

PRESSURE TO CHANGE

I often forget, because it's too hard to remember - change happens with time and pressure. When everything is good there's no need for anything different, there's no need for change. Change happens when the present course of action no longer works.

Without pressure coal just stays a black dirty piece of rock. The beaches are covered with miles and miles of pearls that will probably never become pearls because there's no pressure to change. Caterpillars have no idea what lies ahead. They spin cocoons and close their eyes and end their caterpillar lives and the exact moment the butterfly appears. It spreads its wings, and it leaves the carcass of the caterpillar behind.

We know what things are before there's any change. Or at least we think we do. But when the pressure turns up, and suddenly things aren't working right anymore, and it's time to change - all we have is our imagination, and hopes, and dreams for what it will be like when it changes.

But coming to meetings gives us more than hopes and dreams. It's like going to a travel agent to plan the vacation of your dreams - maybe a cruise to a private island. Once you get there, the travel agent ushers you into a room with a very special group of people - people who have taken that cruise to that private island. They are there to tell you all about the vacation - all the great things you'll see and do when you get there, what to pack, how much to tip. The travel agent sits in and gives you a detailed itinerary, and helps you plan every detail of your trip. The group all pipes in with their experiences as well. So by the end of the night, you know a lot about your upcoming vacation, good and bad, and you have a plan for getting there.

You don't go alone to this island of your dreams. You don't just rely on yourself, your own imagination and hopes and dreams. You're surrounded with people who have done that, been there. They're there to help you. They know how it is and there's a plan.

You're planning your trip, headed for all sorts of changes. But you have to leave the caterpillar behind. And you choose to humbly endure the pressure, because you know you're a soon to be diamond, a pearl in the womb.

I am grateful for the program, our group, and my higher power.

It works when we work it.

blessings