best and expect the best.

Keep It Simple

That suit is best that best suits me.---John Clark

How much time do we spend trying to "fit in"? Many of us used to care too much what other people thought about us---our clothes, our ideas, our work. Did we drink the right brand, drive the right car, listen to the right music?

In our program, we still have to watch out for fads and peer pressure. We have to ask ourselves if we're really in touch with our Higher Power. Are we searching for a sponsor who has inner peace and direction? Or do we look for people who are like our old using friends? As we learn to find our own way of following our Higher Power, we need to be okay with being different.

Prayer for the Day: Higher Power, help me be the best me I can be today.

Action for the Day: Today, I'll work to be me---honestly me---to everyone I meet.

Each Day a New Beginning

Of course fortune has its part in human affairs, but conduct is really much more important. --Jeanne Detourbey

Behaving the way we honestly and sincerely believe God wants us to behave eliminates our confusion. When we contribute in a loving manner to the circumstances involving us, we carry God's message; and that's all that's expected of us in this life.

This recovery program has involved us in the affairs of many other people. We are needed to listen, to guide, to sponsor, to suggest. Each time we have an opportunity to make an impact on another person, it's to our benefit, and hers too, to let God direct our conduct.

Too often God's message is missed due to our selfish concerns, but it's never too late to begin listening for it. God is forever at hand, awaiting our recognition. We can be mindful that the ease of our lives is directly proportional to the recognition we offer.

Right conduct is never a mystery to us. We may not always choose to do it, but we never fail to know what should be done.

I will trust my conscience to be my guide every moment.

NA Just For Today

Understanding Humility

"Humility is a result of getting honest with ourselves."

Basic Text p. 35

Humility was an idea so foreign to most of us that we ignored it as long as we could. When we first saw the word "humbly" ahead in Step Seven, we may have figured it meant we had quite a bit of humiliation

in store. Perhaps we chose to look it up in the dictionary, only to become even more confused by the definition. We didn't understand how "lowliness and subservience" applied to recovery.

To be humble does not mean we are the lowest form of life. On the contrary, becoming humble means we attain a realistic view of ourselves and where we fit in the world. We grow into a state of awareness founded on our acceptance of all aspects of ourselves. We neither deny our good qualities nor overemphasize our defects. We honestly accept who we are.

No one of us will ever attain a state of perfect humility. But we can certainly strive to honestly admit our faults, accept our assets, and rely on our Higher Power as a source of strength. Humility doesn't mean we have to crawl life's path on our hands and knees; it just means we must admit we cannot recover on our own. We need each other and, above all, we need the power of a loving God.

Just for today: To be humble, I will honestly accept all facets of myself, seeing my true place in the world. For the strength I need to fill that place, I will rely on the God of my understanding.

pg. 324

Today's Gift

Work is love made visible. --Kahlil Gibran

Family members show love and concern for others through their work. Parents might build a bookcase or prepare the meals. Children might help by emptying the wastebaskets. All are showing love through what they do. In our lives together, our work is an important way of saying I love you. We will still want to give them lots of hugs and kisses. But our work shows how much we care, and who is important to us. Our work around the house is an investment. It makes a home for all of us, constructed of visible love.

How can I make our home a better one today?

Touchstones

The main thing in life is not to be afraid of being human. --Pablo Casals

The "shoulds" of our lives can be found all around us. We should wear our seat belts. We should not cry. We should go to our meetings. These "shoulds" usually serve as good guides for us, but they can intrude

upon us. If we give them power, they only condemn us and give no useful help. At times we jump toward the "should" because we don't have the courage to live with the insecurity of being human.

If someone at work gets an unfair shake, it takes courage to speak up and say what we think. We may have an impulse to reach out to a stranger, but it takes courage to do it. When an inner feeling emerges from our honesty, fear may prompt us to avoid it, and we need to call on our courage. That is how we fulfill the uniqueness of each of us.

I am alive as a man and a human being. I will not shy away from opportunities to express my humanity.

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The Language Of Letting Go

Enjoying Life

Do something fun today.

If you're relaxing, let yourself relax, without guilt, without worrying about the work that is undone.

If you're with loved ones, let yourself love them, and let them love you. Let yourself feel close.

Let yourself enjoy your work, for that can be pleasurable too.

If you're doing something fun, let yourself enjoy it.

What would feel good? What would you enjoy? Is there a positive pleasure available? Indulge.

Recovery is not solely about stopping the pain. Recovery is about learning to make ourselves feel better; then it's about making ourselves feel good.

Enjoy your day.

Today, I will do something fun, something I enjoy, and something just for me. I will take responsibility for making myself feel good.

