



E-newsletter – March, 2010

SAY GOOD-BYE TO ADDICTIONS & OBSESSIONS

An Addicted Society

What I see, more and more, is that we are living in an addicted society. Many people in the western world are living with some form of addiction or obsession. Furthermore, this is condoned and promoted by a culture and media that encourage self-indulgence and escape.

Alcohol and drugs are only the tip of the iceberg, but addictions to these are increasing and addicts often find support in people who like the same substance. Social alcoholics are on the rise, more often called wine or beer aficionados. Rising obesity rates demonstrate the obsession with food. Whether sucking on take-out coffee all day, spending hours in front of cooking shows, or digging into stashes of chocolate, these habits are unhealthy. Societal pressure means many people are now closet smokers, but the addiction continues to hold them prisoner. Women know they are shop-a-holics when they just have to buy something once they're in a store. Both men and women can be sex or pornography addicts, looking for the next sensual high without exploring real intimacy. Some people have become obsessed with exercise and cannot spend a day without a visit to the gym. And more than a few find it difficult to leave their computers, even when they know there are other, more important things to do.

How do you know it's an addiction? Ask yourself, "Do I control this or does it control me?" It's that simple. Certainly your habit may address a short-term need for pleasure, but an addiction always ends up detrimental to our wellbeing: we lose our health, compromise our relationships, mess up our finances, and set examples for our children that put them on the same addictive path. So why do we do it?

Why do We Become Addicted?

We are at a point in mankind's evolution where we are seriously looking for meaning in our lives. We are bombarded with media messages promoting superficial fulfillment and immediate gratification. Inside we know these are not the answer, but we bow to societal pressure anyway. Scott Peck saw this when he published "The Road Less Travelled" in 1978, stressing the importance of delayed gratification for true happiness. This book is more relevant than ever.

How to Turn Your Life Around

There are several things you can do to release yourself from addiction:

1. Recognize that you are powerful beyond belief and grab that power. Never say, "I can't stop." Instead say, "I am in control of my life."
2. Hang out with people who support your efforts rather than your addictions, or see a therapist. Be a leader rather than a follower, and show friends and family a better path by your example.
3. Develop a closer relationship with your Higher Self through prayer or meditation. There are many paths, but this connection is necessary for true fulfillment, inner peace and perfect joy. When you send the message that you are ready, healing avenues will come to you with amazing speed and ease. Trust this.
4. Practice tough love on yourself. Be disciplined but never beat yourself up or engage in guilt or shame. Instead, use the mirror to send yourself loving messages every day: "It's getting easier to make the right choices." "I'm doing my best." "I am happier and healthier every day."

God bless you as you continue on your journey.