

My Difficulties Led Me to a Place of Abundance

My feelings of “lack” all connected to events that occurred in my childhood alcoholic home. The fighting, drunkenness and disorder all confirmed to me that there was not enough love, peace, sanity, money or even the basic needs to lead a successful life. There were fleeting moments when I got a glimpse of a broader, more abundant world, but I would quickly retreat back into what seemed like a normal and safe view. I thought there would never be enough of anything for me, and that I was some kind of a mistake.

Through practicing Al-Anon principles, I have learned that I am not a mistake and that my life is exactly what it is supposed to be. None of the events of my childhood or adult life in alcoholic relationships were sent as punishment, but as a path to enlightenment. I’ve learned that a “good” life can be a wasted life and that difficulties can lead me to a place of abundance. Unconditional love is available to me when I open my heart and give from a place of abundance. Today abundance begins deep inside me and spreads from there to affect all of the external relationships and circumstances in my life.

By Bette R., Oregon
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