Today I know that I am in charge of the quality of my life. I am growing in the ability to become aware of the thoughts that have been controlling me. --Ruth Fishel

Journey To The Heart

Value Each Moment

How often we wait for those grand moments of revelation, those intense times that blast us into transformation, those turning points that forever change us and our lives. Those are the dramatic moments we write about, see in movies, and long for in our lives. Yes, they are wonderful. But turning points such as those happen only a couple of times in a movie and a few times in a lifetime.

Each moment of each day in our lives is a valuable turning point- an important part of our spiritual growth, an important scene in the movie of our lives. Each feeling is important: boredom, fear, hate, love, despair, excitement. Each action we take has value, an act of love, an act of healing. Each word we speak, each word we hear, each scene we allow ourselves to see, and each scenario we participate in changes us.

Trust and value each moment of your life. Let it be important. It is a turning point. It is a spiritual experience.

More Language Of Letting Go

Become willing

There's nothing against you to fall down flat.

But to lie there-- that's disgrace.

Edmond Vance Cooke

Sometimes the problem isn't that we don't believe we can. The problem is that we don't want to do it, whatever the current task or challenge is.

When I began my writing and recovery, I wanted to do these things. The challenge was invigorating. I wanted to get back up. I wanted to push ahead. I wanted to get into the game.

When my son Shane died, I didn't want to get up.

I didn't want the challenge. It wasn't invigorating. I didn't want the loss, and I didn't want to heal from my grief.

One day in those painful, awful, early years of grief, a friend stopped by the house. I had known him for a long time. He had suffered a permanent loss, too-- the use of his leg muscles from a form of polio he had suffered during his teenage years.

People hadn't known what to do with me back then. They had watched me flounder in my grief. They had tried to be compassionate, and that was good. But right now compassion wasn't exactly what I needed to hear.

"You've got to get up," my friend said in a loud voice. "You've got to get back up on your feet again. Stand up to life."

Sometimes life's problems and challenges are invigorating. Sometimes they're not. But no matter what we get hit with, we need to get up again.

Let yourself grieve. Let yourself become enraged over your losses, if you must. Then, whether you want the loss or not, get back up again. You don't have to want to, you don't even have to believe you can. Sometimes all we need to do is be open to wanting to and then believe we can.

God, help me believe in life.

A Day at a Time

Reflection For The Day

There are no boundaries to meditation. It has neither width, depth nor height, which means that it can always be further developed without limitation of any sort. Meditation is an individual matter; few of us meditate in the same way, and in that sense, it is truly a personal adventure. For all of us who practice meditation seriously, however, the purpose is the same; to improve our conscious contact with God. Despite its lack of specific dimensions and despite its intangibility, meditation is, in reality, the most intensely practical thing that we can do. One of its first rewards, for example, is emotional balance. What could be more practical than that? Am I broadening and deepening the channel between myself and God?

Today I Pray

As I seek God through daily prayer and meditation - may I find the peace that passes understanding, that balance that gives perspective to the whole of life. May I center myself in God.

Today I Will Remember

My balance comes from God.

One More Day

To achieve great things we must live as though we were never going to die.

- Vauvenarques

Of all the limitations we face, one of them greatest is actually one we impose upon ourselves. We limit ourselves by believing that it's too late to go back to school, to change careers, or to start something new. We artificially restrict ourselves because we misunderstand the concept of time.

We can decide if time is a friend or an enemy. It's our enemy when we shy away from new experiences. But when we willingly take unsteady steps into unknown territory by lifting a brush to canvas or finally learning to drive a car or applying for the job we've always wanted, then time is our friend. We have all the time in the world because we have this moment, this day, and that is all the time we need to begin great things.

I am the only one who can decide which great things I will begin today.

Food For Thought

Pain

Living without the narcotic of excess food means learning to cope with emotional pain. Uncomfortable feelings, which we have covered up by eating, begin to surface as we abstain. At first, our emotional reactions are often vague and diffuse, since we have not yet acquired enough insight to identify what it is that is bothering us.

If we are willing to stay with the emotional discomfort and pain, we will eventually gain understanding. Sometimes we have to spend time hurting before we are able to pass through one phase in our development and move on to the next. Whatever the suffering, it is preferable to the agony of a binge. Facing emotional pain is constructive; trying to bury it under food is destructive.

Our pain is often associated with events in the past, which are still troubling us unconsciously. When we are able to identify the source of the pain, we can examine it in the light of our present maturity and begin to put it behind us. As long as we avoid feeling the pain, we deny ourselves the healing which our Higher Power can give us.

May I accept the pain that is necessary for continued growth.

One Day At A Time

~ FREEDOM ~

And ye shall know the truth, and the truth shall make you free.

The Bible, Book of John

In the past, when I was threatened by another person's thoughts, beliefs, actions, or desires, I simply deemed them completely unacceptable and worked hard to convince the other person just how wrong they were. I cited all kinds of religious doctrine and politically correct ideas to try to convince the other person why their ideas were unacceptable.

