

THE PLASKOFF APPROACH TO HIGHER POWER

Many treatment programs contend that in the scope of the program, one must surrender to a ***"Power Greater than the Self"***. Throughout the ages, there have been many words to represent this spiritual concept, for instance, Allah, Christ, Yahweh, Adonai, etc. Perhaps the most common manifestation of this is the "word" which is used in a general sense to represent an approach towards spirituality. It is the word, "God".

For those that have experienced traumatic events it may not be uncommon for the individual to be angry, resentful, feel disconnection, or simply lose their faith in in what they may have known as "God". In order to allow a person to define their own idea of what a ***"Power Greater than the Self"*** is, I have developed a simple mathematical approach towards finding what fits the individual.

If

God = "Something Greater than the Self"

Then

God = *x* (a Variable)

Consider the following:

The Universe and everything in it is composed of Matter, which is "Energy" or E. Therefore, all of the energy that makes up the Universe would then be a ***"Power Greater than the Self"****.*

Therefore,

If

God=x (a variable)

and

x **= Energy (All the energy of the Universe)**

Then

God = *E* (Energy) whereas "=" represents "Faith"

A ***"Power Greater Than the Self"*** may consist of **ANYTHING** in our Universe, and may be considered a ***"Higher Power".***

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