

# ADDICTION

An excerpt from



THE TOTALITY OF GOD  
AND THE IZUNOME CROSS

Unlocking the Secret to the Riddle of the Ages

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I spent a fair amount of time earlier considering the *Physical Model's* attributes of Happiness and Sadness. In the previous paragraph, I glanced over two others. Since Joy and Sorrow are closely related to the previous pair, I'll move on, instead, to Pleasure and Pain. While listening to Tony Robbins's motivational tape series I first began to understand how those concepts were tied into the choices we make. He said that we naturally want to move toward pleasure and away from pain. The problem, as I would like to interpret it, is that often the pain of releasing the painful thing from our lives seems more painful than the pain itself! Thus, keeping the pain actually becomes the more pleasurable choice between that and changing. You might think that's crazy, or a twisted sort of logic, but this is exactly what happens when we have to face our addictions. Dr. Wayne Dyer, when referring to addictions, often said that *we can't seem to get enough of what we don't want*. In other words, we know the addiction causes us pain, but we can't seem to be able to stay away from it. Leaving it behind – or believing we can live without it – is more painful.

Understanding the process of healing either Spiritual or Physical pain is subtly complex. Mokichi Okada taught that any medicine we take to heal a physical illness, even an herb, will have a spiritual consequence in so far as a cloudiness in one's spirit is created in the process. These spiritual clouds will physically manifest in the form of toxins, which must inevitably be purified. This esoteric concept may be hard to relate to, but there is a different, energetic way to explain it that should be easier to grasp.

If we recognize that there is a Spiritual *State* behind every Physical *Condition*, then anything we take – any substance we put into our bodies, be it legal or illegal – only serves to mask the symptoms. And any responsible physical doctor will tell you that it is difficult to discover what's wrong with you – what physical condition or disease to treat – let alone treat it, if you're masking the physical symptoms. Moreover, any renowned spiritual healer, such as Mr. Okada was, will tell you the same holds true for a *dis-eased* spiritual state that you're hoping to heal with a physical means. Even if you think this is the best way to approach such a situation, how can you reveal and resolve a spiritual or emotional imbalance if you're masking the truth of it from your awareness with a physical treatment?

Most seem to recognize and accept the use of physical pain relievers to deal with physical pain, but we are often less willing to do the same for the consumption of physical substances – such as alcohol, food, or drugs – to ease spiritual pain, because of their addictive implications. However, energetically, the results are similar. They are both producing spiritual clouds and physical toxins. Say we consume a medication to relieve a physical pain. Aside from a toxic buildup or the resulting physical aftereffects, including a physical dependency on the drug itself, in the process we're also keeping the spiritual pain from being resolved. Conversely, when we ingest something to ease a spiritual pain, not only aren't we dealing with the underlying spiritual issues, which include its spiritual dependency, but we're also accumulating additional physical toxins that must later be purified.

Whether we choose to use a substance as a *physical* – or *spiritual* – pain reliever to block our pain, it will produce physical clouds in the form of bodily toxins and spiritual clouds in the form of our reliance on them. Such dependencies are likewise dualistic, since they can manifest as an *Attachment* with a physical *origin*, or an *Addiction* with a spiritual *source* – with either supporting the other.

We can't uncover and heal – from a Spiritual perspective – *Suffering* in any form until we refuse to allow these dependencies to keep us from revealing the truth concerning them. Fortunately, God has blessed us with an advantage when we use a Spiritual therapy instead of a Physical one to deal with any illness. As I just explained, a Physical doctor can't prescribe a treatment until he knows what the physical *origin* of your illness is. However, a Spiritual healer can work on healing the spiritual *source* without any conscious knowledge, by either of the participants, of it.

This happens as a result of the vibratory nature of any energy, including those that heal. The closer you get to the pure energy of God, the higher is the frequency. The illness we're experiencing, regardless of it being a Physical or a Spiritual one, as well as any blocks we may have placed in its way to healing, have Negative elements attached. This also applies to Physical treatments we may have accessed to alleviate the suffering, as well as its cause – including those that may be acknowledged as having provided some relief. Therefore, all these energies have to be lower than God, and thus subordinate to God's healing energy.

If you visualize the illness, block or treatment as a strainer or grate that someone would use to separate physical objects, you will easily understand this

principle. The holes in a strainer prevent any object larger than it from passing through; but their construction allows smaller objects to continue forward. As we progress from matter to energy, regardless of how fine the strainer, there will always exist something small enough to pass through. Even when the material becomes so dense as to be considered solid, forms of energy can still get to the other side. Moreover, the ability to do so is frequency related. Although there are many factors involved, in general, the higher the electromagnetic frequency the greater the penetration. For instance, a darkened glass can protect your eyes from the sun's glare, but not from its ultraviolet rays. And these frequencies don't stop at the high end of the Physical Realm! In the case of our illnesses, or anything else for that matter, there are none that exist that are impenetrable by God!!

If this were God's only healing gift, it would have been enough. But God does human doctors one better. He makes it possible for the Physician to *Heal Thyself*, with the ability to act as God's healing instrument in the Physical Realm not reserved for the medically trained. Jesus taught that those who believe in Him "shall lay hands on the sick, and they shall recover." (Mark 16:18) If you can think of His message as theistically general rather than theologically specific, He was letting us know that miracles can come to those who have faith. Part of our birthright as *Children of God* is that every human being can access and send God's healing energy. As in the case of physical resistance affecting an electric current, a person's spiritual resistance – or clouds – will affect this spiritual energy's transmission. However, we all have the ability – and in the coming Daylight Age, the responsibility – to use it.