This "convincing" was nothing more than an attempt to control another so I wouldn't have to face myself or any of the things that caused me anxiety and fear. All I succeeded in doing was forcing others to help me lie to myself. Of course, this also created its own anxiety and fear, so I had to do something to cover it up. What did I do? I compulsively overate, I binged, I purged, I exercised, I starved myself, I abused laxatives, and on and on.

Today, because of my Higher Power and the gifts of this program, I can look at why some thoughts, feelings, beliefs and desires threaten me. I can be gentle with myself as I look at which of my "boo-boo buttons" have been pushed. I can ask myself how I've been hurt by these ideas in the past and learn how those "boo-boo buttons" were produced in the first place.

Just like a wound, exposing my hurts to the sunlight helps them heal. Bringing them out into the light helps me see all the truth about them--not just the distorted parts I felt in the darkness. I can see what my part was and I can see what the part of others may have been. Through working the Twelve Steps, I can find peace with these hurts and experience the promise of not regretting or wanting to close the door on the past.

One Day at a Time . . .

I can set myself free from the darkness by looking at past hurts in the light of truth.

~ Sandee S. ~

Hour To Hour - Book - Quote

Doubts can be a good thing. It shows we're still thinking. Of course we doubt the wisdom of taking steps, going to meetings, and practicing spiritual principles to arrest this deadly disease of addiction. Even

Thomas doubted his path with Jesus, but given time, he saw the wisdom of the spiritual path. His doubts were allayed.

May my doubts, like Thomas's fade away in time, as I observe the miracles in myself and others.

Projection

Today, I understand that when I project my feelings outward and see them as belonging to other people and not to me, I postpone my own self-awareness. The only way I can deal with difficult feelings is first to claim them as my own. Sitting with anxiety, anger, rage and jealousy is not pleasant, but actually experiencing my own feelings is the only way to get through them.

I own my feelings and am willing to experience them.

- Tian Dayton PhD

'Self-forgiveness brings your mental and emotional energy systems back into balance. That's all. No big deal. It's not necessarily religious or spiritual, it's just good ol' street sense - the missing link in intelligence that scientists are looking for. Once you practice forgiving and releasing yourself, you'll realize the benefits soon in the way you feel overall.'

- Doc Childre

Pocket Sponsor - Book - Quote

'We don't see things as they are. We see things as we are.' ~Talmudic Saying

I need to put things in perspective because I have a disease of perception.

"Walk Softly and Carry a Big Book" - Book

Today is the tomorrow you worried about yesterday.

Time for Joy - Book - Quote

Today I know that I am in charge of the quality of my life. I am growing in the ability to become aware of the thoughts that have been controlling me.

Alkiespeak - Book - Quote

Diabetics watch what they eat and take insulin. I watch what I drink and take the steps. - Anon.

AA Thought for the Day

Beginning I knew I had to have a new beginning, and this beginning had to be here. I could not start anywhere else.

I had to let go of the past and forget the future.

As long as I held on to the past with one hand and grabbed at the future with the other hand,

I had nothing to hold on to today with. So I had to begin here, now.

- Came To Believe . . . , p. 46

Thought to Ponder . . .

Fear not for the future, weep not for the past.

AA-related 'Alconym' . . .

N O W = No Other Way.

Father Leo's Daily Meditation

BELIEF

"An atheist is a man who has no invisible means of support."

-- John Buchanan

The common cry of those who suffer from addiction is that they feel isolated. Not only isolated from self, family and friends but also from God. One reason for this feeling of isolation is teachings and attitudes that produced guilt, shame and fear. God was seen as a hammer with which society beat the addict.

Today, in an atmosphere of love and fellowship, we begin to look at these old attitudes and, hopefully, begin to change them. God can be seen in the hug as well as the sacrament; in the doubt as well as the dogma. In the honest sharing of fellow addicts,

God is made known. God needs to be given a human face.

Teach me to grow in the virtues of tolerance and understanding.

"Find rest, O my soul, in God alone; my hope comes from Him."

Psalms 62:5

"I will say of the LORD, 'He is my refuge and my fortress; My God, in Him I will trust.'"

Psalms 91:2

Come unto me, all ye that labour and are heavy laden, and I will give you rest.

Matthew 11:28

Daily Inspiration

Emotions can be dealt with by motion. Lord, when I feel controlled by feelings and complaints, help to get me up and get me moving to change my disposition even if it's something simple like stretching or organizing something or starting something I've been putting off.

When you are troubled, comfort someone more troubled, when lonely, reach out to one that is lonelier and when unsure, give encouragement to the weary. To care for another makes us forget our own sorrows.

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