

## 2. Addiction

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### Alcohol abuse

Alcohol, like smoking and many other ‘crutches’, are not necessary. We innately know what is not good for us. We must also be mindful as to how our habits can impact on others.  
(30/6/03)

George: I value any comments you might have on alcohol. A little drinking of alcohol is a very common habit, and especially at the end of the week people go down to a pub and have a drink and they relax, and for a lot of people I am wondering if that is a good thing and almost a first step to going within to relax from the weekly problems. There’s reference in our Bible to ‘taking a little wine for your stomach Timothy’, and I have also heard it said that alcohol diminishes the aura and anyway I would be glad of any thoughts you have. I am not looking at over-indulgence; I am looking at a small amount of alcohol at times to help people relax. I would be glad of any commentary you have on that.

**I feel my dear friend that a little justification may be looked for this time, but what I wish to say to you is that all of mankind has the responsibility for the protection of that housing which you call ‘bodies’. Whether or not we from our world approve or disapprove does not matter, because as you know you come to this lifetime with all of those attributes which is to see you forward in this life. You have freewill and mankind uses it wisely or unwisely as you may see it. I would say to you only this: that all of living in this world which at times for many is not easy, whatever can help you to go forward with understanding, with peacefulness in your heart, cannot be totally bad. Therefore, I say to you, after all, the fruit upon your trees creates what you call ‘alcohol’, does it not?**

*(affirmations)* **And who would we be to say that what is produced upon your Earth is *wrong*—it would not be right to say those words. Therefore, my words to you my dear friend is that those people who need the crutch of alcohol, let it be so, but I hasten to add that all of these substances are indeed *crutches*. Why do you need support to go inwards? All you need is but to close your eyes and focus your thinking. That is all that you need.**

George: Yes indeed. Yes, those are wise words. I asked the question because it is such a common indulgence that I am sure it will be of interest to many, many people. Thank you for your words.

**Always each one has to take responsibility and remember that these physical bodies are after all that temple for the Spirit. Therefore I would say only this to you all, that you can only do what you feel is best for each one of you, because each individual has the responsibility when they come to our world to see more clearly how they have treated**

that temple called the physical body. Then and only then will the whole picture emerge and the understanding that comes with it. I hope that is helpful to you.

George: Yes, and thank you for the word crutch, because that seems to be a particularly apt word to use.

**Yes. All of these substances are unnecessary, but as I have said, we cannot interfere in your daily lives and if someone finds benefit from it without harm to others, then so it must be. As long as they never harm another human being, then to them it seems acceptable, then that is how it must be.**

## Miriam tells her story

There is no need for addiction of any kind, but they do happen among so many. A visitor sheds some light on this challenging topic. We should always listen to that inner voice.  
(14/7/03)

***My name is Miriam.***

Lilian: Miriam—that's a nice name. Can you tell us why you're here to chat to us? We're here to help or listen.

***Only because I listened to you talking about addiction.***

Lilian: I guessed you were—so you're here to help us?

***No—I'm here to help me.***

Lilian: You want to talk about your addiction—what happened to you (**yes**). Well we're happy to listen, if it helps you to get it off your chest—well, we'll be pleased.

***If only I could help others, it would be a blessing.***

Lilian: By talking about what happened to you, I'm sure that would be a great help.  
(Pause)

Lilian: You know you're in spirit? (**Yes**).

George: Are you concerned about any particular type of addiction? There seem to be a number of addictions on our planet at the moment, with alcohol, tobacco and drugs—

***Yes—and violence. I think the one who spoke about all of you having addiction is perfectly correct.***

Lilian: I guessed that.

***But it is a weakness in the being who struggles to help themselves and do not have the back-up of knowledge in their lives. It has brought back to me how destructive it all is—not only for the person with the addiction, but for all who know them.***

Jan: That's right—it extends out far and wide (**yes**). When you spoke of—I think you mentioned the word 'support'—you can give all the love and support you can give, but unless that person wants to get better and wants to accept the help—

***Yes. They do not listen to that—***

Jan: —Inner voice...

***—inner voice. You are correct—they say they want to, but they are weak. All you can do is to send up thoughts for them, because although they may be full of good intention, it is so easy to fall backwards, as well I know.***

Lilian: Yes, very easy I imagine.

***I just wanted to say I hope I can bring all of you some love, and upliftment, for yourselves or anyone that you are aware of who has such addictions.***

Jan: As you can now see it from spirit side—and as a *survivor*—that’s the wrong word, isn’t it? You yourself went through an addiction while you were here (**yes**). What would be the best piece of advice you could give for those helping others with an addiction? —apart from love and patience?

***—And to listen to the inner voice.***

Jan: —Our inner voice or are you telling the person—

***—The addicted.***

Jan: —Telling the addicted person to listen to the inner voice.

***—Because, no matter how much love is given, they are ignoring it.***

Jan: Yes, they don’t accept love.

***No, and unfortunately, when they come home, they will be faced with all that they have done, and I can tell you only how I felt—and I was ashamed. And even now, coming back to the conditions of your Earth, I am being bombarded with memories. That is why I speak as I do, because my speech was one thing taken from me. Therefore, I hope for all the love you have sent out this evening, that if only one or two of those people are touched, you have done much good.***

Jan: Oh, that’s good to know.

