

## My Higher Power

At times I feel my days are filled with **Resistance**. Resistance to my Knee Physical Therapy. Resistance to taking my Asthma meds every morning and night. Resistance to doing my yoga. Resistance to faking my Higher Power. Resistance to turning my life and my will over to a fake Higher Power. I just want my inner dictator to quit bossing me around.

But not all days are like that. Sometime when I meditate, I get into a state of absolute peace. From that point, everything is OK, just as it is. Not just OK, but perfect. From that point of view, I feel a oneness with everyone and all is love. I have no problems. I have no stress. There is nothing that needs to be done. It feels like a miracle.

You could say that I am one with God. You could say, that God is giving me a glimpse of how everything truly is. You could say that my brain got into a rare state with or without believing in a god. You could call it my higher self, knowing that everyone has their own higher self and our higher selves are all the same thing.

I would like to call that higher self, that state of awareness, that perspective, that consciousness, my HP.

That HP I don't have to fake. I know it's real. I am so grateful that it is there, all the time. I just have to tap into it.