

This information is intended to assist you in your spiritual development and to enhance, but not be substituted for, any care you should receive from your licensed healthcare or mental health professional.

ASK A PSYCHIC – Week of May 10, 2009

Question:

I find myself very spiritually advanced in some aspects of life and yet I still struggle with addictions. How can I leave these behind and be healthy in mind, body, and spirit?

Answer:

You are spirit. You are not your body. Your relationship with your body is clouded by the pain you have stored in your body. When you are outside of your body, you experience your spiritual nature and brightness, thus the idea of being “advanced.” When you come near and into your body you experience pain and you leave the body to its own solution.

Your body has discovered ways to dull the pain by being addicted. Whether you choose alcohol, tobacco, food, drugs, video games, etc. to dull your pain and help you, the spirit, escape from your body you are not dealing with what is in your body. Addiction happens when you, the spirit, are not in clear communication with your body and not responding to what is.

Pain is usually the main basis for creating an addiction. Pain forces spirit out of the body. Meditation is the best way I know to create a clear spirit-body communication. [Meditation with grounding](#) helps you release pain and regain your body for your spiritual creativity.