George: Listening to the inner voice is a very personal thing (**yes**). Have you any recommendation as to how one might encourage people to listen to that inner voice?

***Each and every one of you knows what your inner voice is. That is why so often with addicted people, they are full of hope that they will beat the addiction, but because they are weak, they cannot sustain it. But you cannot help someone who has given up on life, because basically that is what they are doing.***

Jan: The substance, whatever the addiction is, and I mean a vast array of addictions (**yes**), when they’re taking it, when they’re in that state, that’s when the inner voice is completely switched off from them (**yes**). It’s only in the cool light of day, do they feel remorseful and are not going to do it again (**yes**), and then as soon as that substance is touched, it’s cut off...

***Yes, but no one MAKES them do these things. So, if they refuse advice and help, then unfortunately there are consequences*** (yes).

Sara: Presumably we can pray for help (**yes**), for them to perhaps listen (**yes**)—we can pray for spiritual help to encourage them to listen to that inner voice (**yes**); perhaps Angelic help also, to bring to their attention—we can try maybe.

***That is all you can do*** (yes). ***But what I find, or did find upsetting, was that those people who loved and tried to help ME, I treated them abominably—and they are the ones who you are supposed to love. It is a selfish act, I’m sorry to say.***

George: On the other hand, those who are addicted to violence are trained into being that way. I refer to the military system. So many are *trained* into (**yes**) violent ways in such a way that they do not have to accept personal responsibility—

***But they DO—no matter whether they are military they have the right to say ‘no’ or to abandon their way of thinking. Of course, when they pass to spirit, the reasoning behind the actions are always considered, but nevertheless, every individual on your Earth plane is responsible for their own ways of thinking and their own actions.***

George: Yes—they are trained into acting under the orders of another, which has the effect of removing personal responsibility—but I take your point that in the final analysis they *must* be responsible.

***They have to be, there is no getting away from it—no matter what the addiction, they have to have their own personal responsibility.***

Sara: I think we all make choices every day, don't we? —in a way—but you mustn't blame yourself, because it was a—

***But yes, you do blame yourself.***

Sara: But we all do things—we only learn unselfishness usually through being selfish first. I think that's how all human beings probably discover many—

***No, I cannot agree with you on that we do not need to learn from being selfish. Selfishness is an act of the being who does not extend love.***

Sara: Ah yes, yes, I see.

***It is difficult sometimes I think for you to understand.***

Jan: It's very like when somebody takes their own life—it's that type of selfishness.

***Yes, although most people would feel sorrow—yes, of course you feel sorrow, but what harm has that person done? Of course, the state of mind is taken into play, but at the end of a life, you become very responsible for that life.***

Sara: True—yes, I see. I don't mean to say that we can't feel responsible, but I suppose we can only feel compassion—that's all—for others.

***That is why—this is only MY feelings—why it is important for mothers and fathers to teach love in their small children (yes).***

George: And I guess *demonstrate* love.

***Demonstrate love to all people, to all creatures, to all of your Earth.***

George: To all creatures, yes; and in the animal kingdom we have what we sometimes call the herd instinct. In order for that to be, there has to be a love between those animals?

***It is a different kind of love (yes) from human being's kind of love. But of course, you only have to watch an animal in nature nurturing its young, to know that there is a bond there of some kind.***

Sara: True. Did you come to understand how your addiction started? Did you understand?

***I thought it was fun to begin with, but it is not fun—it is destructive, it is wrong, and I cannot in any way, knowing what I know, condone it at all. And now I'm being called.***

George: It sounds to us that you have made a very good journey since you have been in spirit.

***I am happy and I am conscious that I made a lifetime of foolishness which now has to be paid for, and that is not in the sense that humans would understand. It is not a punishment, but it is—perhaps I will use the word 'education'.***

George: Could also say it's a self-recognition of what is required?

***When you come to spirit—I cannot answer sir, I am being called.***

*(Thanks and farewells)*

Salumet then joins the evening giving Jan the opportunity to ask whether we choose to have an addictive personality as part of our life plan.

Jan: I do have a really quick question about addiction. When I was washing up tonight before I came out, I was thinking about—before they come back to Earth, or this is their first

time on Earth, but normally they return to Earth, and this time around they had an addiction; would they know in advance that they were going to be an addicted personality and it was something they would have to do this time?

**They would be aware of the pathway of life—whether you walk a straight pathway or whether you deviate from it—that is entirely up to your free will (yes), but I will say that some—but it is not the normal for these people to choose to have addictions. It is normally something which happens within the lifetime. You know and we have spoken many times that you can bring things from another time, but with addiction I would say not. Does that help you?**

Jan: It does, thank you.

George's Notes:

*Inner Voice: So we all have that inner voice to guide us, and so we each are responsible for our actions in the final analysis. Habitual drug-taking will it seems with certainty be regretted. And military training to transfer responsibility to another who gives orders is no excuse—the inner voice is still there, so personal responsibility therefore remains. Perhaps that is why mental problems sometimes occur in the Earth life following the killing of others*