

Who is your Higher Power?

I'm not here to define God, Source, Higher Power or whatever you call the life force for you.

I want you to define your God.

In my opinion it can be anything — nature, Jesus, the Buddha, the Dalai Lama, the ocean, the energy of a group or person — it's totally up to you!

I call my higher power Source and find her in nature, other people, groups of like-minded souls doing the work to spread love and joy, animals, birds, the stars — I could go on and on!

Write a definition of your Source —

If you're struggling with defining your idea of God — use these questions to help you create your definition.

What brings you solace, peace, serenity?

What gives you comfort?

Who guides you?

What brings you strength?

What gives you hope?

Addictions depression, anxiety grief, or trauma can leave you feeling alone in the world.

Don't allow this!

Find your way. Allow yourself to find what works for you.

If you need help a good therapist can aid you through your challenge. Also, eating healthy, moving more, taking really, really good care of yourself can be the beginning of your journey to connecting to some energy that you feel a force greater than you.

Trapeze artists have to completely let go of the bar as they leap through the air, arms outstretched to grasp the next bar. A Higher Power of your understanding can be your safety net. Or the strength to take the leap. Or perhaps it is the bar you're reaching for.

Find something you believe in that brings you peace, strength, guidance, comfort, hope and take the leap toward a life you love!