

## Hypocrite

The Big Book tells me plainly that I must maintain Spiritual Fitness to keep recovered. I don't know that I would call myself spiritually "fit," but I am, at least, out of the spiritual ICU. As a result of this, I have recently caught on to something wonderful. My Higher Power speaks directly to me! When? When I hear myself saying or thinking "Yes, that may apply to other OA's, but not to ME," a/k/a, the "Yes-but's. That is my higher power saying, "Uh, yes, YOU.". Or, when I find myself thinking "OMG, I hate it when my sponsee does THAT" (fill-in-the-blank), that is my higher power saying "Duh, you do that too!". The adage that pointing the finger at someone else means there are three fingers pointing back at me is true for me. Often, how these messages from my higher power apply to me is not obvious (where's Waldo?), or even visible to my naked eye. But, I know now that when I catch myself thinking or reacting in those ways, I need to meditate on my own behavior to ferret out how I may humbly practice these principles in all my affairs.

Peace, kids!