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## FROM ADDICTION TO POWER

**By Robert Kirby**

All of our addictions are an outward search for spiritual wholeness. They give us a false sense of power that weakens our spirit & dilutes our connection to the soul. What a paradox. The best way to face duality is to embrace both sides. What does this really mean in terms of addiction?

A Spiritual connection that is in truth is an inward journey that empowers from the inside out. When this is blocked we tend to avoid what is underneath. We look outside ourselves instead for the inner connection. So overeating, drinking, drugging, working, smoking and sex medicate the negative feelings & issues we truly need to address. They represent the core issues of this incarnation or lifetime. Many spiritual masters claim these issues come in with the soul.

Many people with addictions felt abandoned as children. Important emotional developmental needs were not met. This leaves a hole in the soul and gaps in their personality that are always painful. There is a knowing emptiness that cannot be filled. The absence of validation so cherished from one or both parents creates deep feelings of shame and of not being good enough. The child, teen and later on the adult feels flawed and defective. It's like a bottomless pit of lostness that permeates the character of the person. It leads to depression and exhaustion. Chronic anxiousness is temporarily relieved by acting out the addictions and the cycle of false power begins over again. Self-destruction usually follows. So do co-dependant relationships.

### **DARKNESS INTO LIGHT**

Since addictions are a thirst for love and God outside the self they lead us down a blind alley. The steps to recovery begins with

humility. The individual must admit they are powerless to their problem. Sometimes an intervention from loved ones can bring the crisis to a head.

### **Keys to Recovery**

There are four essential elements to transform Addictions:

- Support system
- Increased Body Energy
- Transforming Self Hatred
- Development of Inner Life

Support is the foundation of the transformation process. We cannot do this without our loved ones or the love of a higher power. Besides the family and friends, support groups such as twelve step programs can be life saving.

Body – Mind Exercises such as Bioenergetics and martial arts that bring energy into the legs for grounding and into the upper chest create a greater sense of ego strength, personal volition (will) and fullness in the personality. This generates more Body energy to direct our lives in creative new directions. This sense of personal power is organic and authentic.

This revitalised, Inner ground provides the container to work with self hatred (shame and guilt) that re-opens the capacity to Love ones self, others and God. One cannot do this alone. An experienced Body-Psychotherapist, or Body-Mind somatics therapist qualified to guide this healing is essential.

Development of an "inner life" honours your soul's journey through eternity and provides the grace needed to fulfil ones destiny in this life. This journey is sacred to the soul, the life's task (work) and to becoming a loving, passionate, and trustworthy partner, parent, friend and business colleague. As the saying goes, when the student is ready, the teacher will appear.