

# Waves of Grace

## Everlasting Healing

“....depend on the world of God”

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[www.gracethemovie.us](http://www.gracethemovie.us)

### Finding Peace

**We are all broken.** Every one of us has pain in our lives. Every one of us has issues that we face each day. How do we or, better yet, how can we find peace in a broken world.

On any given day we wake up already racing to; a goal, a list we can check off, myriad of things to do that, in the end, bring us no closer to real peace. There is an insurmountable list of tasks before us that lead us down this path or up this mountain, and we really never get to the end. There is always something else we could do, another step we can take, one more item we never quite finish. And we feel unaccomplished. We strive to be that someone we think everyone else wants us to be. But where will it get us?

We work and slave to save for that new car. Once we get it we continue to look for the next high. The newness of that experience fades quickly and we look

to the next high. The new high must be bigger, stronger, better and... all it truly does, in the end, is leave us feeling empty.

**Addiction is like that.** You begin with an acceptable dose that starts the strange trip which eventually will leave you only wanting more. You seek out ways to continue the addiction without revealing the underlying drive that keeps you separated from everything else in your life. But the next high is always calling you, haunting you, and your need to accomplish the task overrides everything else in your life.

**How does it control us?** That, my friends is a loaded question. Theories abound from genetics to psychological warfare. I am an addict as my father was an addict as his brother was an addict as their mother was an addict. It is ingrained in our DNA. Or, there is a physical or

mental tweak in us that can't make the connection back to "normal". Scientific research finds there are sensors and chemicals in the brain that become "broken" and make their own requests regardless of our efforts.

So, then, **how do we find peace** in this cesspool of life? And once we define it for ourselves how do we get to it? If peace to you is just getting through the day without a drink, a drug, shopping, gambling, downloading porn, avoiding your relationship, or any of the many of life's distractions, that is a first step. You may not be able to do it alone.

Will you start? Will you acknowledge what is broken in you and ask for help? That is a first step. Whether you reach out to a friend or to your Higher Power take the initiative and know peace can be yours in time.