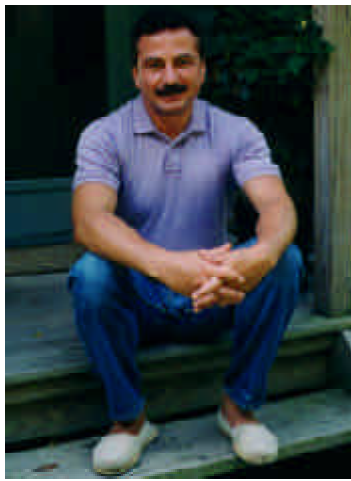


Defining God in Recovery

One Man's Struggle



In my own recovery, I struggled long and hard to define god (spirituality) for myself. After distilling my many years of personal experience and observation, and searching and striving to understand, I was left with two ideas that I continue to juggle; they are love and understanding. The first is a feeling of kindness, compassion, and empathy toward myself and others, an opening of the heart; the second involves the unraveling of

my own unconscious material and bringing it to light, a process which conjures up for me an experience of a transcendent energy, spirit, or force.

Many ancient philosophical and religious writings espoused that “god is love” but it took my own rigorous study of my own personal history to breathe life into these words. I have learned that by bringing both compassion and understanding to my own repressed conflicts, defenses, and deepest secrets, I experience a deeper space within from which to view the world and from which to share this loving, spiritual, energetic connection.

Michael Picucci