Mokichi Okada understood that everyone has this inherent ability and taught a technique to facilitate it, which he called *Johrei*. But whether you choose to pray for *Johrei* or for the *Holy Spirit* as Jesus encouraged us, the intention is the same. We're invoking God's Power to heal in the way that only He can, from the place of Absolute Wisdom, Infinite Light. While a human being can't guarantee how a given physical illness will be affected, no spiritual illness can withstand it unless free will intervenes.

With respect to the spiritual illness of Addiction, it is the *Physical Block* of the East in the **Four Pathways to Light and Truth** – where the *Physical Cornerstone* is Desire. It occurs in the internal breakdown in Communication between what our Intuition is telling us is true about the addiction, and our Soul's ability to both admit to ourselves and then follow through on that Truth with the Power of our Will. However, Addiction isn't just about what you want or the Options in life that you've allowed yourself, but also about the things that you give up in order to get it. For instance, in the time you spend reaching for a drug, you may miss out on an opportunity for some *real* Happiness in your life. Thus, instead of Pleasure, you've actually chosen Pain.

I can speak about *Addiction* from personal experience. (I'll use that term to reflect all dependencies.) People who have an addiction generally don't have just one. They develop addictive personalities, which often need to find alternate outlets when one is cut off. It's an application of the psychoanalytic process of Transference, and is why people who join twelve-step programs are cautioned to not merely avoid the addiction that most attracts them but the possibility of being exposed to opportunities to pursue others, as well. You can't overcome Alcoholism if you're only going to get high instead – which you may perceive to be a less serious problem, if one at all. (This is generally an indication that you're not being honest with yourself, a requisite to healing in the East.) Eventually, there's a good chance you'll start drinking again.

In common with many who do so, I formed an addictive personality early in life, as a young child. Mine began with sugar and carbohydrates; and it nearly killed me.

It's not necessary for me to share with you all the painful details, or the spiritual reasons behind it; just what I learned while trying to heal it. Although addictive personalities branch out in many directions once started, they all take root in a single, core addiction. No matter how many of the ancillary addictions you may feel you've successfully handled, that is the one that will be your Soul's purpose to heal. It will lie deep within all the unhappiness in your life. What is encouraging, though, is that once the core issue is faced, the others can slowly lose their power and become less of a problem, even possibly disappearing on their own eventually. (In practice, you may have to address many of the lesser ones to build the strength of will needed for the core issue, or perhaps to even recognize and accept what it is.)

Rather than take a psychoanalytic approach to overcoming such things, I'm going to offer you a more practical one. It ties the concepts of Pleasure and Pain into those of Options and Consequences (the two *Physical Keys* of the Horizontal Plane). Of the two, Options is the one we really need to understand in order to do so. We've already experienced the Consequences of our addiction – Pain. And that pain will increase the longer we fail to acknowledge the addiction behind it. Making life choices that produce Pleasure instead involves changing our Options.

Addictive substances are the great deceivers. Although they come to us in the guise of Pleasure, whether it be the chocolate cake in the fridge or the line of coke on the mirror, when they let their true nature be known to you, guess who's really come to dinner – Pain. And every time we take them up on their offer, we secretly hope that this time it will be different. The only difference is that you've just sunk a few inches deeper into the mud of their control over you.

The most important thing to face when trying to overcome addictions is that you can't compromise with them, any more than you can compromise with God. As the similarly titled musical once taught: *Your arm's too short to box with God*; so don't even bother to try. When it comes to overcoming our addictions, it's *All or Nothing* (also, not surprisingly, Attributes in the *Physical Model*). If you know that putting a substance into your body will have a negative effect, whether it be sugar, caffeine, tobacco, ibuprofen, marijuana, cocaine, heroine, tomato juice, i.e., whatever is going to cause you pain, you can't do it. There's no middle ground here. (84) If you give a thing up but leave yourself the possibility of a way out, the true addict will eventually take it. As long as your addiction is an option in your life, pain will be the result. As we learned early on, negative energies will attract each other in order to grow. It's a Law of the Universe, so you won't have any luck trying to change it. Better learn to use it instead. After all, positive energies attract each other in the process of growth, as well.

I don't think there is an easy way around this fact. Consider the *Consequences* that the *Options* you've allowed yourself to hold on to are causing. *The only way to guarantee eliminating the pain is by eliminating the option.* Once the option has been removed, what you will actually find replacing it is *Peace*. You won't be at *War* with yourself any more. *Tranquility* will prevail. You'll no longer have to be in constant

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84 (What constitutes the middle ground differs greatly between an addiction to a substance that we obviously don't need to live, such as cocaine, and something that we do, like food. However, somewhere within that addiction to food will be an element that we can't compromise with. That is the particular middle ground that each addict has to personally define and then commit to never crossing.)

*Turmoil* over whether or not this moment or the next is going to be the one when you finally take yourself up on that option you've held on to. It will no longer be there. The *Choice* may appear simple; after all, it's between Pleasure and Pain. Do I claim that doing this will be easy? No! It's been a lifelong process, and one I still work on. But what I've also come to realize is that I am solely responsible for its duration. And likewise, you for yours. So, give yourself a big enough reason why and consider the *Result* of staying where you are. Then find the *Will Within* to act upon it. And if yours isn't strong enough, turn to the One whose is!

So, if you've wondered how God fits into all of this, now you know. He is the co-creator in our healing. He's there to help us do the part we can't always do for ourselves – remaining true to our convictions. It's human nature to do otherwise, so it pays to make use of the assistance He'll never fail to offer. But even the decision to finally seek His aid is ultimately our choice; and once we do so, be prepared to listen to what He has to tell us as honestly as *the Truth* He represents. Chances are, what you'll hear whispered in your Soul's ear is: "It's All or Nothing; Me or Misery."