

# Addiction

Addiction has become one of our society's most pressing problems and most tragic illnesses. Every year, it tears away at the heart of millions of families and creeps closer to children's doorstep. What used to affect only those who could afford indulgence, now affects the world at large. The human soul yearns for love and acceptance and the mind often thinks we need to alter ourselves in order to achieve that.

Addiction of any nature is spiritual bankruptcy. By and large, people who are addicted are very spiritual. The successful results of the Twelve Step Program, which is based on a connection to a Higher Power, proves just that.

Sensitive people have a very difficult time surviving the heartbreak in our world. In the midst of all the confusion and injury, substance is used in order to numb feelings. Therefore, once deciding to recover, the ability to identify ones feelings is vitally important.

We are what we feel and getting to know oneself is the only way to get to a healthy, peaceful life. At the seat of all that affects the body is something that is tearing at the heart. We must learn to look at our own shortcomings with softer eyes and transform our dis-ease into our self-empowerment.

They have also assisted in the restoration of families and in the stopping of dysfunctional, addictive and co-dependent patterns. Doors open to walking the path of honest communication so that we can retrieve what we have lost or are losing. We regain a foothold for the purity and serenity of our innocence.

# Positive Suggestions

- Stay away from people and places that stimulate adrenaline rushes.
- Eat good healthy food.
- Exercise in a way that makes your body feel good
- Yoga.
- Stay away from all substance, drugs, alcohol, anti-depressants (unless medically advised).
- Walk in nature.
- Set a stage of serenity – water fountains, candles, soft music, or incense.
- Place beautiful pictures where we live and work that connect us to our soul.
- Be cognizant of being tidy and clean.
- Go to the ocean or a lake...any body of water that is near.
- Watch only films and TV that are inspiring and loving.
- Stay away from newspapers and news on TV.
- Find channels of communication that are awe inspiring.
- Always be on the lookout for people who are loving and enthusiastic.
- If you love animals go and help them at a nearby shelter.
- Use cards or other divination tools that give positive messages and listen to them.
- Collect pictures of things we love or dreams we have and do a collage...it works.
- Read things that are uplifting.
- Do not let yourself get overtired.
- Go to the Good News Network ([www.goodnewsnetwork.org](http://www.goodnewsnetwork.org)), where they report on positive news and stories daily.

# Securing Our Sobriety and Serenity

1. Serenity comes from not basing expectations on anyone but ourselves.
2. Serenity comes from watching our thoughts, as they hold the power.
3. Serenity comes from realizing that being kind is not always the answer.
4. Serenity comes from feeling the difference between protecting or defending ourselves.
5. Serenity comes from following our dreams to their highest point.
6. Serenity comes from continually seeking knowledge and wisdom.
7. Serenity comes from the re-evaluating things that are not working.
8. Serenity comes counting to twenty or thirty when feeling reactive.
9. Serenity comes from our keeping to our re-energized principles.
10. Serenity comes from truth and only truth.
11. Serenity comes from holding ourselves accountable.
12. Serenity comes from avoiding any kind of corruption.
13. Serenity comes from not being dependent on outside forces.
14. Serenity comes from spending time in nature, or with animals.
15. Serenity comes from being of service to those less fortunate.
16. Serenity comes from eliminating our narcissism.
17. Serenity comes from finding our purpose and putting it into manifestation
18. Serenity comes from wanting the “we” program rather than the “I”.
19. Serenity comes from being unique, while being united.
20. Serenity comes from accepting life on life’s terms.
21. Serenity comes from making a small difference with large passion.
22. Serenity comes from not conforming to the patterns of the world.
23. Serenity comes from balancing the lion and lamb within ourselves.
24. Serenity comes from never diminishing ourselves.
25. Serenity comes from forgiveness, mostly of ourselves.
26. Serenity comes from never ending gratitude.
27. Serenity comes from demolishing our arrogance and demonstrating our humility.
28. Serenity comes from knowing the difference between reality and illusion.
29. Serenity comes from living consciously.
30. Serenity comes from the power of sobriety.