

## **Basic knowledge for health questions, spiritually inquired and answered here.**

### **Addictions general:**

**Connections and healing possibilities,  
clarification in a spiritual point of view.**

This is Archangel Raphael speaking.

**Where do you humans go when you feel an emptiness inside you,  
when you don't feel whole, when you have the feeling that  
something is missing?**

These are the backgrounds of addiction. You look for the completion in the appearance, the completion in the outside, because you are missing something! And this "searching in the outside" can make addicted. The addiction is a form of the dependence, dependent on something what the person does not find in his inside, because he cannot give himself it - something what he lacks.

There are very many different addictions. There is gambling addiction, sex addiction, alcohol addiction, sugar addiction, cigarette addiction, medication addiction, hard drugs that are addictive, and "not being able to be alone" can also be an addiction, can also become an addiction.

Overcoming these addictions requires going deeper into oneself, getting to know oneself, transforming one's weaknesses into strengths, discovering one's gifts, talents. To build joy of life, confidence, courage, self-confidence, to experience what gives meaning to one's own life, to trust oneself to take life into one's own hands - without external dependencies.

This topic of addiction is a common one! One can become addicted as an adult. But even babies developing in the womb become addicted, because addiction can be transmitted through the bloodstream via the umbilical cord, be it sugar addiction, addictions related to food or to stimulants such as alcohol and cigarettes.

This can start very early! Many babies who are born addicted by stimulants are often born too early! If they are there, a withdrawal begins, i.e. no new supply of these substances! They scream, are very restless, nervous, sometimes they have shortness of breath. Often the mothers do not know why!

Already in the womb you have received this regularity. Regularly these substances were passed to them via the umbilical cord through the blood. And through the bloodstream it goes much faster than through the stomach. Through the bloodstream it flows directly into the developing growing body, into the forming organs and brain cells.

*Very little time is needed to trigger the addictive effect! After the craving that is satisfied immediately, or after the craving until it goes some time until it can be satisfied. And it is the craving that makes this restlessness and crying in the baby. Even if it makes a physical withdrawal after birth, but this information is stored in the brain and there it will remain.*

During puberty, youth rebel against life because their bodies are in a total transformation of their hormones. This makes them insecure as people, dissatisfied. Often the emotion is also anger, fear, helplessness, hopelessness - nothing was like before!

They can no longer relate to what they were. How will it go on, will it continue? This often gives the impulse to try something new. Also in the hope that all these complaints, which are present, move into the

background, that they dissolve or become and are no longer so central, away from restlessness, helplessness and hopelessness.

These are reasons why young people turn to stimulants.

Another issue is peer pressure in schools.

Who wants to become an outsider or be bullied because of it!

The students can be very ruthless and brutal. No one wants to fail in the eyes of others. Cause of despair, rebellion, senselessness can lead to the grip of alcohol, cigarettes or harder drugs. All this can lead a person to addiction. Not only in adolescents - even in adults, depending on the situation in life, these signs can occur.

Smoking is an addiction that is accepted by society, alcohol too! How quickly the glass is refilled in the hospitality industry, even if it was not actually wanted. A tax is included in the sale of cigarettes and alcohol. And these funds become large sources of revenue for the state! This is also a reason, why in the sales of these stimulants no large changes are made!

Another aspect to reach to stimulants is a form of the permeability of feeling, seeing, hearing. If these senses are more pronounced and people do not learn to deal with it, if you are not told that this talent can be trained and so do not have to be stunned by alcohol or cigarettes.

By numbing with stimulants, a separation of body and mind can take place. People are not in their bodies. They are not grounded and consequently not present. They participate in life, but at the same time they are not fully present and are therefore inattentive and forgetful.

If the soul chooses this way to live with an addiction to experience this form of life, then there is no need to be healed! But there are people who get into addiction out of their circumstances. And with these people it is more possible that they want to heal and can heal. But this rarely succeeds alone!

Support is necessary!

People with an addiction often lose their daily structure, their sense of time. Therefore, everything that is not related to this addiction is pushed into the background. It is no longer given any attention or importance. And that is also what makes them so slowly neglectful, that life no longer interests them because they are completely occupied with their addiction, because the satisfaction of this one need takes up so much time and they are at the mercy of it and it is no longer possible for them to maintain their daily structure.

Quite a lot of things in life, especially the daily structure, become less important. Very important contacts are lost, people become more and more lonely and are led into isolation.

On the physical level, what happens is this: The stress of these people to obtain the drugs, be it alcohol - it's less pronounced with cigarettes, but withdrawal symptoms can occur there as well. Because of the stress and often the neglect that these people have, their own immune system is attacked, and problems like skin irritations, stomach aches, colds, herpes formations, etc. can occur.

The immune system is the alpha and omega of the body. It eliminates viruses, bacteria and toxic substances. If it is not intact, health collapses and the body becomes imbalanced.

Each stimulant has a very specific effect on the body and its organs. But with every stimulant, this stress can occur. And when stress comes into play, it affects the immune system. Vitamins and minerals are weakened, as often a regular good food intake is restricted.

To cure addictions, it is important to eliminate toxins. There are many different ways to do this. It is important that this body is cleansed grossly

AND subtly. To get to the bottom of the cause of the addiction - this is very individual - and to have an individual healing plan created through information from the spiritual world. Then medical personnel, psychic care and holistic medicine can support and help in a targeted way.

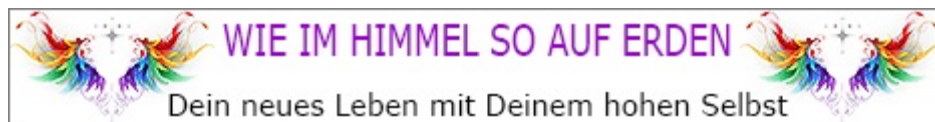
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