



The Spirit Recovery Meditation Journal: Meditations for Reclaiming Your Authenticity

Lee McCormick

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Show up for yourself, one day at a time.

"So, here I sit, knowing that the past is behind and the present is mine to enjoy as I choose. Being here now, I love it all, and I love myself for showing up for myself. When I do that, show up for myself, the past has no power over me. This is recovery, living with awareness and gratitude, one feeling at a time, one day at a time."

What is recovery?

How do you define it?

What's the point?

How do you approach your journey of recovery?

The Spirit Recovery Meditation Journal is intended to inspire and challenge you to seek your own answers to these questions. Spirit recovery is about reclaiming your authenticity: unraveling the matrix of who you believe you are, while finding the willingness to consider perspectives other than the ones you currently have.

Being in recovery is being in life, it's about integrity and the freedom in taking personal responsibility for our lives. In these pages, you will find gentle encouragement and the reminder that the key to recovery is in the power of choice.

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