

## What Is Peak Recovery? From "Peak Recovery" Blog

Bog Spot Link: <http://peakrecoveryzone.blogspot.com/>

Peak Recovery is not just a recovery process or program for individuals using destructive substances and activities to cope with life. It is the process that every human being on this planet is engaged in at a conscious or unconscious level. We all search for the RECOVERY of our peace and happiness, a sense of belonging and safety in a world filled with insecurity, fear and pain.

All of us feel frightened, lost, wounded and alone, to varying degrees and for varying periods of time as we journey through our uncertain life here. To free ourselves from our feelings of fear and separation, most of us search for peace, love, meaning and security within our relationships, careers and activities in the world, or escape through various forms of coping strategies. In time, each one of these pursuits will fail, disappoint and hurt us leaving us feeling empty and anxious once again.

Whatever security or happiness we find within the world is, by its changing nature, always temporary, leaving us with underlying anxiety, depression and fear that drains our energy and joy. Lasting peace, power, joy and love comes from WITHIN. The good news is that suffering from the loss of peace and the disappointments we find in the world will eventually lead us to ask for "a better way." This readiness and simple request will then draw to us information like this and teachers who begin to guide our journey inward. This inward journey awakens us to our Eternal Identity, the Identity we lost with the evolution of our left brain consciousness that allowed us to think, remember, dream, worry and plan in the illusion of a future and past. This "ORIGINAL MISTAKE" led us away from the PRESENT into the illusion or dream within our minds of a past we could hold in our memory and a future we hoped to control, both in a futile attempt to gain our security. How can we find security from a past or future that exists only within our mind, is not present and therefore, is not real? Our Eternal or Spiritual Identity, our REAL SECURITY, can only be accessed in the Here and Now of the Present!

In this Blog, I hope to share some ideas and cast some light on this Inner Journey that will awaken our Forgotten Identity, the peace, power joy and love within. To help guide my comments for this blog, I urge you to send me questions, comments and feedback. I am especially interested in your personal recovery journey. As we share our experiences we help ourselves and others find Inner Peace. "Thoughts strengthen when shared." (A Course In Miracles) If you haven't already done so, you might check out my "Peak Recovery" web site.

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<http://www.peakrecovery.com/>

