

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 July 26, 2009**

### **Question:**

I have been sober for almost 6 months from all drugs and alcohol, and since then I have had a lot of spiritual growth including believing in God and getting to CDM and whatnot. In the past couple months, I have found it very hard to sit through an entire AA meeting without feeling uncomfortable; I feel like I can't relate anymore. But yet again, when I look back on my using and addictive personality, it scares me to think I'm not an addict. I have been having occasional strong pulls to drink, but question where would that get me? I guess I'm just very confused. I enjoy my friendships with those who use addictively and it also makes it hard.

### **Answer:**

You are growing and healing, and this does not happen in a straight line. Healing is change which includes ups and downs. You used the drugs and alcohol to numb your pain and escape from your body. You have learned to move pain out of your body with meditation, which allows you to come more into your body. This new relationship with your body stimulates its old patterns of wanting to use drugs.

Your resistance to AA meetings is from an ideal of where you want to be. You are in transition. Focusing in the present moment and accepting yourself as you are, are powerful healing tools. Your life and friends will change as you grow, but you are not healing if you are judging yourself or your old friends.

You are moving from old addictive patterns to new patterns of freedom. This process takes time and patience as the old addictions arise through the process. Your newly discovered strength, new information and new friends are part of your healing process. Your past is where you have learned to be where you are now.